



Broward County Sub-Jo Meet November 7-8th, 2009

SANCTIONED BY: Florida Gold Coast Swimming, *Sanction #: 110709-bc28*

SPONSORED BY: Fort Lauderdale Aquatics & The City of Fort Lauderdale

TIME:

<u>Day</u>	<u>Date</u>	<u>Warm-Up</u>	<u>Start</u>
Saturday	Nov 7	10:00am	<i>Directly following conclusion of Sizzler</i>
Sunday	Nov 8	9:00 am	10:00am

LOCATION: Fort Lauderdale Aquatic Complex, 501 Seabreeze Blvd, Fort Lauderdale.
From the North or South: Take I-95 or the Turnpike to I-595 east. Exit to US-1 North. Go North on US-1 to SE 17th Street. Turn right (east) and follow SE 17th Street past Port Everglades, over the Intracoastal Bridge, through the residential section to (which will become A1A north) Hall of Fame Drive. Turn left one block to the Complex.

POOL COURSE: Two courses of 8-lanes will be used or One 8-lane 25-yard course or One 10-lane 25-yard course if the number of entries dictates to do so. Continuous warm-up will be available.

TIMING: Colorado Timing System will be used.

ELIGIBILITY: Open to all 2009 USA Swimming registered athletes in Broward County and foreign athletes who are invited by USA Swimming. Swimmers may only enter events for which they have not equaled or bettered the FGC Junior Olympic qualifying time.

ENTRIES: Electronic Entries – Entries will be accepted via electronic mail attachment to the Meet Director at Imcluckie@FLAswim.com or via mailed 1.44mb disk. Entries must be in “Zipped COMMLINK” or USA Swimming SDIF format. Free text e-mail entries will not be accepted. For e-mail and disk entries – RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the e-mail. List swimmer, sex, age and USS#. Event # not required. List all attending coaches and contact phone numbers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of the file. All entry fees must be paid before the start of the first event. NOTE: Swimmers without proper USA Registration numbers will not be entered. Submission of electronic entries signifies that all swimmers entered are currently registered with USA Swimming.



- SEEDING:** THE FGC DECK SEED POLICY WILL BE IN EFFECT.
Policy can be seen at www.fgcswim.org
Enter in 25-yards times only.
- ENTRY LIMIT:** 4 Individual events per swimmer per day, plus relays.
Any 8 & Under swimmer choosing to compete in both meets on Saturday are prohibited of swimming more than 5 events per day in accordance with USA Swimming.
- DEADLINE:** All entries must be received by Wednesday, October 28th 2009.
E-mail entries to: Imcluckie@FLAswim.com
Disks & Checks to: FLA, 501 Seabreeze Blvd, Fort Lauderdale, FL 33316
- ENTRY FEES:** \$4.00 per swimmer Surcharge
\$2.50 per Individual Event
\$5.00 per Relay Event

Make checks payable to: FLA
Note: One check per team
- AWARDS:** Individual Events: Ribbons for places 1-8
Relay Events: Ribbons for places 1-3
- NOTES:**
1) 8 & Under swimmers will be awarded separately in the 10 & under events.
2) In the 13+ and Open Age Divisions; 13-14's (or 14 & unders as appropriate) will be awarded separately from ages 15 + over.
- DISTANCE EVENTS:** 1650 Free, 500 Free and 400 IM will be swum fastest to slowest, alternating girls and boys.
- ADMISSION:** \$2.00 per session, Heat Sheet: \$2.00 per session
- PARKING:** Parking is available at the Aquatic Complex for \$1.00 per hour and at other lots near the facility.
- INFORMATION:** FLA Office: (954) 468-5590 or Imcluckie@FLAswim.com
- REFEREE:** TBA

Meet Management reserves the right to adjust logistics in order to run an efficient meet.

ORDER OF EVENTS
GIRLS odd #'s, BOYS even #'s

Saturday November 7th, 2009
Warm-Up: 10:00am, Start: TBD

Sunday November 8th, 2009
Warm-Up: 9:00am, Start: 10:00am

Event #	Age	Event		Event #	Age	Event
1-2	10&U	200 IM		43-44	10&U	100 IM
3-4	11-12	200 IM		45-46	11-12	100 IM
5-6	OPEN	200 IM		47-48	OPEN	100 IM
7-8	10&U	100 BA		49-50	10&U	200 FR
9-10	11-12	100 BA		51-52	11-12	200 FR
11-12	OPEN	100 BA		53-54	OPEN	200 FR
13-14	10&U	50 BR		55-56	10&U	50 BA
15-16	11-12	50 BR		57-58	11-12	50 BA
17-18	13+	50 BR		59-60	13+	50 BA
19-20	OPEN	200 BR		61-62	OPEN	200 BA
21-22	10&U	100 FL		63-64	10&U	100 BR
23-24	11-12	100 FL		65-66	11-12	100 BR
25-26	OPEN	100 FL		67-68	OPEN	100 BR
27-28	10&U	50 FR		69-70	10&U	50 FL
29-30	11-12	50 FR		71-72	11-12	50 FL
31-32	OPEN	50 FR		73-74	13+	50 FL
33-34	10&U	200 FR Relay		75-76	OPEN	200 FL
35-36	11-12	200 FR Relay		77-78	10&U	100 FR
37-38	OPEN	200 FR Relay		79-80	11-12	100 FR
5 – Minute Break				81-82	OPEN	100 FR
39-40	OPEN	500 FR		83-84	10&U	200 M.Relay
10 – Minute Break				85-86	11-12	200 M.Relay
41-42	OPEN	1650 FR		87-88	OPEN	200 M.Relay
				5 –Minute Break		
				89-90	OPEN	400 IM



**Broward County Sub-Jo
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Financial Recap and Team Information

TEAM NAME: _____

CALL LETTERS: _____

COACHES: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ FAX: _____

E-MAIL: _____

Number of Swimmers entered _____ x \$4.00 = _____

Number of Girls Individual Events _____ x \$2.50 = _____

Number of Boys Individual Events _____ x \$2.50 = _____

Number of Relays _____ x \$5.00 = _____

TOTAL AMOUNT DUE: \$ _____

Please make checks payable to: FLA
501 Seabreeze Blvd
Fort Lauderdale
FL 33316