

FLORIDA GOLD COAST 'A' INVITATIONAL

Friday-Sunday: September 25-27, 2009

Sanctioned by:	USA Swimming, Florida Gold Coast Swimming- 092509-FG24
Host:	Lake Lytal Lightning Swim Team
Meet Director:	Gordon Andrews
Meet Referee:	Debbie Bengtson
Facility:	Lake Lytal Pool 3645 Gun Club Rd. West Palm Beach, Florida
Directions:	From I-95. Exit Southern Blvd. And Head West to Ramp towards Congress Ave. Take Congress Ave. south to 1 st light. Take right onto Gun Club Rd. Travel approx. ½ mile to Lake Lytal Park entrance on right. Pool is located in Lake Lytal Park. From Turnpike: Exit Southern Blvd. Head east approx. 5 miles to Military Trail. Take a right onto Military Trail to 1 st light. Take left (east) onto Gun Club Rd. approx. 1 mile. Lake Lytal Park is on the left.
Pool Specs:	Lake Lytal Pool is a 50m x 25 yd. Pool. 8-10 lanes will be used for competition with 8 lanes available for Warm-up and cool down. Pool depth of 4ft. to 12 ft. is used for competition. 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.
Timing System:	Daktonics Timing and 8 Lane Scoreboard will be used for competition.
Meet Schedule:	Session 1: Friday, Sept. 25: Warm-up All Age Groups 4:00pm. Meet Start 5:30pm. Session 2: Saturday, Sept. 26: Warm-up 12 & Und. 7:30am. Meet Start 9am. Session 3: Saturday, Sept. 26: Warm-up 13 & Over. 11:30am. Meet Start 12:30pm. Session 4: Sunday, Sept. 27: Warm-up 12 & Und. 7:30am. Meet Start 9am. Session 5: Sunday, Sept. 27: Warm-up 13 & Over. 11:30am. Meet Start 12:30pm.
Rules:	The meet director may combine sessions if individual entry totals warrant it. Current USA Swimming rules will govern this meet
Eligibility:	Currently registered USA Swimming Athletes. 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. Times entered must be at least JO cuts or 'A' Standards-whichever is slower (see pg. 3)
Entry Limit:	5 Individual Events per day plus relays
Seeding:	All events will be swum in a timed final format from slowest to fastest. NOTE: Exceptions include those events 400y or greater which will be swum fastest to slowest alternating women & men and positive check in (400 IM-5 pm 500 Fr.-5pm 1650 Free-1:30 pm). Entries submitted electronic certifies that swimmers entered in the meet are currently USA registered. Meet management reserves the right to change start times and or cancel relays in order to run a timely and sufficient meet.
Entries:	Electronic Entries are Required in order to pay the designated entry fees. A Team Management "Meet Events" file may be found at www.lightning-swimming.org Please e-mail your entries too GMAND688@BELLSOUTH.NET
Entry Fees:	Individual Events: \$3.25 Relays: \$6 Sw. Surcharge \$4
Entry Deadline:	Wednesday 9/16/09. Changes to Original Entries Accepted Thru Mon. 9/21/09. Seeding and Heat Sheet Printing Wed 9/23. Confirmed upon processing by meet director (561-689-7120 or 561-310-4924 cell or e-mail)
Awards:	Individual Events: Medals 1 st -3 rd /Ribbons: 4 th -8 th . Relays: Ribbons 1 st -3 rd .
Scoring:	Used for individual high point awards 9-7-6-5-4-3-2-1
Special Awards:	Individual High Point Awards 1st-3rd for 10 & Und./11-12/13-14/ 15 & Over.
Spectator Adm. & Heat Sheets	\$2/\$2
Meet Information & Results:	Meet Information, Meet Events File, Psych Sheets, Timelines, Official Results, Map to Pool all can be found at www.lightning-swimming.org
Hospitality:	Hospitality will be provided for all coaches, meet officials, and volunteers
Concessions:	TOTAL TEAM WARES will be on deck. A concessions stand will be available.

