



## 2009 Speedo Winter Championships November 19 – 22, 2009

**SANCTIONED BY:** Florida Gold Coast Swimming and USA Swimming, **Sanction # 111909-fgc3**

**SPONSORED BY:** The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.

**LOCATION:** **Plantation Swim Team**  
9151 NW 2<sup>nd</sup> Street  
Plantation, Florida 33324

	WARM-UP	PRELIMS	WARM-UP	FINALS
November 19, Thursday			3:30 p.m.	5:00 p.m.
November 20, Friday	East Pool 7:00 a.m. West Pool 7:30 a.m.	East Pool 8:30 a.m. West Pool 9:00 a.m.	3:30 p.m.	5:00 p.m.
November 21, Saturday	East Pool 7:00 a.m. West Pool 7:30 a.m.	East Pool 8:30 a.m. West Pool 9:00 a.m.	3:30 p.m.	5:00 p.m.
November 22, Sunday	East Pool 7:00 a.m. West Pool 7:30 a.m.	East Pool 8:30 a.m. West Pool 9:00 a.m.	3:30 p.m.	5:00 p.m.

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

**GENERAL MEETING:** Friday, November 20 at 8:00 a.m. in the Hospitality Room of the Aquatic Complex. Any changes to the conduct of the meet will be decided at this meeting. It is the responsibility of each swimmer and coach to be aware of any changes made during this meet.

**POOL:** Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 8 lanes. Finals will be held in one 10 lane course. Continuous warm-up and warm-down area will be available. Colorado Timing System will be used. **“Both competition courses have been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.”**

**ELIGIBILITY:** Open to all 2009 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying times between 11/1/07 and the entry deadline. Limited to the first 1100 swimmers.

**ENTRIES:** Entries will be accepted via electronic attachment by Jimmy Parmenter at [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com). Entries must be in “Zipped COMLINK” 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 # is 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 of 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 of birth dates will not be entered.**

**ENTRY DEADLINE:** **All entries must be received by Wednesday, November 11<sup>th</sup>, 2009. 12 noon EST. Email entries to [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com) – (No Faxed Entries)**

<b>DECK ENTRIES:</b>	<p>FGC Deck Seed Policy will be in effect. <b>NOTE:</b> A hard copy of meet results with “proof of time “ or a copy of times from USA Swimming database must be present with deck entry. <b>Coaches will not be permitted to use the meet host computers for proof of times.</b> Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded.</p> <p><b>RELAY ONLY:</b> Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$15.00.</p> <p><b>Late entries will only be accepted on-site beginning Wednesday – November 18<sup>th</sup>, at 12 noon.</b> As a courtesy to meet management, coaches and swimmers are strongly encouraged to process late entries as early as possible in the meet registration process.</p>
<b>DISABILITY:</b>	<p>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.</p>
<b>ENTRY LIMIT:</b>	<p><b>Individual Events:</b> Athletes may enter all events which they qualify, however they may only compete in Nine (9) individual events for the meet and no more than Three (3) individual events per day.</p> <p><b>Relay Events:</b> Two (2) per team per event.</p>
<b>ENTRY FEES:</b>	<p>\$4.00 per individual event        \$8.00 per relay team        \$7.50 per athlete meet surcharge</p>
	<p><b>NOTE:</b> Please make checks payable to <b>Plantation Swim Team.</b>  <b>(One check only per Team.)</b></p>
<b>SEEDING:</b>	<p>Eligible entries shall be seeded in the following order – Short Course Yards, followed by Short Course Meters, followed by Long Course Meters.</p>
<b>DISTANCE EVENTS:</b>	<p>Thursday’s 1000 Freestyle (Open, 15-16, 13-14) and the 500 Freestyle (11-12 / 10 &amp; Under) are swum as timed finals, all age groups swum together, scored separately, swum fastest to slowest alternating girls and boys. The 500 Freestyle will be super seeded. Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.00.</p>
	<p>Friday’s 400 IM and Saturday’s 500 Free are swum as timed finals. The top 10 swimmers in all age group (13-14 / 15-16 / Open) will swim at night. <b>The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event.</b> The top 10 swimmers checked-in will swim in finals. Any swimmers that is not 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 \$25.00.</p>
	<p>Sunday’s 1650 Freestyle (Open, 15-16, 13-14) are swum as timed finals, all age groups will be swum together, scored separately, swum fastest to slowest alternating girls boys. Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.00. (All heats of the 1650 Freestyles will start 10 minutes following the 200 free relay.</p>
	<p><b>NOTE:</b> All no show fines must be paid before swimmers are permitted to swim there next event.</p>
<b>CHECK IN:</b>	<p>Positive check in for the 1000 Freestyle, 500 Freestyles, 400 IM and 1650 Freestyles 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.</p>
	<p><b>(800 Free Relay will be positive check in. “No Penalty for failure to show.”)</b></p>
	<p>1000 Free – All age groups – <b>4:00 p.m.</b>        500 Free – 10 &amp; Under / 11-12 – &amp; 800 Free Relay - <b>5:00 p.m.</b>        All age groups – 400 IM, 500 Free &amp; 1650 Free – <b>9:30 a.m.</b></p>
<b>RELAYS:</b>	<p>All relays will be swum at night on Thursday, Friday and Saturday. Sunday’s relays will be swum in the prelims. “A” and “B” relays only in each event.</p> <p><b>NOTE:</b> All 10 &amp; Under relays will be swum during finals on Saturday.</p>

