

Broward County Pre-J0
Sponsored by City of Sunrise, Sunrise Swimming
Boosters
Sunrise Civic Center Pool
10600 West Oakland Park Blvd.
Sunrise, Florida 33351

OCTOBER 10-11, 2009

- SANCTIONED BY:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction #1009-n21
- RULES:** Current USA Swimming 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.
- ELIGIBILITY:** Open to all 2009 FGC registered swimmers in Broward County and foreign athletes with proper travel credentials that have been invited by USA swimming who have not achieved a Junior Olympic time in the event in which he/she is entered in. Swimmers with a disability are welcomed 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.
- DATES & TIMES:** 2 SESSIONS PER DAY SATURDAY, SUNDAY
SATURDAY AND SUNDAY OCTOBER 10-11
AM SESSIONS WARM UP 8:00 AM
START OF COMPETITION: 9:00 AM
PM SESSIONS WARM UP 12:00 PM START OF
COMPETITION: 1:00 PM
All events are timed finals.
- POOL COURSE:** 8 lane, 25 yard pool. Adjacent warm down area.

ENTRY LIMIT: 3 individual events per day/swimmer. 6 individual events/meet

ENTRY FEES: \$2.50 individual event.
\$5.00 relay events
\$4.00 facility surcharge/swimmer.
Make checks payable to: Sunrise Swimming Boosters
One check per team please!

MEET DIRECTOR: Dave Wathen

ENTRY DEADLINE: Entries will be accepted beginning:
Wednesday, September 23, 2009
Entry Deadline will be:
Wednesday, September 30, 2009
E-mail electronic entries to: coachsun1@aol.com.
Ask for an entry confirmation by e-mail.
Please enter electronically.
No fax entries, please.
Deck entries permitted into open lanes only on a first- come-first- served basis. The FGC late-entries- rule is in effect. Deadline is 15 min. before the start of the meet. Double entry fees for late entries have to be submitted with the late entries.

“The competition course has been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book. The copy of such certification is on file with USA Swimming.”

Entries not submitted electronically will be double the entry fee.

SEEDING: THIS MEET WILL BE SEEDED YLS

AWARDS: Individual events: Ribbons 1st - 8th
13 AND OVER EVENTS WILL BE SWUM TOGETHER AND SCORED BY AGE GROUP.

ADMISSION: \$2.00 per session. Heat sheets: \$2.00 per session.

INFORMATION: Dave Wathen 954 747-4635

REFEREE: Carlos Hernandez

LOCATION: SUNRISE CIVIC CENTER POOL

DIRECTIONS: Sunrise Civic Center is located just west of Nob Hill Rd. on West Oakland Park Blvd. From the East, take Oakland Park west to the 2nd left turn past Nob Hill. Pool will be in front of you From the north or south, take Nob Hill to Oakland Park. Go west. 2nd left turn, pool will be in front of you.

**BROWARD COUNTY PRE-JO
ORDER OF EVENTS
GIRLS ODD #, BOYS EVEN #.
ALL EVENTS ARE TIMED FINALS**

SATURDAY, OCTOBER 10, 2009

WARM UP 8:00 AM

MEET STARTS 9:00 AM

EVENT #	EVENT	AGE GROUP
1-2	100 IM	11-12
3-4	100 IM	10 & UNDER
5-6	100 BACK	11 & 12
7-8	100 BACK	10 & UNDER
9-10	50 BREAST	11 & 12
11-12	50 BREAST	10 & UNDER
13-14	100 FREE	11-12
15-16	100 FREE	10 & UNDER
17-18	50 FLY	11-12
19-20	50 FLY	10 & UNDER
21-22	200 FREE	11-12
23-24	200 FREE	10 & UNDER

SATURDAY, OCTOBER 10, 2009

WARM UP 12:00 PM

MEET STARTS 1:00 PM

EVENT #	EVENT	AGE GROUP
25-26	200 IM	13 & OVER
27-28	50 FLY	13 & OVER
29-30	100 FREE	13 & OVER
31-32	50 BREAST	13 & OVER
33-34	200 FLY	13 & OVER
35-36	100 BACK	13 & OVER
37-38	200 BREAST	13 & OVER
39-40	500 FREE	13 & OVER

SUNDAY, OCTOBER 11, 2009

WARM UP 8:00 AM

MEET STARTS 9:00 AM

EVENT #	EVENT	AGE GROUP
41-42	200 IM	11-12
43-44	200 IM	10 & UNDER
45-46	100 FLY	11-12
47-48	100 FLY	10 & UNDER
49-50	50 FREE	11-12
51-52	50 FREE	10 & UNDER
53-54	100 BREAST	11-12
55-56	100 BREAST	10 & UNDER
57-58	50 BACK	11-12
59-60	50 BACK	10 & UNDER
61-62	500 FREE	12 AND UNDER

SUNDAY, OCTOBER 11, 2009

WARM UP 12:00 PM

MEET STARTS 1:00 PM

EVENT #	EVENT	AGE GROUP
63-64	200 FREE	13 & OVER
65-66	100 FLY	13 & OVER
67-68	200 BACK	13 & OVER
69-70	50 FREE	13 & OVER
71-72	100 BREAST	13 & OVER
73-74	50 BACK	13 & OVER
75-76	400 IM	13 & OVER