

**Florida Gold Coast Division II South  
Long Course Championships  
July 10<sup>th</sup> – 12<sup>th</sup>, 2009**

**Sanctioned By:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction#071009-FGS3**

**Sponsored By:** North Miami Swim Team

**Location:** Florida International University Biscayne Bay Campus- Biscayne Blvd. and NE 151 St.,(Pool Is in Back of Campus)

**Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet.  
Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.

**Pool:** 25 Yard by 50 Meter outdoor pool, eight lanes long-course racing course, with separate diving well for warm-up and warm down Colorado Timing will be used. . Fly-over starts will be used. The competition course has not been certified in accordance with 104.2.2 (C).

**Dates & Times:** Session I –Prelims 10 & Under and 14-18 age groups  
Friday – July 10, 2009 - Warm-up 7:00am- Meet Starts 8:00am  
Session II – Prelims 10-12 and 12-14 age groups  
Friday – July 10, 2009 – Warm-up 11:00am – Meet Starts 12:00pm  
Session III- Finals All Age Groups  
Friday- July 10, 2009- Warm-up 4:30pm – Meet Starts 5:30pm  
  
Session IV– Prelims 10 & Under and 14-18 age groups  
Saturday – July 11, 2009 – Warm-up 7:00am – Meet Starts 8:00am  
Session V – Prelims 10-12 and 12-14 age groups  
Saturday – July 11, 2009 – Warm-up 11:00am – Meet Starts 12:00pm  
Session VI – Finals All Age Groups  
Saturday – July 11, 2009 – Warm-up 4:30pm – Meet Starts 5:30pm  
  
Session VII – Prelims 10 & Under and 14-18age groups  
Sunday – July 12, 2009 – Warm-up 7:00am – Meet Starts 8:00am  
Session VIII – Prelims 10-12 and 12-14 age groups  
Sunday – July 12, 2009 – Warm-up 11:00am – Meet Starts 12:00pm  
Session IX – Finals All Age Groups –  
Sunday – July 12, 2009– Warm-up 4:30pm – Meet Starts 5:30pm

**NOTE: Meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.**

**Eligibility:** Open to all 18 & Under, 2008 USA Swimming registered athletes in the Dade County, Monroe County and Davie Nadadores, Comets Swim Team, Cooper City Cyclones, Broward County YMCA, Midtown Weston, Swim Fast and foreign athletes with proper travel credential that have been invited by USA swimming.  
**Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum “B” time standard in that event. Swimmers may only swim in events that are recognized for their age at the Junior Olympics.**

Swimmers may not enter any event that they have achieved a Junior Olympic Qualifying times in, either SCY, LC, or SCM. Teams entering and swimming athletes who have achieved JO Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between February 23 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time but are will not be eligible at the start of the Junior Olympic meet may swim at Division II in the above age group.

**Entry Deadline:** Entries Open- Friday June 19<sup>th</sup>, 2009                      Entries Close- Friday July 3<sup>rd</sup>, 2009

**Disability:** Swimmers with a disability are welcome to enter this meet. The coach or athlete is responsible for notifying the meet director or meet referee of any accommodations required in accordance with USA Swimming Rule 105.

**Entry Limit:** **Individual Events:** Six (6) individual events total for the meet but and no more than Three (3) individual events per day.  
**Relays:** Unlimited amount of team relays.

2009

## Florida Gold Coast Division II South Championships

### Long Course

Sanction # 071009-FGS3

**Entry Procedure: ELECTRONIC ENTRIES ONLY.** Entries should be sent via email to:

**Swimneptunes@aol.com**. Mailed and hand delivered disks will be accepted. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically are the responsibilities of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered. Entry fees for non-electronic entries are double the regular fees.**

Suggested Express Mail Address: **North Miami Swim Team  
4000 Jefferson Street  
Hollywood, Fla., 33021**

**Entry Fees:** \$4.00 – Individual Event \$8.00 – Relay Event \$7.50 – per swimmer surcharge  
All paper entries are doubled the entry fee and swimmers surcharge.  
Please make checks payable to: **North Miami Swim Team.**

**Seeding:** Eligible entries shall be seeded in the following order – Long Course Meters followed by Short Course Meters followed by Short Course Yards. The top 16 swimmers will be circled seeded for all prelims and final events.