<b>FINALS:</b>	<p>Finals will consist of one heat of girls and one heat of boys – top 10 swimmers per individual event. 15-16 will be separated from the open category for each event, except for the 1000 freestyle &amp; 1650 freestyle.</p> <p><b>FINALS:</b> Any swimmer who competes in preliminary heat and qualifies for the finals; must declare his / her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event, <b><u>Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table at the East Pool.</u></b> "Failure to Swim" will result in the swimmer being fined \$25.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.</p> <p><b>NOTE 1:</b> Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call for the alternate.</p> <p><b>NOTE 2:</b> Scratches must be done individually; "team scratches are not accepted."</p> <p><b>NOTE 3:</b> In addition to swimmers required to scratch if they are not going to swim in finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11<sup>th</sup> – 20<sup>th</sup>.</p>
<b>RULES:</b>	<p>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.</p>
<b>SCORING:</b>	<p><b>Individual:</b> 11-9-8-7-6-5-4-3-2-1  <b>Relays:</b> 22-18-16-14-12-10-8-6-4-2</p> <p><b>NOTE:</b> 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.</p>
<b>AWARDS:</b>	<p><b>Individual Events:</b> Medals 1<sup>st</sup> – 10<sup>th</sup>  <b>Relays:</b> Medals 1<sup>st</sup> – 3<sup>rd</sup>  <b>Team Awards:</b> Women's Team Top 5  Men's Team Top 5  Combined Top 5</p> <p><b>Individual High Point:</b> Top 3 in each age group &amp; sex.</p>
<b>ADMISSION:</b>	<p>\$3.00 per session. Heat Sheets \$2.00 each session.</p>
<b>CONCESSIONS:</b>	<p>Concession stand will be open for all sessions.</p>
<b>HOSPITALITY:</b>	<p>Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.</p>
<b>IDENTIFICATION:</b>	<p>Coaches and Officials shall wear their 2009 USA registration card in a visible location at the meet at all times during this meet. <b>(This will also be your pass for hospitality.)</b></p>
<b>MEET INFORMATION:</b>	<p>Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at <a href="http://www.swimpst.com">www.swimpst.com</a>.</p>
<b>REFEREE:</b>	<p>Larry Fons</p>
<b>MEET MARSHALL:</b>	<p>Howard Bilger and the City of Plantation Life Guard Staff</p>
<b>MEET DIRECTOR:</b>	<p>Jimmy Parmenter – <a href="mailto:JimmyPPST@aol.com">JimmyPPST@aol.com</a> - (954)-452-2526</p>
<b>ASSISTANT MEET DIRECTOR:</b>	<p>Terrell Woods – <a href="mailto:TerrellWPST@aim.com">TerrellWPST@aim.com</a> – (954)-452-2526</p>
<b>DIRECTIONS:</b>	<p>Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.</p>

**Warm-up Procedures: No Equipment Permitted. Swimmers Must Enter the Water Feet First.**

**PRELIMS:**

**East Pool – Thursday** – 3:30 p.m. -4:15 p.m.  
**East Pool – Friday, Saturday, Sunday** 7:00 a.m. – 7:45 a.m.

General Warm-Up  
 Swimming and Pulling Only, Push Off  
 No Racing Starts  
 No Sprinting or Pace Work

**East Pool – Thursday** 4:15 p.m. – 4:50 p.m.  
**East Pool – Friday, Saturday, Sunday** 7:45 a.m. – 8:20 a.m.

**Lane 1** – Pace, 50 and 100 circle Swim, Push Off  
**Lane 2** – Racing Starts 25s One Length  
**Lane 3** - Racing Starts 25s One Length  
**Lane 4** - Swimming and Pulling, Push Off  
**Lane 5** - Swimming and Pulling, Push Off  
**Lane 6** - Swimming and Pulling, Push Off  
**Lane 7** - Swimming and Pulling, Push Off  
**Lane 8** - Racing Starts 25s One Length  
**Lane 9** - Pace, 50 and 100 circle Swim, Push Off  
**Lane 10** -Pace, 50 and 100 circle Swim, Push Off