Events Listing

FGC Fall Invitational

Session 1: Friday, Sept. 25

Warm-up: 4:00pm Meet Start: 5:30pm

A 10 minute break following the 400 IM will take place if deemed necessary by meet committee

1-2	OPEN 400 IM+ *
3-4	OPEN 500 Free++ *

Session 2: Saturday, Sept. 26

Warm-up: 7:30am Meet Start: 9am

Session 3: Saturday, Sept. 26

Warm-up: 11:30am Meet Start: 12:30 pm

Event #	Event	Event #	Event
5-6	10 & U. 200 Med. R.	33-34	13 & Over 200 Med. R.
7-8	11-12 200 Med. R.	35-36	15 & Over 200 Med. R.
9-10	10 & Under 200 Fr.	37-38	13-14 200 Fr.
11-12	11-12 200 Fr.	39-40	15 & Over 200 Fr.
13-14	10 & Under 50 Breast	41-42	14 & Und. 200 Breast%
15-16	11-12 50 Breast	43-44	15 & Over 200 Breast
17-18	10 & Under 100 IM	45-46	13-14 200 IM
19-20	11-12 100 IM	47-48	15 & Over 200 IM
21-22	10 & Under 50 Fr.	49-50	13-14 50 Fr.
23-24	11-12 50 Fr.	51-52	15 & Over 50 Fr.
25-26	10 & Under 50 Fly	53-54	14 & Und. 200 Fly%
27-28	11-12 50 Fly	55-56	15 & Over 200 Fly
29-30	10 & Under 100 Back	57-58	13-14 100 Back
31-32	11-12 100 Back	59-60	15 & Over 100 Back

Session 4: Sunday, Sept. 27

Warm-up: 7:30am Meet Start: 9am

Session 5: Sunday, Sept. 27

Warm-up: 11:30am Meet Start: 12pm

Event #	Event	Event #	Event
61-62	11-12 200 Free Relay	85-86	13-14 200 Free R.
63-64	10 & Under 200 Free R.	87-88	15 & Over 200 Free R.
65-66	11-12 100 Free	89-90	13-14 100 Free
67-68	10 & Under 100 Free	91-92	15 & Over 100 Free
69-70	11-12 100 Breast	93-94	13 -14 100 Breast
71-72	10 & Under 100 Breast	95-96	15 & Over 100 Breast
73-74	11-12 50 Back	97-98	14 & Und. 200 Back%
75-76	10 & Under 50 Back	99-100	15 & Over 200 Back
77-78	11-12 200 IM	101-102	13-14 Over 100 Fly
79-80	10 & Under 200 IM	103-104	15 & Over 100 Fly
81-82	11-12 100 Fly		10 Minute Break
83-84	10 & Under 100 Fly	105-106	OPEN 1650 Free#

*Events Not Used in Calculating Individual High Point Awards

% Events scored separately 11-12/13-14 Only towards High Point, ranked and awarded 12 & Und./13-14

+Positive Check-In 400 IM 5pm (Single age group, ranked separately 12 & Und/13-14/15 & Over/fastest to slowest, alt. Women/men)

++ Positive Check-In 500 Free 5pm (Single age group, ranked separately 10 & Und/11-12/13-14/15 & Over, fastest to slowest, alt. Women/men)

#Positive Check-In 1650 Free 1:30pm (Single age group, ranked/scored separately 12 & Und/13-14/15 & Over/ fastest to slowest, alt. Women/men)

