



**2009 SPEEDO International Age Group Invitational**  
**Fort Lauderdale Aquatic Complex**  
**Fort Lauderdale, Florida**  
**June 25-28, 2009**

**Sanctioned By:** Florida Gold Coast LSC of United States Swimming, Inc. Sanction # 062509-FG19

**Sponsored By:** Fort Lauderdale Aquatics and the City of Fort Lauderdale

Time:	TRIALS IN TWO COURSES			FINALS IN ONE COURSE	
		WARM-UP	TRIALS	WARM-UP	FINALS
Thursday	13-14/15-16/Open	2:30pm	-----	Timed finals at 4:00pm Conducted in 2 courses	
Fri-Sat-Sun	10&U/11-12/13-14	7:00am	8:30am	4:00pm	5:30pm
Fri-Sat-Sun	15-16/Open	7:00am	8:30am	4:00pm	5:30pm

NOTE: Trials start times may be adjusted to fit timelines.

NOTE: All Finals will be Championship Final Only – Top Ten.

**Facility:** Two – Ten lane, 50 meter pools. Each pool has Colorado timing and separate scoreboard. Trials will be run in 8 or 9 lanes with 1 lane of continuous warm-up available. Additional warm-up may be available in the dive well. “The competition course has been certified in accordance with Section 104.2.2C(4) of the USA Swim Rule Book, and a copy of such certification is on file with USA Swimming.”

**Eligibility:** Open to all 2009 registered USA Swimming swimmers & foreign athletes that have been invited by USA Swimming, who achieve the time standard.

**Referee:** Kathy Jackson

**Officials:** Teams entering 20 or more swimmers are asked to bring one USA Swimming Certified Official. Each Official will be afforded free parking, hospitality, meet polo shirt and other complimentary items. Uniform for officials will be white shirt and KHAKE shorts, slack or skirt (as appropriate). The host has applied to have this meet serve as a Qualifying Meet under the new officials certification program. The following evaluations will be available: N2 – S/T, CJ, Starter, Referee. N3 – S/T, CJ. N3I – Starter, Referee. Officials desiring final evaluations for N3 Starter or Referee should contact Jay Thomas at [jayfthomas@comcast.net](mailto:jayfthomas@comcast.net).

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

**Spectator Admission:**

Per Session	\$5.00 (includes heat sheet)
2-Day Pass	\$15.00 (includes heat sheet)
All Session Pass	\$25.00 (includes heat sheet)



**Seeding:** Conforming and Non-Conforming Times – Enter in LONG COURSE METERS then SHORT COURSE YARDS times only. No converted times permitted.

For the 400, 800 and 1500 Free and 400 IM enter the swimmers at their best LCM, SCY or SCM time. These times will be verified using the USA Swimming SWIMS Database. After the entries are processed the SCY and SCM times will be converted by Meet Manager to LCM times. The fastest of these verified times will be selected to swim as described below. Entry times that cannot be verified will not be permitted for entry. Times achieved at foreign meets must be submitted with written proof of time by fax to 954 468 5595 or by email to [jayfthomas@comcast.net](mailto:jayfthomas@comcast.net).

**Entry:** THE FGC DECK SEED POLICY WILL BE IN EFFECT  
The policy can be seen at [www.fgcswwim.org](http://www.fgcswwim.org)

**Electronic Entries** – Entries will be accepted via electronic attachment by Jay Thomas at [jayfthomas@comcast.net](mailto:jayfthomas@comcast.net). Entries must be in “Zipped COMMLINK” or USA Swimming SDIF format. *Free text entries will not be accepted.* RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the email. List swimmer, sex, age and USS #. Event # not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours or 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 file. All entry fees must be paid before the start of the first event.  
NOTE: Swimmers without registration numbers or birth dates will not be entered.

**Entry Limit:** Limit 3 Individual events per day (9 total for the meet) plus relays.  
Swimmers in distance events that may not make the event limit cutoff may over-enter additional events but may only compete in the maximum number above.

**Entry Fees:** \$7.50 Per Swimmer Surcharge, \$4 Per Individual Event and \$8 Per Relay Event

NOTE: Make checks payable to FLA – Only one check per team

Please send deposit payments & forms to:  
Fort Lauderdale Aquatics, 501 Seabreeze Blvd, Fort Lauderdale, FL 33316 and/or:  
Fax to (954) 468-5595

Final payment differences based on actual entries will be settled upon arrival at the meet.