**West Pool – Thursday** - 3:30 p.m. -4:15 p.m.  
**West Pool - Friday, Saturday, Sunday** 7:00 a.m. – 8:00 a.m.

General Warm-Up  
 Swimming and Pulling Only, Push Off  
 No Racing Starts  
 No Sprinting or Pace Work

**West Pool – Thursday** - 4:15 p.m. – 4:50 p.m.  
**West Pool** – 8:00 a.m. -8:50 a.m

**Lane 1** – Pace, 50 and 100 circle Swim, Push Off  
**Lane 2** – Pace, 50 and 100 circle Swim, Push Off  
**Lane 3** – Swimming and Pulling, Push Off  
**Lane 4** – Swimming and Pulling, Push Off  
**Lane 5** – Swimming and Pulling, Push Off  
**Lane 6** – Racing Starts 25s One Length  
**Lane 7** – Racing Starts 25s One Length  
**Lane 8** - Racing Starts 25s One Length

**Warm-up for Finals & Thursday’s Timed Finals.**

3:30 p.m. – 4:15 p.m. General Warm-up – See Above  
 4:15 p.m. – 4:55 p.m. Controlled Warm-up – See Above

**Order of Events:**

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

Thursday – Timed Finals – East and West Pool – Timed Finals: Warm-up 3:00 p.m. - Meet Starts 5:00 p.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
1	10:15.19	10:00.39	11:25.99	Open / 15-16	1000 Free P/S/T/F	11:12.19	9:48.29	10:04.59	2
1	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	2
3	5:36.39	5:27.19	6:14.29	11-12	500 Free P/S/T/F	6:21.29	5:33.69	5:44.49	4
3	6:25.69	6:12.29	7:05.89	10 & Under	500 Free P/S/T/F	7:09.89	6:12.29	6:29.69	4
5	nt	nt	nt	Open	800 Free Relay – P/T	nt	nt	nt	6
7	nt	nt	nt	13-14	800 Free Relay - P/T	nt	nt	nt	8

Friday – Prelims East Pool – Warm-up 7:00 a.m. Meet Starts 8:30 a.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
11	2:23.19	2:20.29	2:06.99	Open / 15-16	200 Free	1:55.79	2:07.89	2:13.39	12
13	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	14
19	34.99	34.39	30.99	Open / 15-16	50 Back	29.19	32.39	32.99	20
21	35.99	35.39	31.99	13-14	50 Back	31.89	35.39	35.99	22
27	1:27.79	1:24.79	1:16.79	Open / 15-16	100 Breast	1:09.19	1:16.49	1:20.59	28
29	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	30
35	1:16.09	1:14.29	1:07.29	Open / 15-16	100 Fly	1:00.79	1:07.19	1:09.09	36
37	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	38
43	5:57.59	5:47.09	5:14.09	Open / 15-16	400 IM P/T/F	4:49.09	5:19.49	5:29.99	44
45	6:03.19	5:53.79	5:20.19	13-14	400 IM P/T/F	5:02.89	5:34.69	5:46.79	46

Friday – Prelims West Pool – Warm-up 7:30 a.m. Meet Starts 9:00 a.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
15	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	16
17	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	17
23	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	24
25	44.69	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89	26
31	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	32
33	1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89	34
39	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	40
41	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	42

Saturday – Prelims East Pool – Warm-up 7:00 a.m. Meet Starts 8:30 a.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
55	1:18.69	1:15.29	1:08.09	Open / 15-16	100 Back	1:01.79	1:08.29	1:11.99	56
57	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	58
63	2:41.09	2:37.29	2:22.39	Open / 15-16	200 IM	2:09.99	2:23.69	2:30.69	64
65	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	66
71	30.99	29.99	27.19	Open / 15-16	50 Free	24.49	26.99	28.09	72
73	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	74
79	39.99	38.99	35.19	Open / 15-16	50 Breast	31.99	34.99	35.99	80
81	40.99	39.99	36.09	13-14	50 Breast	32.99	35.99	36.99	82
87	4:59.79	4:53.49	5:35.39	Open / 15-16	500 Free P/T/F	5:11.69	4:32.79	4:41.09	88
89	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	90

