

Florida Gold Coast
Broward Sub-JO Short Course Swim Meet
February 14th -15th 2009
Comets Swim Team

Sanction: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming.
Sanction #:

Sponsored by: **Comets Swim Team & Comets Swim Team Booster Club**

Rules: 2009 USA Swimming and Florida Gold Coast Swimming rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.

Date & Time:

Saturday, February 14th, 2009

Session 1-12 & under Warm up: 7:00-8:20 a.m. Meet starts at 8:30 a.m.

Session 2-13 & over Warm up: 12:00 a.m. Meet starts at 1:30 p.m.

Sunday, February 15th, 2009

Session 3-12 & under Warm up: 7:00-8:20 a.m. Meet starts at 8:30 a.m.

Session 4-13 & over Warm up: 12:00 a.m. Meet starts at 1:30 p.m.

*****Meet director reserves the right to change warm-up and meet start times with FGC Age Group Chair approval. In event the meet timeline exceeds four hours, all athletes will be dropped from their fourth event. **All events are timed finals.***

**Location/
Parking:** **Academic Village Swimming Pool.** 17189 Sheridan Street. Pembroke Pines, FL 33331
Free parking is located in Academic Village. Enter from 172nd Ave. **Free parking** is located at the West end of the swimming pool.

Eligibility: Open to all 2009 USA swimming registered athletes in Broward County and foreign athletes with proper travel credentials that have been invited by USA Swimming and who have **not** achieved FGC Junior Olympic (J.O.) times in the event in which he/she entered.

Disability Athletes: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations. Call 954-538-3721 or email: info@swim4comets.com

Pool/Timing: 25-yard by 50-meter heated outdoor pool. 10 (10) Short-course racing lanes with nine (9) separate warm up and swim down lane available. Water depth at competition start end of pool is a minimum 6 feet. Colorado Time System® will be used. The competition course has not been certified in accordance with 104.2.2 (C). All events are timed finals. Fly-over starts will be used.

- Entry Deadline:** All entries must be received by **Wednesday, February 4th 2009**
email entries to: **info@swim4comets.com** **ONE CHECK PER TEAM!!!**
PLEASE enter electronically. NO MAILED entries accepted. For electronic entries (CL or SDIF format only!): Confirmation of electronic entries will be sent via email.
Submission of electronic entries signifies that all swimmers are USA registered. For faxed entries send to (954) 392-4109. Please call the swim office at (954) 538-3721 to confirm faxed entries. **If entries are not sent electronically, entry fees will be doubled.
- Seeding:** All sessions will be **Super Seeded**. For explanation go to www.swim4comets.com. Meet director reserves the right to combine heats in order to save time.
- Positive Check In:** *** Represents 12&Under 200Free, Open 500Free, 12&Under 200 IM and 13&Over 200Free. All events will close approximately **One Hour Before Time Line Event Start**.
- Entry Fees:** \$2.50 per individual event. Relays \$5.00
- Facility Surcharge:** \$4.00 per swimmer. **ONE CHECK PER TEAM!!!**
- Entry Limit:** Maximum of 4 (four) events per day plus relays
- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part.
- Awards:** Individual Events: ribbons 1st-10th Relay Events ribbons 1st-3rd (for each age group)
13 & Over swimmers achieving ribbons must indicate with the awards desk their desire to receive their ribbons, otherwise, ribbons will not be issued to this age group.
- Deck Entries:** Any coach using the FGC Deck Entry Policy **must** bring their swimmer's USA Swimming card to the meet in order to be entered. Deck entries permitted into open lanes only on a first-come-first-serve basis as stated in the FGC deck entry rule. Deadline for deck entries is 15 min. before start of meet.
- Head Referee:** **TBD**
- Meet Director:** Christopher Anderson Jr.
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Admission:** Admission - \$2.00 per session. Heat Sheets - \$2.00 per session.
- Directions:** **Coming from the North:** Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side.
Coming from the South: Take SR-826 to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side.
- Information:** Call the Comets Swim Office at (954) 538-3721.

Order of Events

Girls=Odd / Boys=Even

Session 1 Saturday February 14th 2009 @ 8:30 AM

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1-2	12 & Under	100 IM
3-4	12 & Under	50 Free
5-6	12 & Under	50 Fly
7-8	12 & Under	100 Back
9-10	12 & Under	50 Breast
11-12	12 & Under	200 Free Relay
5 Min Break	5 Min Break	5 Min Break
13-14	12 & Under	200 Free

Session 2 Saturday – February 14th 2009 @ 1:30 PM

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
15-16	13 & Over	200 IM
17-18	13 & Over	100 Free
19-20	13 & Over	50 Back
21-22	13 & Over	100 Fly
23-24	Open	200 Back
25-26	13 & Over	100 Breast
27-28	Open	500 Free

Session 3 Sunday – February 15th @ 8:30 AM

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
29-30	12 & Under	100 Free
31-32	12 & Under	100 Fly
33-34	12 & Under	50 Back
35-36	12 & Under	100 Breast
37-38	12 & Under	200 Medley Relay
5 Min Break	5 Min Break	5 Min Break
39-40	12 & Under	200 IM

Session 4 Sunday – February 15th @ 1:30 PM

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
41-42	13 & Over	50 Free
43-44	13& Over	50 Breast
45-46	Open	200 Fly
47-48	13 & Over	100 Back
49-50	Open	200 Breast
51-52	13& over	50 Fly
53-54	13& Over	200 Free

#-# = Positive Check in events

Entry time cannot exceed FGC Junior Olympic time standards for age group.