**Deadline:** All entries must be received by Wednesday, June 17<sup>th</sup>, 2009  
Email entries to: [jayfthomas@comcast.net](mailto:jayfthomas@comcast.net) \*\*\* NO FAX ENTRIES\*\*\*

**Scoring/Awards:** 11-9-8-7-6-5-4-3-2-1 (ALL RELAYS SCORE DOUBLE)  
Individual Medals: 1-3, Ribbons: 4-10 Relay Ribbons: 1-3  
Individual: High Point Awards in each Age group  
Team: Plaques for 1-3 in Female/Male/Combined Categories



## Entry Process

The Fort Lauderdale International Age Group Invitational has established itself as one of the most popular age group invitational meets in the United States. The meet has become so popular that it fills to capacity well before the entry deadline.

In order to ensure fairness to the entry process the following procedure will be in effect regarding entries to the meet:

1. Entries or entry reservations will not be accepted until March 15<sup>th</sup>, 2009.
2. An entry reservation will only be accepted upon receipt of a NON-REFUNDABLE deposit of \$40.00 per athlete. Payment date establishes the order of entry reservation. Payment may be in the form of a team Check, Money Order and Cashier's Check, Bank Wire Transfer, Visa, Mastercard, Discover or American Express through the FLA office.
  - a. Example – Starfish Swim Club notifies the host via email on March 15<sup>th</sup> that they intend to bring 20 swimmers to the meet. Starfish Swim Club mails a check for \$800.00 to the host that arrives March 17<sup>th</sup>. Effective March 17<sup>th</sup> – Starfish Swim Club is guaranteed 20 swimmers participating in the meet provided entry limit has not been exceeded. Starfish has established no priority.
  - b. Example – SwimHard Swim Club emails intent to bring 10 swimmers on March 16<sup>th</sup>. SwimHard does not mail a check for \$300.00 until June 1<sup>st</sup>. On May 2<sup>nd</sup> the meet entry limit was reached. SwimHard is not accepted into the meet due to late payment.
3. Confirmation of acceptance in the meet will be confirmed by email.
4. Any differential in payment made and actual entry fees due will be settled upon arrival at the meet.
5. IMPORTANT – Once an initial entry reservation has been made and accepted, it is only necessary to send a single entry file PRIOR to the deadline – June 17<sup>th</sup>. Please do not send multiple updated files. A single file is sufficient.

**Entry Limit** – The team whose entry reservation causes the swimmer count to exceed 1000 will be accepted in its entirety. At that point the host club, FLA and eligible Camp FLA swimmers entries will be accepted. Swimmers not accepted in the meet may enter on the day of the meet utilizing the FGC Deck Entry Policy.

TEAM NAME: \_\_\_\_\_

**Authorization/Release Statement:** By submitting this application, applicant hereby affirms that it is expressly understood and agreed that Hosts (FLA and the City of Fort Lauderdale) extend no guarantees or warranties regarding the entry process. Applicant hereby waives any claim or action against Hosts stemming from the application process. Applicant agrees to assume all risks related to the application process, and certifies that they have read this document in its entirety and completely understand and agree with its contents.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Position

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email





## SPECIAL INFORMATION ON THE MEET FORMAT

1. All of Thursday's events including relays are positive check-in by 3:15pm. Swimmers that do not make the event cut-off may get the opportunity to swim based on the positive check-in's.
2. All relays are timed finals and will swim in the evening sessions. After the fastest heat of 800 FR Relay for each age group, the remaining teams may be combined with other age groups to swim but will be scored within their own age group.
3. The women's 800 FR and the men's 1500 FR are timed final events that are swum fastest to slowest. All ages are swum together, age groups scored separately. Women's 800 FR – Only Top 120 will swim, Men's 1500 FR – Only Top 60 will swim.
4. The 400 IM is a timed final event to be swum fastest to slowest by age group. Only Top 40 will swim.
5. The 400 Freestyle events will be times finals swum by age group. Only Top 40 will swim. The fastest 10 seeded swimmers will swim in the finals session. Next 30 seeded swimmers will swim in prelims, slowest to fastest.
6. Positive check-in for the 400, 800 and 1500 Freestyle and for the 400 IM is required 60 minutes prior to the event. These events will be swum in 10 lanes.
7. All other events will be swum in prelims and finals. Prelims will be swum in 9 lanes. There will only be one Championship Final swum in 10 lanes.
8. Total number of individual entries is 9 (plus relays). Swimmers who feel that they may not make the event cut-off may over enter additional events but may only compete in a maximum of 9 events. THERE WILL BE NO REFUNDS.
9. Teams entering 20 or more swimmers are asked to offer personnel to assist with timing at the event. We will be competing in as many as 20 lanes and would appreciate the help. Anyone assisting with timing will be afforded hospitality, volunteer t-shirt and other complimentary items.
10. **DISABILITY SWIMMERS**  
FLA is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer's disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: *A permanent physical or mental impairment that substantially limits one or more major life activities.* Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able bodied swimmers. Such swimmers need not have achieved the including qualifying time for this meet.  
Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athlete are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.

