

FGC Developmental Short Course Swim Meet
February 11-12, 2012
Tamiami Aquatic Center
Hosted by Metro Aquatic Club of Miami

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. FGD021112MACM-D-2
- Sponsored by:** **Metro Aquatic Club of Miami**
- 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. All Session are timed finals for all swimmers.
- Camera Free:** 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, 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 meet director ahead of time to allow for preparations - at 786- 255-4695 maccoach27@aol.com
- Pool/Timing:** 25 yard x 50 /meters heated outdoor pool, 8 short-course racing lanes with separate warm-up and swim-down lanes available. Colorado Timing System® will be used. Fly-over starts will possibly be used. The competition course has not been certified in accordance with 104.2.2 (C). For short course Times achieved are valid for FGC JO qualifications purposes only Water depth at the start varies from 12'0" to 4'6" depending on lane assignment accordance with 202.3.7 (C).

Date & Time: **Session Date -February 11, 2012 (Saturday)**
Session I - Timed Finals - Warm-up at 7:30 am. Meet starts at 9:00 am.

Session Date-February 12,2012 (Sunday)
Session II – Timed Finals - Warm-up 7:30- Meet starts at 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: Tamiami Aquatic Center-11201 S.W. 24th Street Miami FL 33165

Directions: From the Florida Turnpike exit at Bird Road/SW 40 Street Exit #?
Proceed East on Bird Road/SW 40 Street turn left (North) at SW 112 Ave
continue North on 112 Ave for one mile. Enter Tamiami Park, Pool with
be on your left (West).

Entry: All entries must be received by- **Tuesday, February 7, 2011**

PLEASE enter electronically, NO MAILED entries.

For electronic entries (CL or SDIF format only!!)

E-mail to maccoach27@aol.com

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 786- 255-4695**

NOTE: Swimmers without registration numbers or birth dates will not be entered.

***** Entry Fees will be Double if not entered electronically.**

Seeding: Eligible entries shall be seeded in the following order - Short Course Yards followed by Short Course Meters followed by Long Course Meters

Entry Fees: \$ 2.50 per individual event

Relay Fees: \$ 5.00 per relay

Facility Surcharge: \$ 4.00 per swimmer

***Entry fees are made payable to “Metro Aquatic Club of Miami”
(Note: one check per team)**

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

Entry Limit: **Individual Events: 4 individual events per day**
Relays: Unlimited.

Awards: Individual Events: Ribbons 1st – 8rd
Relay Events: Ribbons 1st – 3rd
Awarded as follows; 10 & under: 8 & under, 9-10
11 & 12
12 & Under; 8 & under, 9-10,11-12.
13 & 14
13 & Over: 13-14, 15 & Over.
Open: 10 & Under, 11-12, 13-14, 15 & Over. |

Distance Events: The 500 Free and 400 IM for all ages will be swum alternating women then men, fastest to slowest. **All distance events are positive check in.** For all positive check-in events, swimmers must provide their own counters as needed. |

Deck Entries: THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered. |

Head Referee: Robert Castano |

Meet Director: Kirk Peppas |

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. |

Information: Call the Kirk Peppas at (786) 255-4695. |

Meet Info: Updates to meet information as well as Time Lines and Psyche Sheets for the meet will be posted on our website: www.macmiami.org

Results: Session results and Team Manager Results file could be found on our website. www.macmiami.org

Concessions: Concession stand will be open for all sessions.

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

Order Of Events

Session I- Saturday February 11, 2012 (Short Course) Warm-up: 7:30am Meet Starts: 9:00 AM

Event Number	Event	Age Group
1-2	200 Medley Relay	10 & Under
3-4	200 Medley Relay	11 & 12
5-6	200 Medley Relay	13 & Over
7-8	50 Back	10 & Under
9-10	50 Back	11 & 12
11-12	50 Back	13 & 14
13-14	200 Free	10 & Under
15-16	200 Free	11 & 12
17-18	200 Free	13 & Over
19-20	100 I.M	10 & Under
21-22	100 I.M.	11 & 12
23-24	200 Back	12 & Under
25-26	200 Back	13 & Over
27-28	100 Fly	10 & Under
29-30	100 Fly.	11 & 12
31-32	100 Fly	13 & Over
33-34	50 Free	10 & Under
35-36	50 Free	11 & 12
37-38	50 Free	13 & Over
39-40	100 Breast	10 & Under
41-42	100 Breast	11 & 12
43-44	100 Breast	13 & Over
45-46	400 Free Relay	10 & Under
47-48	400 Free Relay	11 & 12
49-50	400 Free Relay	13 & Over
	(10 Min Break)	
51-52	1650 ** (Check in Required)	Open

Order Of Events

Session II- Sunday February 12, 2012 (Short Course) Warm-up: 7:30am Meet Starts: 9:00am

Event Number	Event	Age Group
53-54	200 Free Relay	10 & Under
55-56	200 Free Relay	11 & 12
57-58	200 Free Relay	13 & Over
59-60	200 Fly	12 & Under
61-62	200 Fly	13 & Over
63-64	50 Breast	10 & Under
65-66	50 Breast	11 & 12
67-68	50 Breast	13 & 14
69-70	100 Free	10 & Under
71-72	100 Free	11 & 12
73-74	100 Free	13 & Over
75-76	200 I.M	12 & Under
77-78	200 I.M	13 & Over
79-80	100 Back	10 & Under
81-82	100 Back	11 & 12
83-84	100 Back	13 & Over
85-86	50 Fly	10 & Under
87-88	50 Fly	11 & 12
89-90	50 Fly	13 & 14
91-92	200 Breast	12 & Under
93-94	200 Breast	13 & Over
	(10 Min Break)	
95-96	400 I.M.** (Check in Required)	Open
97-98	500 Free.** (Check in Required)	Open

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