**Finals:** Finals will consist of the top 8 swimmers per individual event.

**Distance Events:** The 400 Individual Medley, 400 Freestyle and 1500 Freestyle are timed finals and positive check-in events. They will be combined, scored separately and swum fastest to slowest alternating girls and boys. The top 8 swimmers in each age group checked in the 400 IM and 400 Free will swim with finals. Swimmer who wish to swim in the mornings must make their intentions at the time of check-in.

**200 Strokes:** All the 200's of stroke, Butterfly, Backstroke, and Breaststroke will be swum as timed finals. The fastest 8 swimmers in each age group will be automatically seeded in the top 8. Any swimmer who wishes to swim in the morning must make their intentions at the time of check-in

**Positive Check In:** The following events will require positive check in. 200 Butterfly, 200 Backstroke, 200 Breaststroke, 400 IM, 400 Free and 1500 Free. Coaches must check-in their swimmers for the 200's 30 minutes prior to the start of the session. For the 400's and the 1500's coaches must check their swimmers no later than one and a half hour past the start of the session.

**Relays:** All Relays are timed finals and will be swum with prelims. Swimmers swimming in relay must meet the eligibility requirement (Not Junior Olympic Qualified) in the Relay leg he/she is competing in.

**Awards:** Individual Events: Medals 1<sup>st</sup> – 3<sup>rd</sup> Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
Relay Events: Ribbons 1<sup>st</sup> – 3<sup>rd</sup>

**Admission:** \$3.00 each session. Heat Sheet -\$3.00 each session

**Concessions:** Concession stand will be open for all sessions.

**Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet.

**Meet Info:** Updates to meet information as well as Time Lines, Psyche Sheets, and meet results will be posted on our website:  
[www.floridaatlanticswimteam.com](http://www.floridaatlanticswimteam.com)

**Referee:** Adam Ziechner

**Meet Marshall:**

**Meet Director:** John Turnipseed

**Directions:** I-95 to 826 East (163 St.) .Go East to Biscayne Blvd. (US-1).Go South on Biscayne Blvd. to 151st. University is on the East of US -1Pool is at far East side of Campus Behind the Buildings. Please do not park in faculty (blue) parking spaces.  
**If you are coming from the south**  
I-95 to 135st go East on 135 St. to Biscayne Blvd. Go north on Biscayne Blvd. To 151 St. and go East to campus

**Hotel Information:**

**2009**  
**Florida Gold Coast Division II South Championships**  
**Long Course**  
Sanction # 071009-FGS3

P- Positive Check-In/S- Special Seeding/ T- Timed Finals/ F- Swum Fastest to Slowest

**Order of Events**

**Session I- Prelims Friday July 10, 2009**

**Warm-up 7:00am**

**Meet Starts: 8:00am**

5-6	200 Back- P/T/F*	14-18
7-8	50 Breast	10 & Under
13-14	50 Breast	14-18
15-16	200 Free	10 & Under
21-22	200 Free	14-18
23-24	50 Fly	10 & Under
29-30	50 Fly	14-18
	10 Minute Break	
33-34	400 IM-P/S/T/F*	14-18

\*Top 8 checked in each age group will swim with finals.

**Session II- Prelims Friday July 10, 2009**

**Warm-up 11:00am**

**Meet Starts 12:00pm**

1-2	200 Back-P/T/F*	10-12
3-4	200 Back- P/T/F*	12-14
9-10	50 Breast	10-12
11-12	50 Breast	12-14
17-18	200 Free	10-12
19-20	200 Free	12-14
25-26	50 Fly	10-12
27-28	50 Fly	12-14
	10 Minute Break	
31-32	400 IM-P/S/T/F*	12-14

\* Top 8 checked in each age group will swim with finals.