Meet Management reserves the right to adjust logistics, with the approval of the FGC Age Group Chairman in order to run an efficient meet.

For additional information call the FLA office at 954-468-5590 or E-mail the meet director at [meetdir@FLAswim.com](mailto:meetdir@FLAswim.com)

Lodging - For all Hotel Information please go to [www.fortlauderdale.gov/flac](http://www.fortlauderdale.gov/flac) and use the Hotel Accommodations link.



**2009 SPEEDO International Age Group Invitational**

**TEAM INFORMATION and FINANCIAL RECAP**

**(for teams not entering electronically)**

Team Name: \_\_\_\_\_ Code: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Prov: \_\_\_\_\_ Zip: \_\_\_\_\_

Head Coach(es): \_\_\_\_\_

Assistant Coach(es): \_\_\_\_\_

Phone – Day: (\_\_\_\_) \_\_\_\_\_ Evening: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

10-Un Girls	___ Swimmers	___ Events	___ Relays
10-Un Boys	___ Swimmers	___ Events	___ Relays
11-12 Girls	___ Swimmers	___ Events	___ Relays
11-12 Boys	___ Swimmers	___ Events	___ Relays
13-14 Girls	___ Swimmers	___ Events	___ Relays
13-14 Boys	___ Swimmers	___ Events	___ Relays
15-16 Girls	___ Swimmers	___ Events	___ Relays
15-16 Boys	___ Swimmers	___ Events	___ Relays
Open Women	___ Swimmers	___ Events	___ Relays
Open Men	___ Swimmers	___ Events	___ Relays
<b>TOTALS</b>	___ Swimmers	___ Events	___ Relays
	<u>X \$15</u>	<u>X \$8</u>	<u>X \$16</u>

Total Team Entry Fees: \_\_\_\_\_ (Please make checks payable to FLA)

## ORDER OF EVENTS

### WEST POOL – Thur June 25 – 4:00pm

Ev #	Age	Event	Girls	Boys
1	Open	400 IM	Top 40	
3	15-16	400 IM	Top 40	
5	13-14	400 IM	Top 40	
7	Open	800 Free Relay	---	
9	15-16	800 Free Relay	---	
11	13-14	800 Free Relay	---	
*** 10 Minute Break ***				
13	Open	800 Freestyle	Top 120	

### EAST POOL – Thur June 25 – 4:00pm

Ev #	Age	Event	Girls	Boys
2	Open	400 IM		Top 40
4	15-16	400 IM		Top 40
6	13-14	400 IM		Top 40
8	Open	800 Free Relay		---
10	15-16	800 Free Relay		---
12	13-14	800 Free Relay		---
*** 10 Minute Break ***				
14	Open	1500 Freestyle		Top 60

### WEST POOL – Fri June 26 – 8:30am

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
15-16	10 & U	200 Free	3:01.89	2:38.39	3:03.19	2:41.39
17-18	11-12	200 Free	2:41.69	2:22.19	2:42.79	2:22.59
19-20	13-14	200 Free	2:31.79	2:13.79	2:24.99	2:06.69
25-26	13-14	50 Fly	36.50	32.50	34.50	30.50
31-32	10 & U	100 Back	1:37.29	1:26.49	1:39.89	1:27.09
33-34	11-12	100 Back	1:28.29	1:15.29	1:26.19	1:15.29
35-36	13-14	100 Back	1:20.49	1:09.79	1:15.59	1:04.89
41-42	13-14	200 Breast	3:11.99	2:47.99	3:02.39	2:36.29
47-48	10 & U	50 Free	37.49	33.39	38.29	33.79
49-50	11-12	50 Free	34.69	30.89	34.49	29.89
51-52	13-14	50 Free	32.49	28.69	30.69	26.59
57-58	10 & U	200 Free Relay	---	---	---	---
59-60	11-12	200 Free Relay	---	---	---	---
61-62	13-14	200 Free Relay	---	---	---	---

