



2024 Florida Gold Coast Age Group
Short Course Yards Championships
March 7-10 2024



Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
 Sanction No. **FG2L240670B024.1**

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: “In granting this approval it is understood and agreed that USA Swimming, FGC Inc., City of Plantation, Coral Springs Swim Club, Swim Phish Inc, shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.” The competition course has been certified in accordance with 104.2c. The meet host will ensure the required racing course dimensions.

Hosted By: Coral Springs Swim Club

Location: Plantation Aquatic Complex 9151 NW 2nd Street • Plantation, Florida 33324

Directions: Plantation Aquatic Complex is located at Central Park. From I-95 go West on 595. Exit North on Pine Island to Broward Blvd. On Broward Blvd. head West approximately ¾ of a mile to Central Park Drive. On Central Park Drive make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right-hand side.

Parking: The act of drivers parking vehicles in an illegal or restricted area such as, but not limited to, a fire zone, where signs are posted, in crosswalks, on sidewalks, double parking, or blocking a fire hydrant as dictated by area traffic laws. Illegal acts of parking may result in a violation, fee or towing at the owners’ expense. The Coral Springs Swim Club, Coral Springs Board of Directors and/or staff, Swim Phish Inc, or the City of Plantation are **NOT** responsible for fines.

Dates & Times:

Date:	Prelim’s warm-up	Prelims’ start	Final’s warm-up	Finals’ start
Thursday, March 7			4:00 pm	5:30 pm
Friday, March 8	7:30 am	9:00 am	4:00 pm	5:30 pm
Saturday, March 9	7:30 am	9:00 am	4:00 pm	5:30 pm
Sunday, March 10	7:30 am	9:00 am	4:00 pm	5:30 pm

WARM UP AND WARM DOWN PROCEDURES: Warm up will be split into an “A” warm up and a “B” warm up. “A” and “B” sessions will be 35 minutes. Controlled warm up will begin 20 minutes before the start of the session. Teams will be assigned to either “A” or “B” warm up slots after the entry deadline. The west pool (25-yard) will be open for warm up and warm down during the meet. There will be no assigned warm up for Thursday’s session.

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. Equipment will be allowed in the warm down pool only.

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

Format: Finals will consist of one heat of girls and one heat of boys for the following age group: 10 & under (top 10 swimmers per individual event). Finals will consist of two heats of girls and two heats of boys for the following age groups: 11- & 12 and 13-14 - top 20 swimmers per individual event) for all events that are 200 and shorter. The following events are timed finals: 11-14 1650 Free, 10 & under and 11 & 12 500 Free. The following events are prelims and finals with only the "A" final (top 10 swimmers) swimming at night: 13-14 400 IM and 13-14 500 Free.

Pool/Timing: Competition will be Short Course Yards. 1 – 25-yard x 50-meter pools for competition. East pool 10 lanes, West pool 8-9 lanes for warm up and warm down. Finals will be held in one 10 lane course (East). Continuous warm-up and warm-down area will be available in both courses. Colorado Timing System will be used. Fly-over starts may be used. The host will ensure the required racing course dimensions. Water depth at East pool start varies from 4'5" to 12'00" depending on the lane assignment accordance with 202.3.7 (C). Water Depth at the West pool start varies from 5'0" to 7'0".

Eligibility: Athlete Eligibility – The Florida Gold Coast Age Group Championship is a closed meet. To be eligible to swim at the Florida Gold Coast Age Group Championship, the swimmer must be registered 60 days prior to the first day of the meet unless either of the following conditions is met:

- i. Former permanent FG swimmer who are not registered / re-registered by 60-day point will be AGC eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 60 days prior to Championship meet.
- ii. Swimmers who legitimately transfer into the LSC within the 60-day window may apply for an exemption to the 60-day rule if they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of the two of the following documents:
 1. Florida Driver's License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by registration chair.

All FGC Age Group Championship swimmers will qualify for the meet by attaining the Age Group Championships qualifying times during the period 03/07/22 to 3/07/24. The times must be in the SWIMS database, if the time does not exist enter an override time. **Override times must be proven by the entry deadline.** Entry times must be achieved during the correct qualifying period and must be proven prior to the scratch deadline for that event through the SWIMS database.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. FLEX and SEASONAL members are not eligible for this meet. The meet is only open to year-round members.

Entry Deadline: Entries Open- 06:00 PM EST – Monday, February 05, 2024
Entries Close- 06:00 PM EST – Tuesday, February 27, 2024

Late entry: Late entries will be accepted through a secondary late entry OME.
Entries Open – 06:01 PM EST – Tuesday, February 27, 2024
Entries Close – 06:00 PM EST – Thursday, February 29, 2024

On-Line Meet Entry: Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>.