**Session III- Finals Friday July 10, 2009**

**Warm-up 4:30pm**

**Meet Starts 5:30pm**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
1-2	200 Back*	10-12
3-4	200 Back*	12-14
5-6	200 Back*	14-18
7-8	50 Breast	10 & Under
9-10	50 Breast	10-12
11-12	50 Breast	12-14
13-14	50 Breast	14-18
15-16	200 Free	10 & Under
17-18	200 Free	10-12
19-20	200 Free	12-14
21-22	200 Free	14-18
23-24	50 Fly	10 & Under
25-26	50 Fly	10-12
27-28	50 Fly	12-14
29-30	50 Fly	14-18
	5 Minute Break	
31-32	400 IM-P/S/T/F*	12-14
33-34	400 IM-P/S/T/F*	14-18

\* Top 8 checked in each age group will swim with finals

**2009**  
**Florida Gold Coast Division II South Championships**  
**Long Course**  
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**Session IV: Saturday July 11, 2009- Prelims**

**Warm-up 7:00am**

**Meet Start 8:00am**

Event Number	Event	Age Group
39-40	200 Breast-P/T/F*	14-18
41-42	50 Back	10 & Under
47-48	50 Back	14-18
49-50	100 Fly	10 & Under
55-56	100 Fly	14-18
57-58	50 Free	10 & Under
63-64	50 Free	14-18
65-66	200 Medley Relay	10 & Under
71-72	200 Medley Relay	15-18
	5 Minute Break	
73-74	400 Free-P/S/T/F*	10 & Under
79-80	400 Free-P/S/T/F*	14-18

\* Top 8 checked in each age group will swim with finals

**Session V: Saturday July 11, 2009- Prelims**

**Warm-up 11:00am**

**Meet Start 12:00pm**

Event Number	Event	Age Group
35-36	200 Breast-P/T/F*	10-12
37-38	200 Breast-P/T/F*	12-14
43-44	50 Back	10-12
45-46	50 Back	12-14
51-52	100 Fly	10-12
53-54	100 Fly	12-14
59-60	50 Free	10-12
61-62	50 Free	12-14
67-68	200 Medley Relay	11-12
69-70	200 Medley Relay	13-14
	5 Minute Break	
75-76	400 Free-P/S/T/F*	10-12
77-78	400 Free-P/S/T/F*	12-14

\* Top 8 checked in each age group will swim with finals

**Session VI: Saturday July 11, 2009- Finals**

**Warm-up 4:30pm**

**Meet Starts 5:30pm**

Event Number	Event	Age Group
35-36	200 Breast*	10-12
37-38	200 Breast*	12-14
39-40	200 Breast*	14-18
41-42	50 Back	10 & Under
43-44	50 Back	10-12
45-46	50 Back	12-14
47-48	50 Back	14-18
49-50	100 Fly	10 & Under
51-52	100 Fly	10-12
53-54	100 Fly	12-14
55-56	100 Fly	14-18
57-58	50 Free	10 & Under
59-60	50 Free	10-12
61-62	50 Free	12-14
63-64	50 Free	14-18
	5 Minute Break	
73-74	400 Free-P/S/T/F*	10 & Under
75-76	400 Free-P/S/T/F*	10-12
77-78	400 Free-P/S/T/F*	12-14
79-80	400 Free-P/S/T/F*	14-18

\* Top 8 checked in each age group will swim with finals

**2009**  
**Florida Gold Coast Division II South Championships**  
**Long Course**  
**Sanction # 071009-FGS3**

**Session VII- Prelim Sunday July 12, 2009**

**Warm-up 7:00am**

**Meet Starts 8:00am**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
85-86	200 Fly-P/T/F*	14-18
87-88	100 Back	10 & Under
93-94	100 Back	14-18
95-96	200 IM	10 & Under
101-102	200 IM	14-18
103-104	100 Free	10 & Under
109-110	100 Free	14-18
111-112	100 Breast	10 & Under
117-118	100 Breast	14-18
119-120	200 Free Relay	10 & Under
125-126	200 Free Relay	15-18
	5 Minute Break	
129-130	1500 Free- P/S/T/F*	14-18