### EAST POOL – Fri June 26 – 8:30am

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
21-22	15-16	200 Free	2:27.19	2:10.39	2:17.19	2:00.09
23-24	Open	200 Free	2:26.69	2:10.59	2:14.79	1:58.09
27-28	15-16	50 Fly	36.00	32.00	34.50	30.50
29-30	Open	50 Fly	36.00	32.00	34.50	30.50
37-38	15-16	100 Back	1:18.69	1:06.59	1:10.59	1:01.09
39-40	Open	100 Back	1:18.69	1:08.09	1:11.99	1:01.79
43-44	15-16	200 Breast	3:08.49	2:45.79	2:54.29	2:30.09
45-46	Open	200 Breast	3:08.49	2:45.29	2:54.29	2:30.09
53-54	15-16	50 Free	32.29	27.99	28.79	25.29
55-56	Open	50 Free	31.49	28.19	28.09	24.49
63-64	15-16	200 Free Relay	---	---	---	---
65-66	Open	200 Free Relay	---	---	---	---

**WEST POOL – Sat June 27 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
67-68	10 & U	200 IM	3:29.89	3:04.69	3:31.89	3:06.69
69-70	11-12	200 IM	3:02.19	2:37.59	3:03.29	2:38.69
71-72	13-14	200 IM	2:51.49	2:30.49	2:44.59	2:22.49
77-78	10 & U	50 Back	44.69	39.19	44.89	39.59
79-80	11-12	50 Back	40.19	34.79	39.99	34.59
81-82	13-14	50 Back	38.50	34.00	37.50	33.00
87-88	10 & U	100 Breast	1:49.49	1:35.39	1:52.89	1:38.89
89-90	11-12	100 Breast	1:37.39	1:24.19	1:38.09	1:24.29
91-92	13-14	100 Breast	1:29.09	1:17.99	1:23.59	1:12.29
97-98	10 & U	100 Fly	1:44.69	1:33.29	1:45.59	1:33.19
99-100	11-12	100 Fly	1:26.09	1:16.09	1:26.69	1:16.09
101-102	13-14	100 Fly	1:17.59	1:08.39	1:12.69	1:04.09
107-108	10 & U	200 Medley Relay	---	---	---	---
109-110	11-12	200 Medley Relay	---	---	---	---
111-112	13-14	400 Free	TOP 40			
117-118	13-14	200 Medley Relay	---	---	---	---

**EAST POOL – Sat June 27 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
73-74	15-16	200 IM	2:47.29	2:26.99	2:35.89	2:15.09
75-76	Open	200 IM	2:41.09	2:22.39	2:31.29	2:11.69
83-84	15-16	50 Back	38.00	35.50	37.00	32.50
85-86	Open	50 Back	38.50	33.50	37.00	32.50
93-94	15-16	100 Breast	1:26.69	1:15.69	1:19.69	1:08.89
95-96	Open	100 Breast	1:27.79	1:16.79	1:20.59	1:09.19
103-104	15-16	100 Fly	1:16.29	1:06.59	1:07.69	1:00.09
105-106	Open	100 Fly	1:16.09	1:07.29	1:09.09	1:00.79
113-114	15-16	400 Free*	TOP 40			
115-116	Open	400 Free*	TOP 40			
119-120	15-16	200 Medley Relay	---	---	---	---
121-122	Open	200 Medley Relay	---	---	---	---

**WEST POOL – Sun June 28 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
123-124	11-12	400 Free*	TOP 40			
125-126	13-14	200 Back	2:51.99	2:29.69	2:41.59	2:19.49
131-132	10 & U	50 Breast	48.29	41.99	51.79	45.39
133-134	11-12	50 Breast	43.19	37.99	45.29	39.39
135-136	13-14	50 Breast	42.00	38.00	41.00	37.00
141-142	10 & U	50 Fly	42.09	37.29	43.99	39.39
143-144	11-12	50 Fly	36.79	32.69	40.59	33.99
145-146	13-14	200 Fly	2:49.59	2:28.59	2:41.59	2:22.99
151-152	10 & U	100 Free	1:21.89	1:12.39	1:25.89	1:15.39
153-154	11-12	100 Free	1:14.19	1:05.19	1:14.59	1:05.59
155-156	13-14	100 Free	1:11.09	1:02.19	1:06.59	58.09

**EAST POOL – Sun June 28 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
127-128	15-16	200 Back	2:47.59	2:26.59	2:34.89	2:12.69
129-130	Open	200 Back	2:47.59	2:26.59	2:34.89	2:12.69
137-138	15-16	50 Breast	41.50	37.50	40.50	36.50
139-140	Open	50 Breast	41.50	37.50	40.50	36.50
147-148	15-16	200 Fly	2:42.69	2:27.29	2:32.19	2:14.59
149-150	Open	200 Fly	2:44.69	2:27.29	2:32.19	2:14.59
157-158	15-16	100 Free	1:08.59	1:00.79	1:01.79	53.59
159-160	Open	100 Free	1:08.39	59.89	1:01.79	53.59