

**Florida Gold Coast Junior Olympic  
Short Course Championships  
March 26-29, 2009**

**Sanctioned By:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction# 032609-FGC1**

**Sponsored By:** Coral Springs Swim Club

**Location:** Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

**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:** Two 25 yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided.  
Competition – Short Course Yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. 12&under swimmers will compete in the east pool – 8 lanes, 13&over swimmers will compete in the west pool – 10 lanes. All finals will be swum in the west pool – 10 lanes.

**Dates & Times:** Session I – Timed Finals- Thursday – March 26, 2009. Warm-up 3:30pm . Meet starts 5:00pm- Two Pools

Session II – Prelims - Friday – March 27, 2009. Warm-up 7:00 am. Meet starts 8:30 am. – west pool

Session III - Prelims -Friday – March 27, 2009. Warm-up 7:30 am. Meet starts 9:00am.- east pool

Session IV –Finals - Friday – March 27, 2009. Warm-up 3:30 pm. Finals Start 5:00 pm.- west pool

Session V - Prelims- Saturday – March 28, 2009. Warm-up 7:00 am. Meet starts 8:30 am. –west pool

Session VI - Prelims- Saturday – March 28, 2009. Warm-up 7:30 am. Meet starts 9:00 am. – east pool

Session VII –Finals - Saturday – March 28, 2009. Warm-up 3:30 pm. Finals Start 5:00 pm. – west pool

Session VIII - Prelims- Sunday – March 29, 2009. Warm-up 7:00 am. Meet starts 8:30 am. –west pool

Session IX - Prelims- Sunday – March 29, 2009. Warm-up 7:30 am. Meet starts 9:00 am. –east pool

Session X –Finals – Sunday – March 29, 2009. Warm-up 3:00 pm. Finals Start 4:15 pm. – west pool (1650)

Session X –Finals – Sunday – March 2, 2008. Warm-up 3:30 pm-east pool. Finals Start 5:10 pm-west pool

NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.

**Eligibility:** Open to all **18 & Under**, 2009 Florida Gold Coast registered athletes and have achieved the Qualifying times. Swimmers will qualify for the meet by attaining the Junior Olympic Qualifying times during the period **3/26/07- 3/26/09**. **The time must be in the SWIMS database, if not time exists enter an override time. All swimmers must have achieved the qualifying time to be eligible for the meet with the following exceptions:**

10&U – Achieve Q-time in the 200 Free may swim the 500 Free

10&U and 11-12 – Achieve the Q time in the 100 of an event may swim the 50 or 200 of that event.

13 & Over- Achieve the Q time in the 100 Fly, Back or Breast, may swim the 50 of that stroke.

**In OME – enter these events as bonus events using the fastest conforming time in the SWIMS database. Swimmers are limited to one bonus per event qualified.**

Exception: 19 year old 2009 Registered USA-S athletes currently attending high school who have met the qualifying time are eligible.

**Disability:** 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 Deadline:** Entries Open- 12:00PM EST – Monday – March 2, 2009  
Entries Close- 12:00PM EST - Monday – March 23, 2009

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**Entry Limit:** **Individual Events:** Seven (7) individual events for the meet but and no more than Three (3) individual events per day.  
**Relays:** Two (2) per team per event

**Entry Procedure:** **SEE OME HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION**

**On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY.**

Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries **will not be accepted**.