\* Top 8 checked in each age group will swim with finals

**Session VIII- Prelim Sunday July 12, 2009**

**Warm-up 11:00am**

**Meet Starts 12:00pm**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
81-82	200 Fly-P/T/F*	10-12
83-84	200 Fly-P/T/F*	12-14
89-90	100 Back	10-12
91-92	100 Back	12-14
97-98	200 IM	10-12
99-100	200 IM	12-14
105-106	100 Free	10-12
107-108	100 Free	12-14
113-114	100 Breast	10-12
115-116	100 Breast	12-14
121-122	200 Free Relay	11-12
123-124	200 Free Relay	13-14
	5 Minute Break	
127-128	1500 Free-P/S/T/F*	12-14

\* Top 8 checked in each age group will swim with finals

**Session IX- Finals Sunday July 12, 2009**

**Warm-up 11:00am**

**Meet Starts 12:00pm**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
81-82	200 Fly*	10-12
83-84	200 Fly*	12-14
85-86	200 Fly*	14-18
87-88	100 Back	10 & Under
89-90	100 Back	10-12
91-92	100 Back	12-14
93-94	100 Back	14-18
95-96	200 IM	10 & Under
97-98	200 IM	10-12
99-100	200 IM	12-14
101-102	200 IM	14-18
103-104	100 Free	10 & Under
105-106	100 Free	10-12
107-108	100 Free	12-14
109-110	100 Free	14-18
111-112	100 Breast	10 & Under
113-114	100 Breast	10-12
115-116	100 Breast	12-14
117-118	100 Breast	14-18

\* Top 8 checked in each age group will swim with finals

**2009**  
**Florida Gold Coast Division II South Time Trials**  
**Long Course**  
Sanction #071009-TT7

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 071009-TT7
- Sponsored by: North Miami Swim Team
- Dates and Time: Saturday July 11<sup>th</sup>, 2009- 15 minutes after the conclusion of prelims.  
Sunday July 12<sup>th</sup>, 2009- 15 minutes after the conclusion of prelims.
- Course/Timing: 25 Yard by 50 Meter outdoor pool, eight lanes long-course racing course, with separate 8 lanes 25 short course yards pool for warm-up and swim-down. Colorado Timing will be used.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division II Swim Meet. Swimmers not in the Division II Meet can swim 3 events per day.
- Entry Fees: \$5.00 per Individual Event \$10.00 per Relay
- Entries: Entry cards will be filled out on deck.  
Entries should be in 60 minutes before the end of the Session V on Saturday and Session VIII on Sunday
- Eligibility: Open to all 2009 registered USA Swimming athletes for who are in the Division II Swim Meet. Swimmers not in the meet may still swim at the Time Trials.
- Distance Event: The 1500 Free will only be swum on Saturday
- Awards: None (other than fast times and satisfaction).
- Location: Florida International University North Campus
- Referee:
- Directions: I-95 to 826 East (163 St.) .Go East to Biscayne Blvd. (US-1).Go South on Biscayne Blvd. to 151st. University is on the East of US -1Pool is at far East side of Campus Behind the Buildings. Please do not park in faculty (blue) parking spaces.  
**If you are coming from the south**  
I-95 to 135st go East on 135 St. to Biscayne Blvd. Go north on Biscayne Blvd. To 151 St. and go East to Campus.
- Information: John Turnipseed

**2009**  
**Florida Gold Coast Division II South Time Trials**  
**Long Course**  
Sanction # 071009-TT7

**ORDER OF EVENTS**

<b>Event #</b>	<b>Event</b>
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	800/1500 Free (Only Saturday)
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-38	800 Free Relay
39-40	200 Medley Relay
41-42	400 Medley Relay
<b>5-10 Minute Break as needed</b>	

We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the Division II Meet may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.

