

FLORIDA ATLANTIC SWIM TEAM

FLORIDA ATLANTIC UNIVERSITY

The *FAST* 2008 Open Invite

JUNE 5TH – JUNE 7TH 2009

Sanctioned by: FGC Swimming / Sanction number: # 060509-FG17

Hosted by:



Dates & Times: Friday, June 5th, 2009 - Session I All Ages
Warm up @ 2:30pm Meet starts @ 4:00p.m.

Saturday & Sunday, June 6th and 7th 2009

Sessions II & IV Ages: 12 & Under

Warm up @ 7am. Meet starts @ 8:30 am.

Saturday & Sunday June 6th & 7th 2009

Session III & Session V Ages: 13 & Over

Warm up @ 12:30pm Meet starts @ 1:30pm

Meet Management may adjust start times of the sessions and or split the sessions in order to run an efficient meet. This will be done with the approval of the FGC Senior and/or the FGC Age Group Chairman.

Facility:

Florida Atlantic University Aquatic Center

8 lane 50 Meters competition pool with a separate 6 lane 25 yard warm down pool available. Colorado timing & Digital 8 lane scoreboard will be used. **The competition course has not been certified in accordance with 104.2.2(C) of the USA Swimming Rule Book.**

Eligibility:

Open to all 2009 USA registered swimmers and foreign athletes with proper travel credentials.

Disabilities:

Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Entry Limit:

4 events per day. All events are timed finals.

Entry Fees:

\$ 3.25 per event \$ 6.50 per relay
\$ 5.00 swimmer surcharge
Entry fees payable by check to: **FAST**.

Deck Entries:

The FGC deck policy will be in effect. This policy can be reviewed at www.fgcswim.org

Referee/Meet Marshall: Kathy Jackson / Rich Merrill

Admission:

\$3.00 Admission per session. \$2.00 Heat Sheets

Meet Size Limit: Entries will be limited to the first 425 FGC swimmers and the first 75 Non-FGC swimmers.

Entry Deadline: All entries are due by **Wednesday, May 27th 2009.** Late entries will not be accepted. Swimmers entered without a USA Swimming number or a birth date will not be entered in the meet. **Entries not electronically filed will be charged double the stated entry fee. Free text e-mailed entries will not be accepted.** Meet manager will send a PDF copy of your team entry summary for proof of receipt upon request. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. Submission of electronic entries certifies that all entered swimmers are members of USA Swimming. Please e-mail entries to: allan.e.williams@gmail.com Mail entries to: 642 SE 19th Ave #1 Deerfield Beach, FL 33441 Entry fees are payable by check to: **FAST**

Entry Time table: Reservations for this swim meet will be accepted beginning April 10th 2009. The facility surcharge fee will be required at the time of reservation in order to confirm entry to this meet. Reservations will not be accepted without payment, only the number of reservations paid for will be secure. Please note that this meet may be closed prior to the entry deadline. The meet director will not accept entries once the meet has reach the maximum of 450 swimmers.

Rules: Current USA Swimming Rules govern this meet. Safety rules as outlined by USA Swimming and as recommended by the Referee will be in effect.

Awards: Medals 1-3rd /Ribbons 4th-8th/ Relays Ribbons 1st-3rd

Directions: From I-95 or Turnpike take the Glades Road exit, use the east exit. Turn left into the first FAU entrance. Follow the road to the left and the pool will be on the left. Parking is located in front of the pool.

FAU Address: 777 Glades Road Boca Raton FL 33431

Hotel info: Embassy Suites: 561.994.8200
Best Western University Inn: 561.395.7500
Marriott Boca Raton/Town Center: 561.392.4600

Vendor: Total Teamwares will be on deck

Info/ Meet Director: **Allan William:** 561.251.3724 allan.e.williams@gmail.com

Time Line/Psych Sheet: www.floridaatlanticswimteam.com

Order of Events

Friday, June 5th 2009 SESSION I

<u>Event</u>	<u>#Event</u>
1-2	400 Free
3-4	400 Free
5-6	200 IM
7-8	200 IM
9-10	400 IM
11-12	400 IM

Warm up @ 2:30p Meet start @ 4:00 pm

<u>Age Group</u>
14 & under ^*
15 & over^*
10 & under
11 - 12
14 & under ^*
15 & over^*

^ Positive check in required (check-in will close 60 minutes prior to the start of the event).

* The 400 FR and 400 IM will be swam fastest to slowest alternating women – men.

Saturday, June 6th 2009 SESSION II

<u>Event</u>	<u>#Event</u>
13-14	200 Medley Relay
15-16	200 Medley Relay
17-18	200 Back
19-20	50 Breast
21-22	50 Breast
23-24	100 Back
25-26	100 Back
27-28	100 Fly
29-30	100 Fly
31-32	50 Free
33-34	50 Free
35-36	200 Fly

Warm up @ 7am Meet starts @ 8:30am

<u>Age Group</u>
12 & under
10 & under
12 & under
10 & under
11-12
10 & under
11-12
10 & under
11-12
10 & under
11-12
12 & under

Saturday, June 6th 2009 SESSION III

<u>Event</u>	<u>#Event</u>
37-38	50 Fly
39-40	200 Breast
41-42	200 Breast
43-44	100 Fly
45-46	100 Fly
47-48	50 Breast
49-50	200 Back
51-52	200 Back
53-54	50 Free
55-56	50 Free

Warm up @ 12:30 pm

Meet starts @ 1:30pm

<u>Age Group</u>
13 & over
13-14
Open
13-14
Open
13 & over
13-14
Open
13-14
Open

15 min. Break – *if needed/requested by Coaches* – 15min break

57-58	800 Free	Open^
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^ Positive check-in required (check-in will close 90 minutes prior to the start of the event).

800 Free will swim fastest to slowest alternating women – men,

Order of Events

Sunday, June 7th 2009 SESSION IV

<u>Event</u>	<u>#Event</u>	<u>Age Group</u>
59-60	200 Free Relay	12 & under
61-62	200 Free Relay	10 & under
63-64	200 Free	12 & under
65-66	50 Back	11-12
67-68	50 Back	10 & under
69-70	100 Breast	11-12
71-72	100 Breast	10 & under
73-74	100 Free	11-12
75-76	100 Free	10 & under
77-78	50 Fly	11-12
79-80	50 Fly	10 & under
81-82	200 Breast	12 & under

Warm up @ 7am Meet starts @ 8:30am

Sunday, June 7th 2009 SESSION V

<u>Event</u>	<u>#Event</u>	<u>Age Group</u>
83-84	50 Back	13 & over
85-86	100 Free	Open
87-88	100 Free	13-14
89-90	100 Breast	Open
91-92	100 Breast	13-14
93-94	200 IM	Open
95-96	200 IM	13-14
97-98	100 Back	Open
99-100	100 Back	13-14
101-102	200 Fly	Open
103-104	200 Fly	13-14

Warm up @ 12noon Meet starts @ 1:30pm

15 min. Break – *if needed/requested by Coaches* – 15min break

105-106 1500 Free Open^

^ Positive check-in required (check-in will close 90 minutes prior to the start of the event).
1500 Free will be swam fastest to slowest alternating women – men.

