

Florida Gold Coast Division II South Short Course Championships
March 13-15, 2009

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming – Sanction # 031309-FGS1

Sponsored By: Comets Swim Team & Comets Swim Team Booster Club

Location: Academic Village Pool, 17189 Sheridan Street, Pembroke Pines, FL 33331

Dates & Time: Session I –Timed Finals – Friday – March 13, 2008 - Warm-up 3:00pm – Meet Starts 4:30pm

Session II – Prelims 10 & Under and 18 & Under
Saturday – March 14, 2009 – Warm-up 7:00am – Meet Starts 8:00am

Session III – Prelims 12 & Under and 14 & Under
Saturday – March 14, 2009 – Warm-up 11:00am – Meet Starts 12:30pm

Session IV – Finals All Age Groups
Saturday – March 14, 2009 – Warm-up 4:30pm – Meet Starts 6:00pm

Session V – Prelims 10 & Under and 18 & Under
Sunday – March 15, 2009 – Warm-up 7:00am – Meet Starts 8:00am

Session VI – Prelims 12 & Under and 14 & Under
Sunday – March 15, 2009 – Warm-up 11:00am – Meet Starts 12:30pm

Session VII – Finals All Age Groups –
Sunday – March 15, 2009– Warm-up 4:30pm – Meet Starts 6:00pm

Note: Meet management reserves the right to adjust start times in order to ensure an efficient meet.

Pool / Timing: 10 lanes, 25 yard short course heated outdoor pool. Separate warm-up/warm-down lanes available during competition. Colorado Timing System® and Hy-Tek Meet Manager software will be used for timing/scoring. Water depth at competition start end of pool is a minimum 6 feet 7 inches. Fly-over starts will be used. The competition course has not been certified in accordance with 104.2.2 (C).

Eligibility: Open to all 18 & Under, 2008 USA Swimming registered athletes in the Dade County, Monroe County and Davie Nadadores, Comets Swim Team, Cooper City Cyclones, Broward County YMCA, Midtown Weston, Swim Fast and foreign athletes with proper travel credential that have been invited by USA swimming. **Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum “B” time standard in that event. Swimmers may only swim in events that are recognized for their age at the Junior Olympics. “NT will not be accepted”**

Swimmers may not enter any event that they have achieved a Junior Olympic Qualifying times in, either SCY, LC, or SCM. Teams entering and swimming athletes who have achieved JO Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between February 23 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time but are will not be eligible at the start of the Junior Olympic meet may swim at Division II in the above age group.

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.

Disability: 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

Entry Deadline: Entries Close - **Wednesday – March 4, 2009 - 9:30pm**

Entry Limit: Six (6) individual events for the meet but no more than Three (3) individual events per day (unlimited relays)

Entry Procedure: **Hy-Tek electronic entry system is preferred.** Please email entry to: info@swim4comets.com
Submission of entry certifies that all entered swimmers are USA Swimming registered.
Non-electronic entries are double the entry fee and surcharge.

Florida Gold Coast Division II South Short Course Championships

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Sanction # 031309-FGS1

- Entry Fees:** \$4.00 per Individual event entry - \$8.00 per Relay event entry - \$7.50 per Swimmer surcharge
Entry fees are to be made payable to "Pembroke Pines Comets" with a single team check, cash, or money order
- Seeding:** Eligible entries will follow FGC policy and shall be seeded in the following order – Short Course Yards followed by Long Course Meters followed by Short Course Meters. Top 20 Swimmers will be circled swimmers.
- Relays:** Swimmers swimming in relay must meet the eligibility requirement (Not Junior Olympic Qualified) in the Relay leg he/she is competing in.
- Finals:** Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.
- Distance Events:** The 400 Individual Medley, 500 Freestyle, and 1650 Freestyle are timed finals and positive check-in events. They will be swum fastest to slowest alternating girls and boys. The top 10 times entered in the 500 Free for each age group will swim with finals.
- Awards:** Individual Events: Medals 1st - 3rd and Ribbons 4th - 10th
Relays Events: Ribbons 1st - 3rd
- Scoring:** The Division II Championship meets will not be scored (FGC rule 102.7)
- Admission:** \$2.00 per person per session. Heat Sheets - \$2.00 each session
- Concessions:** Concession stand will be open for all sessions provided by the Comets Booster Club.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet in the west room of the charter school gym.
- Meet Info:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on our website: www.swim4comets.com
- Results:** Session results will be posted on the north gym wall and on our website (www.swim4comets.com) as soon as they become available.
- Referee:** **Rubin Parada**
- Meet Director:** Christopher Anderson – questions, call pool office 954-538-3721, Email: info@swim4comets.com
- 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. This will involve at least one swimmer and one coach representative.
- Parking:** Free. Academic Village Swimming Pool. 17189 Sheridan Street, Pembroke Pines, FL. Enter from 172nd Ave. and parking is located at the West end of the swimming pool.
- 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.
Coming from the South: Take SR-826 South 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 second drive.