**OME OPENS:** 12:00PM EST – Monday – March 2, 2009

**OME CLOSES:** 12:00PM EST - Monday – March 23, 2009

**OME HELP:** Jay Thomas FG Swimming 954-873-3370 – [jayfthomas@comcast.net](mailto:jayfthomas@comcast.net)

**Conforming and Non Conforming times will be used for entry – Short Course Yards then Short Course Meters then Long Course Meters- HY-TEK – YSL**

**Individual Entries:** The fastest time in national database for in the qualifying window will be displayed and must be used for entry. Swimmers may enter times that are faster than displayed in the database by using an “Override Time” for times. Override times must include the meet name and date. Override times that cannot be proven by the National Times Coordinator during the entry process will be annotated with an asterisk (\*) on the meet psych sheet (Entry List). Proof of asterisk (\*) submitted times must be provided to the National Times Coordinator by 5:00pm – March 25 in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. **CONVERTED TIMES ARE NOT PERMITTED.**

**Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.** If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*). The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay. There are 3 acceptable times for all relay entries. 1. The best eligible time achieved. 2. Aggregate Time (Best Time for any 4 athletes on the team – Athletes may - but do not have to be entered in the meet). 3. The entry cutoff time (In this case NT).

**ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:** Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

**ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”

**NO LATE ENTRIES ACCEPTED. NO DECK ENTRIES.**

**Entry Fees:** **Entry Fees:** \$4.00 – Individual Event \$8.00 – Relay Event \$7.50 – per swimmer surcharge  
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club**. Teams that will be paying via check or cash must contact Jay Thomas- Entry Coordinator by phone 954-873-3370 or email [jayfthomas@comcast.net](mailto:jayfthomas@comcast.net) in order for the entries to be accepted.

**Seeding:** Eligible entries shall be seeded in the following order- Short Course Yards, followed by Short Course Meters, followed by Long Course Meters

**Finals:** Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event. The 15-16 will be separated from the 17-19 category for each event swum in finals, except the 1650 Freestyle.

2009

# Florida Gold Coast Junior Olympic Championships

## Short Course

Sanction #032609-FGC1

**Distance Events:** Thursday's 1000 Freestyle (15-19/13-14) and the 500 Freestyle (11-12/10 & Under) are swum as timed finals, each age group swum together, scored separately, swum fastest to slowest alternating girls and boys. The 500 Free will be super seeded. So that the top ten 10 & under and top ten 11-12 compete against each other. Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.

Friday's 400 IM and Saturday's 500 Free are swum as timed finals. The top 10 swimmers in each age group (13-14/15-16/17-19) will swim at night. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **.IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Sunday's 1650 Free is swum as timed finals, swum together and scored separately. The overall top 10 female and male swimmers will swim on Sunday night starting at 4:00 PM before the rest of the finals, which will start at 5:10pm. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

**Check In:** Positive check in for the 200 Freestyle Relay, 1000 Freestyle, 500 Freestyle, 800 Freestyle Relay, 400 IM and 1650 Freestyle will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
1000 Fr	13-14/15-19	Thursday	4:00 PM
200 Fr Relay	13-14/15-19	Thursday	4:30 PM
500 Free	10 & Under/11-12	Thursday	5:00 PM
800 Fr Relay	13-14/15-19	Thursday	5:00 PM
400 IM	13-14/15-19	Friday	9:30 AM
500 Free	13-14/15-19	Saturday	9:30 AM
1650 Free	13-14/15-19	Sunday	9:30 AM

**Relays:** **NEW!** All 13 & over relays will be swum at night on Thursday, Friday and Saturday.  
**NEW!** 12 & Under relays will be swum during prelims, except the 400 Fr Relay which will be swum in Final on Friday night.  
**NEW!** All 10 & under relays will be swum during prelims on Saturday.  
“A” and “B” relays only, in each relay event.

**Scoring:** Individual: 11-9-8-7-6-5-4-3-2-1  
Relay: 22-18-16-14-12-10-8-6-4-2

**NOTE:** Age Group swimmers who choose to swim in Open events and score in those events will carry those points towards the age group individual high point award

**Awards:** Individual Events: Medals 1<sup>st</sup> – 10<sup>th</sup>  
Relay Events: Medals 1<sup>st</sup>  
Team Awards: Overall Team Championship 1<sup>st</sup> – 3<sup>rd</sup>  
Senior Team Champion (Ages 15 & Over) 1<sup>st</sup>- 3<sup>rd</sup>  
Age Group Team Champion (Ages 14 & Under) 1<sup>st</sup>-3<sup>rd</sup>  
Age Group Team awards: 1<sup>st</sup> place for each age group and sex  
Individual High Point Awards: Top 3 in each age group & sex