Saturday – Prelims - West Pool – Warm-up 7:30 a.m. Meet Starts 9:00 a.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
59	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	60
61	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	62
67	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	68
69	3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89	70
75	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	76
77	37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29	78
83	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	84
85	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	86

Sunday – Prelims East Pool – Warm-up 7:00 a.m. Meet Starts 8:30 a.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
99	nt	nt	nt	Open	200 Medley Relay	nt	nt	nt	100
101	nt	nt	nt	13-14	200 Medley Relay	nt	nt	nt	102
103	xx	1:17.99	1:09.99	Open / 15-16	100 IM	1:03.99	1:10.99	xx	104
105	xx	1:19.99	1:11.99	13-14	100 IM	1:09.99	1:16.99	xx	106
111	2:44.69	2:42.79	2:27.29	Open / 15-16	200 Fly	2:14.59	2:28.69	2:32.19	112
113	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	114
117	1:07.19	1:05.09	58.89	Open / 15-16	100 Free	53.09	58.69	1:01.39	118
119	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	120
125	3:08.49	3:05.59	2:45.29	Open / 15-16	200 Breast	2:30.09	2:45.89	2:54.29	126
127	3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39	128
131	34.99	34.29	30.89	Open / 15-16	50 Fly	28.19	31.29	31.99	132
133	36.99	36.29	32.69	13-14	50 Fly	29.09	32.29	32.99	134
139	2:47.59	2:41.99	2:26.59	Open / 15-16	200 Back	2:12.69	2:26.59	2:34.89	140
141	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	142
147	nt	nt	nt	Open	200 Free Relay	nt	nt	nt	148
149	nt	nt	nt	13-14	200 Free Relay	nt	nt	nt	150
					<b>10 min. break</b>				
151	19:37.29	19:02.29	19:08.99	Open / 15-16	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

Sunday – Prelims West Pool – Warm-up 7:30 a.m. Meet Starts 9:00 a.m.

Event #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Event #
107	xx	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	xx	108
109	--	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	xx	110
115	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	116
121	1:16.19	1:33.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	122
123	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	124
129	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	130
135	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	136
137	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	138
143	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	144
					<b>5 min .break</b>				
145	nt	nt	nt	11-12	400 Medley Relay	nt	nt	nt	146

## Finals Order of Event

### Friday

Event #	Age	Event	Event #
9	11-12	400 Free Relay	10
11	Open	200 Free	12
11	15-16	200 Free	12
13	13-14	200 Free	14
15	11-12	200 Free	16
17	10 & Under	200 Free	18
19	Open	50 Back	20
19	15-16	50 Back	20
21	13-14	50 Back	22
23	11-12	50 Back	24
25	10 & Under	50 Back	26
27	Open	100 Breast	28
27	15-16	100 Breast	28
29	13-14	100 Breast	30
31	11-12	100 Breast	32
33	10 & Under	100 Breast	34
35	Open	100 Fly	36
35	15-16	100 Fly	36
37	13-14	100 Fly	38
39	11-12	100 Fly	40
41	10 & Under	100 Fly	42
43	Open	400 IM	44
43	15-16	400 IM	44
45	13-14	400 IM	46
47	Open	400 Free Relay	48
49	13-14	400 Free Relay	50

### Saturday

Event #	Age	Event	Event #
51	11-12	200 Free Relay	52
53	10 & Under	200 Free Relay	54
55	Open	100 Back	56
55	15-16	100 Back	56
57	13-14	100 Back	58
59	11-12	100 Back	60
61	10 & Under	100 Back	62
63	Open	200 IM	64
63	15-16	200 IM	64
65	13-14	200 IM	66
67	11-12	200 IM	68
69	10 & Under	200 IM	70
71	Open	50 Free	72
71	15-16	50 Free	72
73	13-14	50 Free	74
75	11-12	50 Free	76
77	10 & Under	50 Free	78
79	Open	50 Breast	80
79	15-16	50 Breast	80
81	13-14	50 Breast	82
83	11-12	50 Breast	84
85	10 & Under	50 Breast	86
87	Open	500 Free	88
87	15-16	500 Free	88
89	13-14	500 Free	90
91	10 & Under	200 Medley Relay	92
93	11-12	200 Medley Relay	94
95	13-14	400 Medley Relay	96
97	Open	400 Medley Relay	98