Entry Chair: Bruno Darzi at csscswimentries@gmail.com

Individual Entries: Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. In the case of a time achieved in a foreign meet sanctioned by another World Aquatics member, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database.

All times that have been achieved during the qualifying date range will be displayed in OME. The displayed time must be selected for entry.

Override times not proven through SWIMS by the scratch deadline for the event in question will be scratched.

Relay Entries: "RELAY ONLY" ATHLETES WILL BE ALLOWED IN THE MEET. Teams are encouraged to enter a "Team" time from OME (one that is displayed) or using aggregate times.

ATTENTION TEAMS WITH UNATTACHED ATHLETES: Teams may enter athletes with an Unattached status. When building the roster in OME, select the "Add Unattached Swimmer" link.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."

Entry Limit: **Ind. Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit.

Timed trials: Timed trials events will count towards the swimmer's daily limit but not the meet limit.

Relays: Two (2) per team per event ("A" and "B" relays only). All relays will be swum at finals, except Sunday relays.

Deck Entries: **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** All entries must be received through OME as described above.

Entry Fees: **Individual Event:** \$15.00 - **Relay Event:** \$20.00 - **Facility Surcharge:** \$20.00 per swimmer

Late Entry Fees: **Individual Event:** \$30.00 - **Relay Event:** \$40.00 – **Facility Surcharge:** \$40.00 per swimmer

Payment must be made by check. Please make the check payable to: **Coral Springs Swim Club.**

Online payment is not available for this meet.

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

Seeding: Entries shall be seeded fastest to slowest in the following order- Short Course Yards, Long Course Meters, and Short Course Meters. We will follow current USA Swimming Rules for seeding except as noted below. Finals will be swum in event order. The order of the final heats will be A then B.

Distance Events:

1. Thursday's 1650 Free (11-14) is a timed final event, and will swim together and scored separately for the following age groups 11-12 & 13-14. Positive check-in by the scratch deadline for the 1650 free is required to compete.

2. The 500 Freestyle's top 10 swimmers in the following age groups (11-12) will swim at night, all others will swim in the preliminaries, alternating women, and men.
3. The 13-14 500 Free and 400 IM are a prelims and finals event. The preliminary session will be alternating women and men.
4. Swimmers achieving the AGC qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1650-yard freestyle. Seeding will be done in this order: 1650-yard, 1500-meter, 1000-yard then 800-meter.
5. NOTE: 1650 free swimmers must supply their own counters.
6. Thursday night events will be run in two courses (West/East).

Relays: Positive check-in is not required.

**Check In/
Scratches:**

Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Positive check-in and scratches deadlines:

Thursday Events	30 min after the conclusion of the technical meeting
Friday Events	6:00 PM Thursday
Saturday Events	6:00 PM Friday
Sunday Events	6:00 PM Saturday

Scratches will close at the times listed above. Swimmers who fail to check-in for the 1650 free may swim, only if an open lane is available without creating another heat on a first come first served basis. 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 must be done electronically or in person.

NOTE: Note: "Failure to swim" in finals or positive check-in events (1650 Free) will result in the swimmer being barred from competing in their next Prelim or Time Final event. In the case of missing a Sunday night final, payment of \$25.00 must be payable to FGC Swimming and will be billed to the individual's team.

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 alternates.

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 finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11th – 30th.

IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Technical Meeting: There will be a virtual (Zoom) technical meeting on Wednesday, March 6 at 7:30 pm. Further details will be sent to coaches. It is the coaches' responsibility to be aware of all information presented at this meeting.

Rules: Current USA Swimming Rules 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. Except where venue facilities require

otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 without the use of the backstroke ledge. 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 202.4.11(D).

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.” Exceptions may be granted with prior written approval by the Vice President of Program Operations.

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, 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.

Image Authorization: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

Conflict of Interest: Unauthorized sale, advertisement, and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Medical Supervision: Coral Springs Aquatic Complex has Full Time and Part Time American Red Cross Certified Lifeguards. Trainings include, but are not limited to, CPR, AED, and First Aid.

Safety Equipment: AED (Automated External Defibrillator), Spine Boards, First Aid Kits, Lightning Detection, and Handicap Lift.