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**Admission:** \$2.00 each session. Heat Sheet -\$2.00 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 and Psyche Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at [www.csscswim.com](http://www.csscswim.com)

**Referee:** Beth Wilkerson

**Meet Marshall:** TBA

**Meet Director:** Bruno Darzi

**Directions:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

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**Order of Events**

**KEY –** P – Positive Check-in  
S – Special Seeding–All ages seeded and swum together - scored separately  
T – Timed Final –  
F – Swum Fastest to Slowest alternating women and men.

Thursday March 26- **East and West Pool** – Timed Finals: Warm-up 3:00pm Meet Starts 4:30 pm

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
1	10:15.19	10:00.39	11:25.99	15-16/17-19	1000 Free - P/S/T/F	11:12.19	9:48.29	10:04.59	2
3	10:20.99	10:10.29	11:37.29	13-14	1000 Free - P/S/T/F	11:37.29	10:10.29	10:20.99	4
5	--	--	NT	15-19	200 Fr Relay – P/T	NT	--	--	6
7	--	--	NT	13-14	200 Fr Relay – P/T	NT	--	--	8
9	5:36.39	5:27.19	6:14.29	11-12	500 Free - P/S/T/F	6:21.29	5:33.69	5:44.69	10
11	6:25.69	6:12.29	7:05.89	10 & Under	500 Free - P/S/T/F	7:09.89	6:16.29	6:29.69	12
13	--	--	NT	13-14	800 Fr Relay - P/T	NT	--	--	14
15	--	--	NT	15-19	800 Fr Relay - P/T	NT	--	--	16

All events in Session I, Thursday will be swum in two pools, divided by sex. The number of entry will determine which pool is used for each sex.

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**Friday March 27- West Pool – Prelims: Warm-up 7:00am Meet Start 8:30am**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
19	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	20
21	2:47.59	2:41.99	2:26.59	Open	200 Back	2:12.69	2:26.59	2:34.89	22
27	<b>100</b>	<b>Breast</b>	<b>Cut</b>	13-14	50 Breast	<b>100</b>	<b>Breast</b>	<b>Cut</b>	28
29	<b>100</b>	<b>Breast</b>	<b>Cut</b>	Open	50 Breast	<b>100</b>	<b>Breast</b>	<b>Cut</b>	30
35	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	36
37	2:23.19	2:20.29	2:06.99	Open	200 Free	1:55.79	2:07.89	2:13.39	38
43	<b>100</b>	<b>Butterfly</b>	<b>Cut</b>	13-14	50 Fly	<b>100</b>	<b>Butterfly</b>	<b>Cut</b>	44
45	<b>100</b>	<b>Butterfly</b>	<b>Cut</b>	Open	50 Fly	<b>100</b>	<b>Butterfly</b>	<b>Cut</b>	46
51	6:03.19	5:53.79	5:20.49	13-14	400 IM-P/T/F	5:02.89	5:34.69	5:46.79	52
53	5:57.59	5:47.09	5:14.09	Open	400 IM-P/T/F	4:49.09	5:19.49	5:29.99	54

**Friday March 27- East Pool – Prelims: Warm-up 7:30am Meet Starts 9:00am**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
17	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	18
23	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	24
25	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	26
31	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	32
33	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	34
39	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	40
41	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	42
47	-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-	48
49	-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-	50

