

2012 Coral Springs Open Invitational
Long Course Meters
Coral Springs, FL – February 4 - 5, 2012

- SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. FGI020412CSSC-B-3
- SPONSORED BY:** Coral Springs Swim Club, Coral Springs Aquatic Complex
- RULES:** 2012 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. Session I and II are timed finals for all swimmers.
- CAMERA FREE ZONE:** “The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, at the turn end, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.”
- ELIGIBILITY:** Open to all current 2012 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement – USA Swimming Rule 202.3.3
- 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 – 954-340-5032 – cscswimentries@gmail.com
- POOL/TIMING:** 50 meters x 25 yards heated outdoor pool, 50 long-course racing lanes with separate warm-up and swim-down lanes available.
Daktronics timing System will be used. Fly-over starts will possibly be used.
The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start varies from 4’5 to 7’0 depending on lane assignment accordance with 202.3.7 (C).
- DATE & TIME:** **Saturday, February 4, 2011.**
Session I Warm up: 7:30am Start of meet: 9:00am
Sunday, February 5, 2011.
Session II Warm up: 7:30am Start of meet: 9:00am
- *Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.**
- LOCATION:** Coral Springs Aquatic Center,
12441 Royal Palm Blvd.,
Coral Springs, FL 33065
Tel 954-345-2121
- DIRECTIONS:** Coral Springs Aquatic Complex, 12441 Royal Palm Blvd. If taking I-95, take Copans Road exit and go west approx.10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road east. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to next light, Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 mile)

ENTRY: All entries must be received by Wednesday, January 25, 2012.
PLEASE enter electronically, NO MAILED entries.
For electronic entries (CL or SDIF format only)
E-mail to csscswimentries@gmail.com fax: NO faxed entries.
Confirmation for electronic entries will be sent via e-mail.
** Submission of electronic entries signifies that all swimmers are USA
Registered. Questions, please contact office at 954-340-5032

NOTE: Swimmers without registration number or birth dates will not be entered.
*****Entry Fees will be Doubled if not entered electronically.**

SEEDING: Use LCM times only for entries.

ENTRY FEES: **\$3.25 per individual event.**

FACILITY SURCHARGE: **\$5.00 per swimmer**

*Entry fees are made payable to "CSSC" (note: one check per team)

REFUNDS: Once the team or individual entry has been received and processed, there will be no refunds in full or in part.

ENTRY LIMIT: Individual events: Three (3) individual events per swimmer per day.

AWARDS: **Individuals Event:** Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14 age groups. Awards will be prepared for any swimmer aged 13 & over upon request only.

DISTANCE EVETS: The 400 IM are timed finals and will be swum alternating women the men, fastest to slowest. **All distance events are positive deck in.** For all positive check-in events, swimmers must provide their own times and counters as needed.

DECK ENTRIES: The FGC deck entry policy is in effect. Swimmers who want to deck enter and were not entered in the meet before, must show their current USA Swimming card. Submission of electronic entries states that all entered swimmers are currently USA Swimming registered. Deck entries will close 30 minutes prior to the start of the session.
NOTE: A hard copy of meet results with "proof of time" or a copy of times from USA Swimming database must be present with deck entry. **Coaches will not be permitted to use the meet host computers for proof of times.** Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. **NOTE:** CASH ONLY will be accepted for deck seeds.

HEAD REFEREE: Beth Wilkerson

MEET DIRECTOR: Charlie Alexander

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: \$3.00 per session. Heat sheets: \$3.00 per session.

INFORMATION: Bruno Darzi at 954-340-5032

WARM-UP PROCEDURES:

NO Equipment Permitted. Swimmers Must Enter The Water Feet First.

7:30 a.m. – 8:15 a.m. General Warm Up

Swimming and Pulling Only, Push Off

No Racing Starts

No Sprinting or Pace Work

8:15 a.m. – 8:55 a.m.

Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 25 yards One Length.