Closed Deck: Spectators will be allowed at designated areas inside the facility. Coaches: You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials. Coaches without credentials will not have access to the closed deck area or the hospitality room. To obtain the coaching credential, coaches must sign in at the main entrance near the volunteer sign up desk and present their deck pass membership information. Coaching credentials must be worn during all sessions. Each coach will receive only one credential for the whole meet. Coaches must have their certifications up-to-date to receive their credentials. Officials: To obtain your official’s credential, you must sign up to volunteer at the meet. Your credential can be picked up with the meet referee. Officials not volunteering at the meet will have to pay admission fee to enter the facility.

Disability: FG and host clubs along with their Meet Referees are committed to the FG Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – cscswimentries@gmail.com

Deck Change: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

Psych Sheet: Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

Deck Passes: Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:
1-7 Swimmers: 2 deck passes
8-15 Swimmers: 3 deck passes
16-23 Swimmers: 4 deck passes
24- 32 Swimmers: 6 deck passes
Over 32 Swimmers: 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. The cost of these deck passes is \$0 each. The cost to replace a lost or missing deck pass will be \$50 at the venue.

Awards:

Individual Events:	Medals 1 st – 10 th
Relay Events:	Medals 1 st -3 rd
Team Awards:	Overall Team Championship 1 st – 3 rd
Age Group Team awards:	1 st -3 rd place for each age group and gender
Overall Girls/ Boys Team Awards –	1 st – 3 rd
Individual High Point Awards:	Top 3 in each age group & gender

Officiating: An application for an Official's Qualifying Meet will be made. If granted, not all evaluations may be offered. Officials wishing to be evaluated in a position must apply in advance through the application to officiate form. The Application to officiate form will be posted on the Coral Springs Swim Club website.

Scoring: Individual: **11-9-8-7-6-5-4-3-2-1** Relay: **22-18-16-14-12-10-8-6-4-2**

Admission: \$5 per person per session.
Heat Sheet – FREE - you can find the heat sheet posted online at www.swimcsc.com

Concessions: The Concession stand will be available at the meet.

Hospitality: Hospitality room will be available to the coaches, officials, and volunteers with possible COVID restrictions.

Meet Info: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimcsc.com

Identification: Coaches and officials shall always have their 2024 USA Swimming registration identification in a visible location at the meet during this meet. Deck pass may be used as a form of USA Swimming registration.

Meet Referee: Kenneth Rattray

Meet Marshall: City of Coral Springs Lifeguard Staff

Administrative Official: Christine Palumbo/ Bruno Darzi

Meet Director: Cesar Montes

DAY ONE – Finals - Thursday, March 07, 2024

Finals' warm-up: 4:00 pm

Finals' start: 5:30 pm

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
1	21:37.39	20:46.59	20:53.89	11-12	1650 Free P/SS/T	20:52.99	20:45.69	21:37.39	2
3	19:48.09	19:06.19	19:12.89	13-14	1650 Free P/SS/T	18:19.79	18:13.39	18:58.89	4
5	6:05.39	5:54.29	6:44.89	10 & Under	500 Free P/T	6:45.39	5:55.79	6:07.59	6
7	6:09.09	5:56.29	5:22.49	11-12	400 IM P/T	5:19.79	5:53.39	6:08.69	8

GIRLS

BOYS

KEY – P – Positive Check-in

SS-Super Seeded – All ages swum together, scored separately.

T – Timed Final –

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

DAY TWO – Prelims - Friday, March 08, 2024

Prelims' warm-up: 7:30 am

Prelims start: 9:00 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
9	1:34.69	1:29.69	1:21.29	10 & Under	100 Back	1:23.19	1:31.49	1:35.49	10
11	1:22.69	1:21.49	1:13.39	11-12	100 Back	1:13.19	1:20.59	1:22.49	12
13	2:45.59	2:38.49	2:23.39	13-14	200 Back	2:14.69	2:28.79	2:36.59	14
15	1:48.29	1:43.49	1:33.89	10 & Under	100 Breast	1:34.19	1:43.59	1:48.19	16
17	1:35.39	1:30.89	1:22.39	11-12	100 Breast	1:22.39	1:30.59	1:34.39	18
19	1:27.69	1:23.99	1:15.99	13-14	100 Breast	1:09.79	1:17.09	1:21.29	20
21	36.59	35.69	32.39	10 & Under	50 Free	31.99	35.19	36.49	22
23	32.49	31.79	28.59	11-12	50 Free	27.89	30.89	32.09	24
25	30.49	29.59	26.69	13-14	50 Free	24.69	27.29	28.29	26
27	3:17.09	3:10.79	2:52.69	10 & Under	200 IM	2:54.99	3:12.89	3:19.39	28
29	2:53.09	2:47.59	2:31.69	11-12	200 IM	2:30.89	2:46.69	2:53.89	30
31	2:42.19	2:35.59	2:20.89	13-14	200 IM	2:16.29	2:31.29	2:34.79	32