**Friday March 27- West Pool- Finals: Warm-up 3:30pm Meet Starts 5:00pm**

Event #	Age Group	Event	Event #	Age Group	Event
17-18	11-12	200 Back	39-40	10 & Under	50 Fly
19-20	13-14	200 Back	41-42	11-12	50 Fly
21-22	15-16	200 Back	43-44	13-14	50 Fly
21-22	17-19	200 Back	45-46	15-16	50 Fly
23-24	10 & Under	50 Breast	45-46	17-19	50 Fly
25-26	11-12	50 Breast	47-48	10 & Under	100 IM
27-28	13-14	50 Breast	49-50	11-12	100 IM
29-30	15-16	50 Breast	51-52	13-14	400 IM
29-30	17-19	50 Breast	53-54	15-16	400 IM
31-32	10 & Under	200 Free	53-54	17-19	400 IM
33-34	11-12	200 Free	55-56	11-12	400 Free Relay
35-36	13-14	200 Free	57-58	13-14	400 Free Relay
37-38	15-16	200 Free	59-60	15-19	400 Free Relay
37-38	17-19	200 Free			

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**Saturday March 28- West Pool- Prelims: Warm-up 7:00am Meet Start 8:30am**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
63	3:11.99	3:05.69	2:47.99	13-14	200Breast	2:36.29	2:52.69	3:02.39	64
65	3:08.49	3:05.59	2:45.29	Open	200Breast	2:30.09	2:45.89	2:54.29	66
71	<b>100</b>	<b>Back</b>	<b>Cut</b>	13-14	50 Back	<b>100</b>	<b>Back</b>	<b>Cut</b>	72
73	<b>100</b>	<b>Back</b>	<b>Cut</b>	Open	50 Back	<b>100</b>	<b>Back</b>	<b>Cut</b>	74
79	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	80
81	1:16.09	1:14.29	1:07.29	Open	100 Fly	1:00.79	1:07.19	1:09.09	82
87	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	88
89	30.99	29.99	27.19	Open	50 Free	24.49	26.99	28.09	90
99	5:03.49	4:55.99	5:38.29	13-14	500 Free P/T/F	5:40.09	4:57.69	5:05.59	100
101	4:59.79	4:53.49	5:35.39	Open	500 Free P/T/F	5:11.69	4:32.79	4:41.09	102

**Saturday March 28- East Pool- Prelims: Warm-up 7:30am Meet Start 9:00am**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
61	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	62
67	44.69	43.19	39.19	10&Under	50 Back	39.59	45.59	44.89	68
69	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	70
75	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	76
77	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	78
83	37.49	36.79	33.39	10&Under	50 Free	33.79	37.29	38.29	84
85	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	86
91	--	--	NT	10 & Under	200 Fr Relay	NT	--	--	92
93	--	--	NT	11-12	200 Fr Relay	NT	--	--	94
103	--	--	NT	10 & Under	200 Medley Relay	NT	--	--	104
105	--	--	NT	11-12	200 Medley Relay	NT	--	--	106

**Saturday March 28- West Pool- Finals: Warm-up 3:30pm Meet Start 5:00**

Event #	Age Group	Event	Event #	Age Group	Event
61-62	11-12	200 Breast	81-82	17-19	100 Fly
63-64	13-14	200 Breast	83-84	10 & Under	50 Free
65-66	15-16	200 Breast	85-86	11-12	50 Free
65-66	17-19	200 Breast	87-88	13-14	50 Free
67-68	10 & Under	50 Back	89-90	15-16	50 Free
69-70	11-12	50 Back	89-90	17-19	50 Free
71-72	13-14	50 Back	95-96	13-14	200 Medley Relay
73-74	15-16	50 Back	97-98	15-19	200 Medley Relay
73-74	17-19	50 Back	99-100	13-14	500 Free
75-76	10 & Under	100 Fly	101-102	15-16	500 Free
77-78	11-12	100 Fly	101-102	17-19	500 Free
79-80	13-14	100 Fly	107-108	13-14	400 Medley Relay
81-82	15-16	100 Fly	109-110	15-19	400 Medley Relay