Local Hotel Accommodations

Hampton Inn
1900 NW 150th Ave.
Pembroke Pines, Fl.
954 922-0011

<http://Hamptoninn.hilton.com>

Grand Palms Hotel
110 Grand Palms Drive
Pembroke Pines, Fl.
954-431-8800

<http://www.grandpalmsresort.com>

Wingate Inn
2800 SW 149th St
Miramar, Fl.
954 441-0122

<http://www.wingateinns.com>

AmeriSuites Weston
2201 N. Commerce Prk
Weston, Fl
954- 659-1555

<http://www.amerisuites.com>

Florida Gold Coast Division II South Short Course Championships**March 13-15, 2009****Sanction # 031309-FGS1****Order Of Event**

Session I: (Time Finals)- Friday March 13, 2009 Warm-up: 3:00pm Meet Starts: 4:30pm

Event Number	Event	Age Group
1-2	1650 Free	13-18
3-4	200 Free	10& Under
5-6	200 Free	10-12
7-8	400 IM	13-18

Session II: (Prelims)- Saturday March 14, 2009 Warm-up: 7:00am Meet Starts: 8:00am

Event Number	Event	Age Group
9-10	100 Back	10 & Under
15-16	200 Free	14-18
17-18	50 Breast	10 & Under
23-24	100 Breast	14-18
25-26	100 Fly	10 & Under
31-32	200 Back	14-18
33-34	50 Free	10 & Under
39-40	50 Free	14-18
41-42	100 IM	10 & Under
47-48	200 Fly	14-18
49-50	200 Free Relay	10 & Under
55-56	200 Free Relay	15-18

Session III: (Prelims)- Saturday March 14, 2009 Warm-up: 11:00am Meet Starts: 12:30pm

Event Number	Event	Age Group
11-12	100 Back	10-12
13-14	200 Free	12-14
19-20	50 Breast	10-12
21-22	100 Breast	12-14
27-28	100 Fly	10-12
29-30	200 Back	12-14
35-36	50 Free	10-12
37-38	50 Free	12-14
43-44	100 IM	10-12
45-46	200 Fly	12-14
51-52	200 Free Relay	11-12
53-54	200 Free Relay	13-14

Session IV: (Finals)- Saturday March 14, 2009 Warm-up: 4:30pm Meet Starts: 6:00pm

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

Florida Gold Coast Division II South Short Course Championships**March 13-15, 2009**

Sanction # 031309-FGS1

Order of Events

Session V: (Prelims)- Sunday March 15, 2009 Warm-up: 7:00am Meet Start: 8:00am

Event Number	Event	Age Group
57-58	200 IM	10 & Under
63-64	200 IM	14-18
65-66	100 Free	10 & Under
71-72	100 Free	14-18
73-74	50 Back	10 & Under
79-80	200 Breast	14-18
81-82	50 Fly	10 & Under
87-88	100 Back	14-18
89-90	100 Breast	10 & Under
95-96	100 Fly	14-18
97-98	500 Free	10 & Under
103-104	500 Free	14-18
105-106	200 Medley Relay	10 & Under
111-112	200 Medley Relay	15-18

Session VI: (Prelims)- Sunday March 15, 2009 Warm-up: 11:00am Meet Starts: 12:30pm

Event Number	Event	Age Group
59-60	200 IM	10-12
61-62	200 IM	12-14
67-68	100 Free	10-12
69-70	100 Free	12-14
75-76	50 Back	10-12
77-78	200 Breast	12-14
83-84	50 Fly	10-12
85-86	100 Back	12-14
91-92	100 Breast	10-12
93-94	100 Fly	12-14
99-100	500 Free	10-12
101-102	500 Free	12-14
107-108	200 Medley Relay	11-12
109-110	200 Medley Relay	13-14

Session VII: (Finals)- Sunday March 15, 2009 Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
57-58	200 IM	10 & Under	81-82	50 Fly	10 & Under
59-60	200 IM	10-12	83-84	50 Fly	10-12
61-62	200 IM	12-14	85-86	100 Back	12-14
63-64	200 IM	14-18	87-88	100 Back	14-18
65-66	100 Free	10 & Under	89-90	100 Breast	10 & Under
67-68	100 Free	10-12	91-92	100 Breast	10-12
69-70	100 Free	12-14	93-94	100 Fly	12-14
71-72	100 Free	14-18	95-96	100 Fly	14-18
73-74	50 Back	10 & Under	97-98	500 Free	10 & Under
75-76	50 Back	10-12	99-100	500 Free	10-12
77-78	200 Breast	12-14	101-102	500 Free	12-14
79-80	200 Breast	14-18	103-104	500 Free	14-18

Florida Gold Coast Division II South Short Course Championships
March 13-15, 2009
Sanction # 031409-TT2