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

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

ORDER OF EVENTS

- Girls odd#, Boys even#

Saturday – Session 1	Warm-up – 7:30am	Start of Meet – 9:00am
Event #	Event	Age Group
1-2	200 Individual Medley	10 & under
3-4	200 Individual Medley	11-12
5-6	200 Individual Medley	13 & over
7-8	50 Butterfly	10 & under
9-10	50 Butterfly	11-12
11-12	200 Butterfly	13 & over
13-14	100 Freestyle	10 & under
15-16	100 Freestyle	11-12
17-18	100 Freestyle	13 & over
19-20	100 Backstroke	10 & under
21-22	100 Backstroke	11-12
23-24	100 Backstroke	13 & over
25-26	50 Breaststroke	10 & under
27-28	50 Breaststroke	11-12
29-30	200 Breaststroke	13 & over


Sunday – Session 2	Warm- up – 07:30am	Start of the meet – 9:00am
Event #	Event	Age Group
31-32	200 Freestyle	10 & under
33-34	200 Freestyle	11-12
35-36	200 Freestyle	13 & over
37-38	50 Backstroke	10 & under
39-40	50 Backstroke	11-12
41-42	200 Backstroke	13 & over
43-44	100 Butterfly	10 & under
45-46	100 Butterfly	11-12
47-48	100 Butterfly	13 & over
49-50	50 Freestyle	10 & under
51-52	50 Freestyle	11-12
53-54	50 Freestyle	13 & over
55-56	100 Breaststroke	10 & under
57-58	100 Breaststroke	11-12
59-60	100 Breaststroke	13 & over
10 minute break if necessary	10 minute break if necessary	10 minute break if necessary
61-62	400 Individual Medley	13 & over

Hotels in Coral Springs


[La Quinta Inns & Suites](#)
3701 University Dr.
Coral Springs, FL 33065
Lourdes Robitaille – 954-753-9000


[La Quinta Inns & Suites](#)
3100 North University Drive
Coral Springs, FL 33065
Lourdes Robitaille – 954-753-9000


[Courtyard Marriott](#)
620 N. University Drive
Coral Springs, FL 33071
Myra Tashman – 954-227-1300
Alison Higgins – 954-227-1300
Reservation – 800-321-2211


[Coral Springs Marriott](#)
11775 Heron Bay Boulevard
Coral Springs, FL 33076
Lynn Thomas - 954-753-5598


[Studio Six](#)
5645 University Drive
Coral Springs, FL 33067
Charles Carter – 954-796-0011

Hotels in Deerfield


[Best Western](#)
1050 E. Newport Center Drive
Deerfield Beach, Florida 33442
Shirley Barton – 954-570-8888 ext 571


BY CHOICE HOTELS
[Comfort Suites](#)
1040 E. Newport Center Dr
Deerfield Beach, FL, US, 33442
Shirley Barton – 954-570-8888 ext 571


[Hilton](#)
Deerfield Beach / Boca Raton
[Hilton](#)
100 Fairway Drive
Deerfield Beach, FL 33441
Jennifer Petigrow – 954-422-1798

Hotels in Plantation



Quality Inn Sawgrass Center

1711 N. University Dr.
Plantation (Ft. Lauderdale), FL, US, 33322
Norma Alchae – 954-556-8200



Holiday Inn Express

1701 N. University Dr.
Plantation (Ft. Lauderdale), FL, US, 33322
Dorothy Mclean – 954-472-5600



Hyatt Place

1851 SE 10th Avenue
Fort Lauderdale, FL 33316, USA
Jodie Linhart – 954-370-2220 ext 7197

Hotels in Sunrise and Tamarac



Holiday Inn Hotel & Suite Fort Lauderdale/Sunrise

3003 N. University Drive
Sunrise, FL, 33322
Jim Mullins – 954-748-7000



Crowne Plaza

13400 W. Sunrise Blvd.
Sunrise, FL, 33323
Linda Huffstetler – 954-835-3606



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Hampton Inn Suites

5701 Madison Avenue
Tamarac, Florida, USA 33321
Carol Montoya – 954-724-7115

Hampton Inn

4499 W. Commercial Boulevard
Tamarac, Florida, USA 33319
Juanita Landreneau – 954-735-7575