



2009 FLA Senior Circuit

Fort Lauderdale Aquatic Complex
Fort Lauderdale, Florida
May 29-31, 2009

SANCTIONED BY: Florida Gold Coast LSC of United States Swimming, Inc. **Sanction# 052909-SC1**

SPONSORED BY: Fort Lauderdale Aquatics and the City of Fort Lauderdale

<u>DAY</u>	<u>DATE</u>	<u>WARM UP</u>	<u>START</u>
Friday	May 29	4:00 PM	5:30 PM
Saturday	May 30	11:30 AM	1:00 PM
Sunday	May 31	8:30 AM	10:00 AM

NOTE: All sessions are timed finals.

FACILITY: Two – 10 lane, 50 meter pools. Each pool has Colorado timing and separate scoreboard. Two courses can be run if meet size dictates. Hy-Tek Meet Manager will be used for data handling. The competition course has been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming

REFEREE: TBA

ELIGIBILITY: Open to all 2009 registered USA Swimming swimmers & foreign athletes that have been invited by USA Swimming, who achieve an the time standards for the events entered.
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 qualifying time for this meet. **Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4.**

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.**

DEADLINE: All entries must *be received by Wednesday, May 20th, 2009.*

*****NO FAX ENTRIES*****

Send checks to:
Fort Lauderdale Aquatics
501 Seabreeze Blvd.
Fort Lauderdale, FL 33316

E-mail entries to:
meetdir@FLAswim.com

ENTRY: THE FGC DECK SEED & SCRATCH POLICIES WILL BE IN EFFECT.

Policies can be seen at www.fgcswim.org

Electronic Entries – Wednesday, May 20th. Entries will be accepted via electronic mail attachment to the meet director at meetdir@FLAswim.com. Entries must be in a Zipped Hy-Tek Meet Entry file 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, USA Swimming #. 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 hrs. 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 5 individual events per day plus relays. No limit in the number of relay entries per team.

ENTRY FEES: \$4 per SWIMMER, \$4 per INDIVIDUAL EVENT, \$8 per RELAY EVENT

Make checks payable to: FLA Aquatics

***** Note: One Check per Team*****

**ENTRY FEES FOR EVENTS NOT ENTERED IN HY-TEK OR SDIF FILE
ARE DOUBLE: \$8 PER INDIVIDUAL EVENT, \$16 PER RELAY EVENT**

SEEDING: Enter in long course, 50 meter times only. Swimmers meeting the yards qualifying time need to enter at the long course cut.

CHECK-IN: The 400 FR, 400 IM, and 1500 FR and all relays will be positive check-in events. Check-in will close 30 minutes before the beginning of each session.

50 FL, 50 BA, 50 BR: These events are for swimmers ages 13 & Over only.

SCORING: 11-9-8-7-6-5-4-3-2-1. All relays score double.

AWARDS: Individual: Medals 1-3
Individual High Point Awards for top 3 women and men.
Team: Plaques for 1-3 in Combined teams.

ADMISSION: \$2.00 per session **HEAT SHEETS:** \$2.00 per session

Meet management reserves the right with the approval of the FG Senior Chairman to adjust logistics in order to run an efficient meet.

**FOR ADDITIONAL INFORMATION CALL the FLA OFFICE at 954-468-5590
OR Email meetdir@FLAswim.com**

For hotel-lodging and parking information go to the City of Fort Lauderdale website at www.fortlauderdale.gov/flac and click on link.



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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 (_____) _____

We are staying at the _____ E-mail _____
Hotel where you will be staying

Open Women	_____ Swimmers	_____ Events	_____ Relays
Open Men	_____ Swimmers	_____ Events	_____ Relays
TOTALS	_____ Swimmers	_____ Events	_____ Relays
	<u>X \$8</u>	<u>X \$8</u>	<u>X \$16</u>
	_____	_____	_____

TOTAL TEAM ENTRY FEES: _____

Please make checks payable to: FLA AQUATICS



2009 FLA Senior Circuit ORDER OF EVENTS

WOMEN							MEN	
FLSC Q-SCY	FLSC Q-LCM	EVENT #	EVENT	EVENT #	FLSC Q-LCM	FLSC Q-SCY		
Friday, May 29, 2009 – 5:30 pm								
34.89	39.69	1	50 BA	2	35.39	31.79		
2:09.29	2:24.49	3	200 FR	4	2:13.59	1:56.79		
1:18.89	1:30.79	5	100 BR	6	1:20.49	1:11.09		
1:06.59	1:14.89	7	100 FL	8	1:07.39	1:00.59		
5:06.29	5:46.39	9	400 IM*	10	5:21.49	4:48.79		
NTS	NTS	11	200 M.R.	12	NTS	NTS		
<small>*400 IM will be swum slowest to fastest, fastest 3 heats of women, fastest 3 heats of men. All remaining heats will swim alternation women and men, fastest to slowest; after the relays.</small>								
Saturday, May 30, 2009 – 1:00 pm								
39.39	45.29	13	50 BR	14	40.19	35.49		
1:09.89	1:19.49	15	100 BA	16	1:11.29	1:01.59		
2:24.49	2:43.89	17	200 IM	18	2:30.19	2:12.79		
28.39	31.89	19	50 FR	20	28.69	25.29		
5:36.59	4:59.29	21	400 FR**	22	4:42.39	5:14.89		
NTS	NTS	23	200 F.R.	24	NTS	NTS		
<small>**400 FR will be swum slowest to fastest, fastest 3 heats of women, fastest 3 heats of men. All remaining heats will swim alternation women and men, fastest to slowest; after the relays.</small>								
Sunday, May 31, 2009 – 10:00 am								
2:25.49	2:42.39	25	200 FL	26	2:31.99	2:13.59		
1:00.79	1:08.19	27	100 FR	28	1:01.99	54.79		
2:49.69	3:13.39	29	200 BR	30	2:57.79	2:35.09		
33.29	37.39	31	50 FL	32	33.69	30.29		
2:29.19	2:48.19	33	200 BA	34	2:32.99	2:15.59		
10 min break								
19:38.29	19:58.09	35	1500 FR***	36	18:44.99	18:27.49		
<small>***The 1500 will be swum alternating women and men, fastest to slowest.</small>								

There will be a 5 minute break before each relay event.