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.
Sanction # 031409-TT2
- Sponsored by: Comets Swim Team
- Dates and Time: Saturday March 14, 2009- 15 minutes after the conclusion of prelims.
Sunday March 15, 2009- 15 minutes after the conclusion of prelims.
- Course/Timing: 25 Yard by 50 Meter outdoor pool, ten lanes short-course racing course. Colorado Timing will be used.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division II Swim Meet. Swimmers not in the Division II Meet can swim 3 events per day.
- Entry Fees: \$5.00 per Individual Event \$10.00 per Relay
- Entries: Entry cards will be filled out on deck.
- Eligibility: Open to all currently registered USA Swimming athletes for 2009 who are in the Division II Swim Meet. Swimmers not in the meet may still swim at the Time Trials.
- Awards: None (other than fast times and satisfaction).
- Location: Academic Village Pool, 17189 Sheridan Street, Pembroke Pines, FL 33331
- Referee: TBD
- 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.
- Coming from the South:** Take SR-826 South 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 second drive.
- Information: Christopher Anderson – questions, call pool office 954-538-3721, Email: info@swim4comets.com

Florida Gold Coast Division II South Short Course Championships
March 13-15, 2009
Sanction # 031409-TT2

ORDER OF EVENTS

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	400 Medley Relay
5-10 Minute Break as needed	

We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the Division II Meet may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.

2009-2012 Florida Gold Coast Junior Olympic Times Standards

GIRLS			10 & UNDER	BOYS		
LCM	SCM	SCY	Event	SCY	SCM	LCM
37.49	36.79	33.39	50 Free	33.79	37.29	38.29
1:23.89	1:21.99	1:14.39	100 Free	1:15.39	1:23.29	1:25.89
3:01.89	2:54.79	2:38.39	200 Free	2:41.39	2:58.79	3:03.19
6:25.69	6:12.29	7:05.89	400/500 Free	7:09.89	6:16.29	6:29.69
44.69	43.19	39.19	50 Back	39.59	45.59	44.89
1:37.29	1:32.89	1:26.49	100 Back	1:27.09	1:36.19	1:39.89
49.29	47.49	43.49	50 Breast	45.39	50.09	51.79
1:49.49	1:45.19	1:35.39	100 Breast	1:38.89	1:49.19	1:52.89
43.09	42.19	37.99	50 Fly	39.39	43.49	43.99
1:44.69	1:37.79	1:33.29	100 Fly	1:33.19	1:42.89	1:45.59
-	1:33.89	1:25.19	100 IM	1:26.39	1:34.39	-
3:29.89	3:24.39	3:04.69	200 IM	3:06.69	3:26.39	3:31.89

LCM	SCM	SCY	11 & 12	SCY	SCM	LCM
34.69	33.99	30.89	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.19	100 Free	1:05.59	1:12.49	1:14.59
2:41.69	2:36.89	2:22.19	200 Free	2:22.59	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	400/500 Free	6:21.29	5:33.69	5:44.69
40.19	38.89	34.79	50 Back	34.59	39.29	39.99
1:28.29	1:24.79	1:15.29	100 Back	1:15.29	1:24.49	1:26.19
3:02.69	2:55.59	2:39.09	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.19	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	200 Breast	3:00.19	3:19.09	3:29.59
37.79	37.19	32.69	50 Fly	32.69	37.49	37.99
1:26.09	1:23.89	1:16.09	100 Fly	1:16.09	1:24.09	1:26.69
3:04.59	2:58.49	2:41.69	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.59	2:35.89	200 IM	2:38.69	3:00.69	3:03.29

LCM	SCM	SCY	13 & 14	SCY	SCM	LCM
31.49	30.39	27.59	50 Free	26.59	29.39	30.69
1:08.39	1:06.29	59.99	100 Free	58.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.59	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	400/500 Free	5:40.09	4:57.69	5:05.59
10:20.99	10:10.29	11:37.29	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:15.59	1:08.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:45.19	2:40.39	2:25.19	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	400 IM	5:02.89	5:34.69	5:46.79

LCM	SCM	SCY	15 & 16 / OPEN	SCY	SCM	LCM
30.99	29.99	27.19	50 Free	24.49	26.99	28.09
1:07.19	1:05.09	58.89	100 Free	53.09	58.69	1:01.39
2:23.19	2:20.29	2:06.99	200 Free	1:55.79	2:07.89	2:13.39
4:59.79	4:53.49	5:35.39	400/500 Free	5:11.69	4:32.79	4:41.09
10:15.19	10:00.39	11:25.99	800/1000 Free	11:12.19	9:48.29	10:04.59
19:37.29	19:02.29	19:08.99	1500/1650 Free	18:47.99	18:41.39	19:22.99
1:18.69	1:15.29	1:08.09	100 Back	1:01.79	1:08.29	1:11.99
2:47.59	2:41.99	2:26.59	200 Back	2:12.69	2:26.59	2:34.89
1:27.79	1:24.79	1:16.79	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:05.59	2:45.29	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:14.29	1:07.29	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.29	200 Fly	2:14.59	2:28.69	2:32.19
2:41.09	2:37.29	2:22.39	200 IM	2:09.99	2:23.69	2:30.69
5:57.59	5:47.09	5:14.09	400 IM	4:49.09	5:19.49	5:29.99