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**Sunday March 29- West Pool- Prelims: Warm-up 7:00am Meet Start 8:30am**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
113	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	114
115	2:44.69	2:42.79	2:27.29	Open	200 Fly	2:14.59	2:28.69	2:32.19	116
121	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	122
123	1:18.69	1:15.29	1:08.09	Open	100 Back	1:01.79	1:08.29	1:11.99	124
129	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	130
131	2:41.09	2:37.29	2:22.39	Open	200 IM	2:09.99	2:23.69	2:30.69	132
137	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	138
139	1:07.19	1:05.09	58.89	Open	100 Free	53.09	58.69	1:01.39	140
145	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	146
147	1:27.79	1:24.79	1:16.79	Open	100 Breast	1:09.09	1:16.49	1:20.59	148
					<b>10 min break</b>				
151	19:37.29	19:02.29	19:08.99	15-18	1650 Free P/S/T/F	18:47.99	18:41.39	19:22.99	152
153	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:21.69	19:14.89	19:48.09	154

Event 151-152-153-154 will be combined after entries. The combined top 10 girl and the combined top 10 boys will swim with finals.

**Sunday March 29- East Pool- Prelims: Warm-up 7:30am Meet Start 9:00am**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
111	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	112
117	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	118
119	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	120
125	3:29.89	3:24.39	3:04.69	10&Under	200 IM	3:06.69	3:26.39	3:31.89	126
127	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	128
133	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	134
135	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	136
141	1:49.49	1:45.19	1:35.39	10&Uner	100 Breast	1:38.89	1:49.19	1:52.89	142
143	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	144
					<b>5 min break</b>				
149	--	--	NT	11-12	400 Medley Relay - T	NT	--	--	150

**Sunday March 29- West Pool- 1500 Free Finals: Warm-up 3:00pm Event Start 4:15pm**

Event #	Age Group	Event
151-154	Combined Open/13-14	1650 Free

**Sunday March 29- West Pool- Finals: Warm-up 4:00pm Event Start 5:15pm**

Event #	Age Group	Event	Event #	Age Group	Event
111-112	11-12	200 Fly	131-132	15-16	200 IM
113-114	13-14	200 Fly	131-132	17-19	200 IM
115-116	15-16	200 Fly	133-134	10 & Under	100 Free
115-116	17-19	200 Fly	135-136	11-12	100 Free
117-118	10 & Under	100 Back	137-138	13-14	100 Free
119-120	11-12	100 Back	139-140	15-16	100 Free
121-122	13-14	100 Back	139-140	17-19	100 Free
123-124	15-16	100 Back	141-142	10 & Under	100 Breast
123-124	17-19	100 Back	143-144	11-12	100 Breast
125-126	10 & Under	200 IM	145-146	13-14	100 Breast
127-128	11-12	200 IM	147-148	15-16	100 Breast
129-130	13-14	200 IM	147-148	17-19	100 Breast

**2009**  
**Florida Gold Coast Junior Olympic Championships**

**Short Course**  
Sanction# 032609-FGC1

**Hotel Information**

**La Quinta Inns and Suites (two hotels) – Coral Springs**  
3100 N. University, Coral Springs, Fl. 33065 954-344-2200  
3701 N. University, Coral Springs, FL. 33065 954-753-9000  
Contact: Lourdes Robitaille – 954-344-2200

**Studio 6 – Coral Springs**  
5645 University Drive, Coral Springs, Fl. 33065  
Contact: Yann Le Bohec – 954-796-0011  
Email: [6027b@staystudio6.com](mailto:6027b@staystudio6.com)

**Hampton Inn – Tamarac**  
4499 W. Commercial Blvd, Tamarac, Fl. 33319  
Contact: Maria Alvarado – 954-735-7575  
Email: [Maria.Alvarado@hilton.com](mailto:Maria.Alvarado@hilton.com)

