



FGC 14 & Under Jr. Olympics
Long Course Championships
July 16-18, 2010

- Sanctioned By: Florida Gold Coast Swimming and USA Swimming, Sanction # 071518-FGC1
- Sponsored By: The City of Plantation, Plantation Swim Team and PST Booster Club.
- Location: Plantation Swim Team
9151 NW 2nd Street
Plantation, Florida 33324
- Pool: 8 lanes, 50 meter course, with separate warm-up and cool down pool will be available. Colorado Timing System will be used. **“The competition course has been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.”**
- Eligibility: Open to all 14 & under, 2010 Florida Gold Coast registered athletes that have achieved the Qualifying times. Swimmers will qualify for the meet by attaining the Junior Olympic qualifying times during the period 7/16/08 - 7/16/10. The times must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded. All swimmers must have achieved the qualifying time to be eligible for the meet with the following exceptions. **NOTE:** All Athletes must be registered before May 31, 2010 to be eligible to compete.
- Entries for swimmers with disabilities should be submitted with the team’s entry file. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.
- Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.
- Meet Referee: PENDING FGC
- Entries: On-Line Meet Entry: Entries will be processed using the USA Swimming (OME) only. Access this entry system from the USA Swimming web site at the address www.usaswimming.org/ome . Log in select “Enter Team”. Only one account may be used to enter a team. Paper, Fax, and Email entries will not be accepted.

OME HELP: Jay Thomas – FGC Swimming – 954-873-3370 jaythomas@comcast.net .

Entry Limit: Individual: Limited 7 individual events plus relays. No more than 3 Individual events per day.
Relays: Teams may enter "A" and "B" relays.

Over entered swimmers will be scratched from the event that exceeds the entry limit.

Entry Fees: \$4.00 Individual Event
\$8.00 Relays
\$7.50 per athlete meet surcharge

On-Line payment is not permitted for this meet.

Please make checks payable to: Plantation Swim Team
NOTE: One check only per Team.

Deck Entries: The FGC Deck Seed Policy Will Be In Effect
The policy can be seen at www.fgcswim.org

NOTE: Meet host will except CASH Only for Deck Seeds.

Deck Entry Fee: \$8.00 Individual Event
\$16.00 Relay
\$15.00 Surcharge

Adding a relay-only swimmer to your entry after the entry deadline will be \$15.00.

Entry Deadline: Entries Open – (noon) 12:00 p.m. EST – Monday, June 28, 2010
Entries Close – (noon) 12:00 p.m. EST – Tuesday, July 13, 2010

Seeding: Eligible entries shall be seeded in the following order –Long Course Meters, Short Course Yards, then Short Course Meters.

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

Distance Events:

- The 400 free and 400 IM are positive check-in and swum as timed finals. The top 8 swimmers in all age groups will swim at night. **The swimmer has the right to swim in preliminaries but he/she must enter at the qualifying time when entering in the event.** The top 8 swimmers checked-in will swim in finals.
- The 1500 freestyles are swum as timed finals, all age groups will be swum together, scored separately, swum fastest to slowest alternating girls, boys.
NOTE: 1500 swimmers must supply their own counters and timers.
ALL 1500 competitors will swim the end of the preliminary session.
There will not be a fast heat with finals.

- Positive check-in is required for 400 Free, 400 IM, and 1500 Free. "Failure to swim" a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. **NOTE:** All no show fines must be paid before swimmers are permitted to swim there next event.
- Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.
- Positive Check-in deadline is 9:30 a.m. the day of the event.

Finals:

Finals will consist of one heat of girls and one heat of boys (top 8 swimmers in each event by age groups).

Any swimmer who competes in preliminary heats 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. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table at the East Pool.

NOTE: "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet.

- I. 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 the alternate.
- II. Scratches must be done individually; "team scratches are not accepted."
- III. 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 9th – 20th.
- IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Relays:

All relays are timed finals. Friday and Saturday relays will be swum in finals at night. Sunday's relays will be swum in the morning prelims.

Scoring:

Individual: 9-7-6-5-4-3-2-1
 Relays: 18-14-12-10-8-6-4-2

Awards:

Individual Events: Medals 1st – 8th Relays: Medals 1st place team.
 Individual High Point: Top 3 in each age group & sex.
 Team Awards: Women's, Men's Top and Combined Top 5 Teams.

Admission:

\$3.00 per session. Heat Sheets \$3.00 each session.

Concessions:

Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

Identification: Coaches and Officials shall wear their 2010 USA registration card in a visible location at the meet at all times during this meet. (This will also be your pass for hospitality.)

Meet Information: Real Time results and updates to meet information as well as time lines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com.

Meet Director: Jimmy Parmenter - JimmyPPST@aol.com - Office 954-452-2526

Assistant Meet Director: Terrell Woods - TerrellWPST@aol.com - Office 954-452-2526
Pre-meet - Please direct all questions to Terrell Woods.

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff.

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on 595. Exit 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.