FINANCIAL RECAP FORM

2009 Broward Sub-JO Meet

Comets Swim Team

February 14th -15th 2009

TEAM: _____ **COACHES:** _____

ADDRESS: _____ **CITY, ZIP:** _____

PHONE: _____ **E-MAIL:** _____

ENTRY FEES:

of girls entered (IE) _____ x \$2.50 = \$ _____

of boys entered (IE) _____ x \$2.50 = \$ _____

of girls entered
(Relays) _____ x \$5.00 = \$ _____

of boys entered
(Relays) _____ x \$5.00 = \$ _____

Total entry fees: \$ _____

SURCHARGE:

of swimmers _____ x \$4.00 = \$ _____

Grand Total (entry fees + surcharge) \$ _____

**Please Make Checks Payable to
Comets Swim Team**

2008 Florida Gold Coast Junior Olympic Time Standard

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
36.49	35.79	32.39	10&U	50 Free	33.79	37.29	38.29
1:21.89	1:19.99	1:12.39	10&U	100 Free	1:15.39	1:23.29	1:25.89
2:59.89	2:52.79	2:36.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19
43.69	42.19	38.19	10&U	50 Back	41.29	45.59	47.39
1:35.29	1:30.89	1:22.19	10 & Under	100 Back	1:27.09	1:36.19	1:39.89
48.29	46.49	41.99	10&U	50 Breast	45.39	50.09	51.79
1:47.49	1:43.19	1:33.39	10&U	100 Breast	1:38.89	1:49.19	1:52.89
42.09	41.19	37.29	10 & Under	50 Fly	39.39	43.49	43.99
1:38.69	1:35.79	1:26.69	10&U	100 Fly	1:33.19	1:42.89	1:45.59
3:20.59	3:14.49	2:55.99	10&U	200 IM	3:06.69	3:26.39	3:31.89

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
33.69	32.99	29.89	11-12	50 Free	29.89	32.99	34.49
1:14.19	1:11.99	1:05.19	11-12	100 Free	1:05.59	1:12.49	1:14.59
2:39.69	2:34.89	2:20.19	11-12	200 Free	2:22.59	2:37.49	2:42.79
5:32.39	5:23.19	6:09.29	11-12	400 Free	6:21.29	5:33.69	5:44.69
39.19	37.89	34.29	11-12	50 Back	35.59	39.29	40.59
1:26.29	1:22.79	1:14.89	11-12	100 Back	1:16.49	1:24.49	1:27.49
43.19	41.99	37.99	11-12	50 Breast	39.39	43.39	45.29
1:33.79	1:30.79	1:22.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09
36.79	36.19	32.69	11-12	50 Fly	33.99	37.49	38.49
1:24.09	1:21.89	1:14.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69
3:00.19	2:55.59	2:38.89	11-12	200 IM	2:43.59	3:00.69	3:05.99

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69
1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	13-14	400 Free	5:40.09	4:57.69	5:05.59
10:20.99	10:10.29	11:37.29	13-14	800 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	13-14	1500 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59
2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	13-14	400 IM	5:02.89	5:34.69	5:46.79

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
30.99	29.99	27.19	Open	50 Free	24.49	26.99	28.09
1:07.19	1:05.09	58.89	Open	100 Free	53.09	58.69	1:01.39
2:23.19	2:20.29	2:06.99	Open	200 Free	1:55.79	2:07.89	2:13.39
4:59.79	4:53.49	5:35.39	Open	400 Free	5:11.69	4:32.79	4:41.09
10:15.19	10:00.39	11:25.99	Open	800 Free	11:12.19	9:48.29	10:04.59
19:37.29	19:02.29	19:08.99	Open	1500 Free	18:47.99	18:41.39	19:22.99
1:18.69	1:15.29	1:08.09	Open	100 Back	1:01.79	1:08.29	1:11.99
2:47.59	2:41.99	2:26.59	Open	200 Back	2:12.69	2:26.59	2:34.89
1:27.79	1:24.79	1:16.79	Open	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:05.59	2:45.29	Open	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:14.29	1:07.29	Open	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.29	Open	200 Fly	2:14.59	2:28.69	2:32.19
2:41.09	2:37.29	2:22.39	Open	200 IM	2:09.99	2:23.69	2:30.69
5:57.59	5:47.09	5:14.09	Open	400 IM	4:49.09	5:19.49	5:29.99