FLORIDA GOLD COAST FALL INV. QUALIFYING STANDARDS

GIRLS	10 & UNDER	BOYS
33.39	50 FREE	33.79
1:14.39	100 FREE	1:15.39
2:38.39	200 FREE	2:41.39
7:05.39	500 FREE	7:09.89
39.19	50 BACK	39.59
1:26.49	100 BACK	1:27.09
43.49	50 BREAST	45.39
1:35.39	100 BREAST	1:38.89
37.99	50 FLY	39.39
1:33.29	100 FLY	1:33.19
1:25.19	100 IM	1:26.39
3:04.69	200 IM	3:06.69
GIRLS	11-12	BOYS
30.89	50 FREE	29.89
1:07.19	100 FREE	1:05.59
2:22.19	200 FREE	2:22.59
6:14.29	500 FREE	6:21.29
21:39.59	1650 FREE	21:23.59
34.79	50 BACK	34.59
1:15.29	100 BACK	1:15.29
2:39.09	200 BACK	2:40.19
38.99	50 BREAST	39.39
1:24.19	100 BREAST	1:24.49
2:59.69	200 BREAST	3:00.19
32.69	50 FLY	32.69
1:16.09	100 FLY	1:16.09
2:41.69	200 FLY	2:44.89
1:13.99	100 IM	1:13.79
2:37.59	200 IM	2:38.69
5:36.09	400 IM	5:28.89
GIRLS	13-14	BOYS
28.69	50 FREE	26.59
1:02.19	100 FREE	58.09
2:13.79	200 FREE	2:06.69
5:52.99	500 FREE	5:40.09
20:12.19	1650 FREE	19:21.69
1:09.79	100 BACK	1:04.89
2:29.69	200 BACK	2:19.49
1:17.99	100 BREAST	1:12.29
2:47.99	200 BREAST	2:36.29
1:08.39	100 FLY	1:04.09
2:28.59	200 FLY	2:22.29
2:30.49	200 IM	2:22.49
5:20.19	400 IM	5:02.89
GIRLS	15-16 & OPEN	BOYS
27.99	50 FREE	25.29
1:00.79	100 FREE	55.19
2:10.39	200 FREE	2:00.09
5:47.39	500 FREE	5:24.29
19:58.89	1650 FREE	18:47.99
1:08.09	100 BACK	1:01.79
2:26.59	200 BACK	2:12.69
1:16.79	100 BREAST	1:09.19
2:45.29	200 BREAST	2:30.09
1:07.29	100 FLY	1:00.79
2:27.29	200 FLY	2:14.59
2:26.99	200 IM	2:15.09
5:14.09	400 IM	4:49.09

FLORIDA GOLD COAST FALL INVITATIONAL @ LAKE LYTAL
September 25-27, 2009

FINANCIAL RECAP

TEAM _____ LSC _____ CALL LETTERS _____

ADDRESS _____

HEAD COACH _____ ASST. COACH _____

PHONE- _____

E-MAIL ADDRESS _____

	Swimmers	Events	
Total # of Girls Entered _____	_____	_____	
Total # of Boys Entered _____	_____	_____	
Total # of Events Entered _____		_____	
Grand Total-Individual Events _____			x \$3.25nt = _____
Total Swimmers-Surcharge _____			x \$ 400/swimmer= _____
Total # of Relays Entered _____			x \$600/relay = _____
Grand Total _____			_____

Make the check payable to "Lake Lytal Lightning Swim Team, Inc."

Area Hotels

<p>Hilton Palm Beach Airport (host Hotel) Rate \$79 Ask for Lake Lytal Lightning Swim Team Rate 150 Australian Avenue West Palm Beach, Florida 1-561-684-9400</p>	<p>West Palm Beach Marriot 1001 Okeechobee Boulevard West Palm Beach, Florida +1 561-833-1234</p>
<p>Courtyard West Palm Beach Airport 1800 Centrepark Drive East West Palm Beach, Florida +1 561-207-1800</p>	<p>Doubletree West Palm Beach Airport 1808 South Australian Avenue West Palm Beach, Florida 1-561-689-6888</p>
<p>Best Western Palm Beach Airport 1505 Belvedere Road West Palm Beach, Florida 561-471-8700</p>	<p>Hampton Inn West Palm Beach Airport 1601 Worthington Road West Palm Beach, Florida 1-561-472-7333</p>