### Sunday

Event #	Age	Event	Event #
103	Open	100 IM	104
103	15-16	100 IM	104
105	13-14	100 IM	106
107	11-12	100 IM	108
109	10 & Under	100 IM	110
111	Open	200 Fly	112
111	15-16	200 Fly	112
113	13-14	200 Fly	114
115	11-12	200 Fly	116
117	Open	100 Free	118
117	15-16	100 Free	118
119	13-14	100 Free	120
121	11-12	100 Free	122
123	10 & Under	100 Free	124
125	Open	200 Breast	126
125	15-16	200 Breast	126
127	13-14	200 Breast	128
129	11-12	200 Breast	130
131	Open	50 Fly	132
131	15-16	50 Fly	132
133	13-14	50 Fly	134
135	11-12	50 Fly	136
137	10 & Under	50 Fly	138
139	Open	200 Back	140
139	15-16	200 Back	140
141	13-14	200 Back	142
143	11-12	200 Back	144

### Winter Champs – Time Trials

**SANCTIONED BY:** Florida Gold Coast Swimming – Sanction # 111909-fgc3

**SPONSORED BY:** The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.

**LOCATION:** **Plantation Swim Team**  
9151 NW 2<sup>nd</sup> Street  
Plantation, Florida 33324

**TIME:** **15 MINUTES** after the conclusion of PRELIMS on **Friday** and **Saturday only**.

**POOL:** Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes.

**ELIGIBILITY:** Open to all 2009 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming, that have been properly entered in the 2009 Winter Champs.

**ENTRY LIMIT:** **3** individual events per day, including events swum in the 2009 Winter Champs. **We will go through the order of events only one time.**

**ENTRY FEE:** \$10.00 per event. Cash only will be accepted.

**ENTRIES:** Will be at the Clerk of course and will close **at 10:30 a.m. on Friday and Saturday.**

**SEEDING:** 25 – yards short course.

**SCRATCHES:** No penalty for scratching at the block.

**RULES:** Current USA Swimming rules will apply.

**OFFICIALS:**

<b>Meet Referee:</b>	<b>TBA</b>
<b>Starter:</b>	<b>TBA</b>
<b>Stroke &amp; Turn:</b>	<b>TBA</b>
<b>Meet Marshall:</b>	<b>Howard Bilger and the City of Plantation Life Guard Staff.</b>

#### ORDER OF EVENTS:

Friday	Friday Events	Saturday	
Event 50 Free	Event # 201 – 202	Event 50 Free	Event # 301 – 302
Event 100 Free	Event # 203 –204	Event 100 Free	Event # 303 –304
Event 200 Free	Event # 205 –206	Event 200 Free	Event # 305 –306
Event 500 Free	Event # 207 –208	Event 500 Free	Event # 307 –308
Event 1000 Free	Event # 209 – 210	Event 1650 Free	Event # 309 - 310
Event 50 Back	Event # 211 – 212	Event 50 Back	Event # 311 - 312
Event 100 Back	Event # 213 - 214	Event 100 Back	Event # 313 - 314
Event 200 Back	Event # 215 – 216	Event 200 Back	Event # 315 - 316
Event 50 Breast	Event # 217 – 218	Event 50 Breast	Event # 317 - 318
Event 100 Breast	Event # 219 – 220	Event 100 Breast	Event # 319 - 320
Event 200 Breast	Event # 221 – 222	Event 200 Breast	Event # 321 - 322
Event 50 Fly	Event # 223 – 224	Event 50 Fly	Event # 323 - 324
Event 100 Fly	Event # 225 – 226	Event 100 Fly	Event # 325 - 326
Event 200 Fly	Event # 227 – 228	Event 200 Fly	Event # 327 - 328
Event 100 IM	Event # 229 – 230	Event 100 IM	Event # 329 - 330
Event 200 IM	Event # 231 – 232	Event 200 IM	Event # 331 - 332
Event 400 IM	Event # 233 – 234	Event 400 IM	Event # 333 - 334

**NOTE:** Swimmers not entered in meet may swim a total of 3 events per day.

<b>HOTELS:</b>		
<b>Staybridge Suites</b> 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.	<b>La Quinta</b> 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.	<b>Sheraton Suites Plantation</b> 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.
<b>Plantation Hotel &amp; Conference Center</b> 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 <a href="mailto:sales@plantationlcc.com">sales@plantationlcc.com</a> <a href="http://www.plantationhotelcc.com">www.plantationhotelcc.com</a>	<b>Marriot Courtyard</b> 7780 SW 6 <sup>th</sup> Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.	<b>Marriott Residence Inn</b> 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.
<b>Wellesley Inn</b> 7901 SW 6 <sup>th</sup> Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool	<b>Hampton Inn Plantation</b> 7801 SW 6 <sup>th</sup> Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool	<b>Renaissance Plantation</b> 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252
<b>Hyatt Place</b> 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220		