Hotels:

Holiday Inn Express & Suites 1701 N. University Drive Plantation, Fl 33322 954-472-5600	Courtyard By Marriott 7780 SW 6 th Street Plantation, Fl 33324 954-475-1100	Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0300	Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl 33324 954-382-4500
La Quinta Inn & Suites 7901 SW 6 Street Plantation, Fl 33324 954-473-8257	Hyatt Place Plantation 8530 W Broward Blvd. Plantation, Fl 33322 954-370-2220	Quality Inn Sawgrass 1711 N. University Drive Plantation, Fl 33322 954-556-8200	
Staybridge Suites 410 N. Pine Island Rd. Plantation, Fl 33324 954-577-9696	Sheraton Suites 311 N. University Drive Plantation, Fl 33324 954-424-3300	Renaissance Plantation 1230 S. Pine Island Rd. Plantation, Fl 33324 954-472-2252	

Friday, July 16, 2010
Order of Events

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
1	NT	NT	NT	13-14	200 Free Relay	NT	NT	NT	2
3	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	4
5	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	6
7	37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29	8
9	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	10
11	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	12
13	1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89	14
15	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	16
17	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	18
19	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	20
21	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	22
23	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	24
25	6:25.69	6:12.29	7:05.89	10 & Under	400 Free	7:09.89	6:16.29	6:29.69	26
27	5:36.36	5:27.19	6:14.29	11-12	400 Free	6:21.29	5:33.69	5:44.69	28
29	5:03.49	4:55.99	5:38.29	13-14	400 Free	5:40.09	4:57.69	5:05.59	30
31	NT	NT	NT	11-12	400 Free Relay	NT	NT	NT	32
33	NT	NT	NT	13-14	400 Free Relay	NT	NT	NT	34

Reminders:

- Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 8) swimmers in each event by age groups.
- The 200 & 400 Free Relays will be swum in Finals. Positive check-in for the 200 & 400 Free Relays. NOTE: No penalties for these events.
- The 400 Free is a positive check-in and swum as timed finals. The top 8 swimmers in all age groups will swim at night. Check-in Deadline 9:30 a.m.
- “Failure to swim” in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet.
- Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.
- Meet management reserves the right to use chase starts during the prelims.

Saturday, July 17, 2010

Order of Events

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
35	NT	NT	NT	10 & Under	200 Medley Relay	NT	NT	NT	36
37	NT	NT	NT	11-12	200 Medley Relay	NT	NT	NT	38
39	NT	NT	NT	13-14	200 Medley Relay	NT	NT	NT	40
41	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	42
43	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	44
45	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	46
47	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	48
49	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	50
51	36.59	35.59	32.39	13-14	50 Fly	30.09	33.79	34.69	52
53	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	54
55	3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39	56
57	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	58
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	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	62
63	6:35.99	6:23.49	5:42.59	11-12	400 IM	5:42.59	6:23.49	6:35.99	64
65	6:03.19	5:53.79	5:20.49	13-14	400 IM	5:02.89	5:34.69	5:46.79	66
67	NT	NT	NT	10 & Under	200 Free Relay	NT	NT	NT	68
69	NT	NT	NT	11-12	400 Medley Relay	NT	NT	NT	70
71	NT	NT	NT	13-14	400 Medley Relay	NT	NT	NT	72

Reminders:

- Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 8) swimmers in each event by age groups.
- The 200,400 Medley and 200 Free Relays will be swum in Finals. Positive check-in for the 200,400 Medley and 200 Free Relays. NOTE: No penalties for these events.
- The 400 IM is a positive check-in and swum as timed finals. The top 8 swimmers in all age groups will swim at night. Check-in Deadline 9:30 a.m.
- "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet.
- Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.
- Meet management reserves the right to use chase starts during the prelims.

Sunday, July 18, 2010
Order of Events

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
73	3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89	74
75	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	76
77	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	78
79	44.29	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89	80
81	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	82
83	38.49	36.09	32.79	13-14	50 Back	30.89	33.69	35.59	84
85	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	86
87	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	88
89	42.09	41.19	36.99	13-14	50 Breast	34.29	38.09	39.59	90
91	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	92
93	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	94
95	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	96
97	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	98
99	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	100
				5 Minute Break	5 Minute Break				
101	NT	NT	NT	11-12	200 Free Relay	NT	NT	NT	102
103	NT	NT	NT	13-14	400 Free Relay	NT	NT	NT	104
				10 Minute Break	10 Minute Break				
105	23:09.79	22:18.09	22:17.09	11-12	1500 Free	22:17.09	22:18.09	23:09.79	106
107	19:48.09	19:14.89	19:21.69	13-14	1500 Free	19:21.69	19:14.89	19:48.09	108

Reminders:

- Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 8) swimmers in each event by age groups.
- The 200 & 400 Free Relays will be swum in Prelims. Positive check-in for the 200 & 400 Free Relays. NOTE: No penalties for these events.
- The 1500 Free is a positive check-in and swum as timed finals, all age groups will be swum together and scored separately, swum fastest to slowest alternating girls, boys. All heats of 1500 Freestyles will start 10 minutes following the session. Check-in Deadline 9:30 a.m.
- 1500 swimmers must supply their own counters and timers.
- "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet.
- Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.
- Meet management reserves the right to use chase starts during the prelims.