**Howard Johnson – Deerfield Beach**  
2096 N.E. 2<sup>nd</sup> Street, Deerfield Beach, Fl 33441  
Contact: Margie Osborn – 954-428-2850

**Marriott Coral Springs**  
**Jennifer McGuinness - 954-227-4121**  
[www.marriottcoralsprings.com](http://www.marriottcoralsprings.com)

**Courtyard by Marriott**  
Coral Springs  
Daniel Hernandez - 954-227-1300 ext 7803  
[daniel.hernandez@marriott.com](mailto:daniel.hernandez@marriott.com)

**Quality Inn**  
Plantation  
Norma Alcahe - 954-556-8200  
[sales@plantationhotelcc.com](mailto:sales@plantationhotelcc.com)  
[www.Plantationhotelcc.com](http://www.Plantationhotelcc.com)

**Holiday Inn Hotel & Suites/Ft. Lauderdale**  
Sunrise  
Dorothy McLean – 954-315-2169  
[dmclean@hihsunrise.com](mailto:dmclean@hihsunrise.com)  
[www.hihsunrise.com](http://www.hihsunrise.com)

**Plantation Hotel and Conference Center**  
1711 N. University Drive, Plantation, Fl 33322  
Contact: Norma Alcahe – 954-556-8200  
Email: [sales@plantationhotelcc.com](mailto:sales@plantationhotelcc.com)

**Holiday Inn Hotel & Suites – Sunrise**  
3003 N.W. University Drive, Sunrise, 33322  
Contact: Lissette Montanez - 954-748-7000  
Email: [lmontanez@hihsunrise.com](mailto:lmontanez@hihsunrise.com)

**Holiday Inn Express - Plantation**  
1701 N. University Drive, Plantation, Fl. 33322  
Contact: Bertha Morales – 954-472-5600  
Email: [b.morales@expressplantation.com](mailto:b.morales@expressplantation.com)

**Coral Springs**  
**Lourdes Robitaille - 954-753-9000**  
[lq0925dos@laquinta.com](mailto:lq0925dos@laquinta.com)

**Hilton**  
Deerfield Beach/Boca Raton  
Dimitri Bakoulis - 954 -42-1780  
[bimitri\\_bakoulis@hilton.com](mailto:bimitri_bakoulis@hilton.com)  
[www.deerfieldbeach.hilton.com](http://www.deerfieldbeach.hilton.com)

**Howard Johnson**  
Deerfield  
Margie Osborn  
954-428-2850

**The Westin/Fort Lauderdale**  
Fort Lauderdale  
Carol Tracz – 954-772-1331  
[Carol.tracz@westin.com](mailto:Carol.tracz@westin.com)

**2009**  
**Florida Gold Coast Junior Olympic Time Trials**  
**Short Course**  
Sanction # 032709-TT4

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 032709-TT4
- Sponsored by: Coral Springs Swim Club
- Dates and Time: Friday March 27, 2009 – 15 minutes after the conclusion of prelims  
Saturday March 28, 2009 - 15 minutes after the conclusion of prelims.  
Sunday March 29, 2009 - 15 minutes after the conclusion of prelims.
- Course/Timing: One 25y x 50m, The west pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Junior Olympic Championship. Swimmers not in the Junior Olympic Championships 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.
- Eligibility: Open to all current registered USA Swimming athletes. (And swimmer entered in the Junior Olympic Championships who do not exceed the event entry limit for the day).
- Distance Events: The 1650/1000 Free will be offered only on Saturday Time Trial Session
- Awards: None (other than fast times and satisfaction).
- Location: Coral Springs Swim Club
- Referee: Beth Wilkerson
- Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)
- Information: Bruno Darzi

**2009**  
**Florida Gold Coast Junior Olympic Time Trials**  
**Short Course**  
Sanction# 032709-TT4

**ORDER OF EVENTS**

<b>Event #</b>	<b>Event</b>
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free (Saturday Only)
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	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	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 Junior Olympic Championship 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.**