DAY TWO – Finals - Friday, March 08, 2024

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
9	10 & Under	100 Back	10
11	11-12	100 Back	12
13	13-14	200 Back	14
15	10 & Under	100 Breast	16
17	11-12	100 Breast	18
19	13-14	100 Breast	20
21	10 & Under	50 Free	22
23	11-12	50 Free	24
25	13-14	50 Free	26
27	10 & Under	200 IM	28
29	11-12	200 IM	30
31	13-14	200 IM	32
33	10 & Under	200 Free Relay	34
35	11-12	400 Free Relay	36
37	13-14	400 Free Relay	38

GIRLS

BOYS

KEY – P – Positive Check-in

T – Timed Final –

(*) – Prelims and Finals

All Relays will swim at Finals

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

DAY THREE – Prelims -Saturday, March 09, 2024

Prelims' warm-up: 7:30 am

Prelims start: 9:00 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
39	2:45.69	2:41.09	2:25.79	13-14	200 Fly	2:15.69	2:29.99	2:36.19	40
41	35.89	35.19	31.79	11-12	50 Fly	31.89	35.39	36.09	42
43	41.99	40.99	37.19	10 & Under	50 Fly	37.39	41.09	42.19	44
45	1:14.59	1:13.09	1:06.19	13-14	100 Back	1:01.79	1:08.19	1:12.29	46
47	38.99	37.29	33.89	11-12	50 Back	34.29	37.69	39.49	48
49	43.89	41.59	37.69	10 & Under	50 Back	39.09	42.99	44.99	50
51	-	1:15.99	1:08.39	13-14	100 IM	1:03.29	1:10.29	-	52
53	-	1:18.29	1:10.79	11-12	100 IM	1:09.09	1:16.39	-	54
55	-	1:29.19	1:22.79	10 & Under	100 IM	1:23.39	1:29.89	-	56
57	1:06.19	1:04.29	58.09	13-14	100 Free	53.49	59.59	1:01.49	58
59	2:34.09	2:29.49	2:15.29	11-12	200 Free	2:13.49	2:27.49	2:32.49	60
61	2:56.29	2:51.99	2:35.59	10 & Under	200 Free	2:33.39	2:48.99	2:54.79	62
63	5:01.59	4:54.29	5:36.29	13-14	500 Free (*)	5:17.59	4:37.89	4:46.69	64

DAY THREE – Finals -Saturday, March 09, 2024

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
39	13-14	200 Fly	40
41	11-12	50 Fly	42
43	10 & Under	50 Fly	44
45	13-14	100 Back	46
47	11-12	50 Back	48
49	10 & Under	50 Back	50
51	13-14	100 IM	52
53	11-12	100 IM	54
55	10 & Under	100 IM	56
57	13-14	100 Free	58
59	11-12	200 Free	60
61	10 & Under	200 Free	62
63	13-14	500 Free (*)	64
65	10 & Under	200 Medley Relay	66
67	13-14	400 Medley Relay	68
69	11-12	400 Medley Relay	70

GIRLS

BOYS

KEY – P – Positive Check-in

T – Timed Final –

F1 - Fastest 10 swimmers will compete in finals.

(*) – Prelims and Finals

All Saturday's Relays will swim at Finals.

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

NOTE: Relay Time standards can be found at the end of the order of events page.

DAY FOUR – Prelims - Sunday, March 10, 2024

Prelims' warm-up: 7:30 am

Prelims start: 9:00 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
71	3:09.79	3:01.89	2:44.59	13-14	200 Breast	2:32.89	2:48.89	2:56.79	72
73	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	74
75	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	76
77	1:14.79	1:12.89	1:05.99	13-14	100 Fly	1:00.69	1:07.69	1:08.29	78
79	1:22.79	1:20.99	1:13.49	11-12	100 Fly	1:13.59	1:20.89	1:22.59	80
81	1:37.99	1:34.99	1:26.09	10 & Under	100 Fly	1:27.29	1:36.29	1:38.99	82
83	2:23.89	2:18.99	2:05.79	13-14	200 Free	1:57.49	2:09.79	2:14.79	84
85	1:10.99	1:08.29	1:01.59	11-12	100 Free	1:00.89	1:07.29	1:09.89	86
87	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	88
89	5:42.89	5:31.99	5:00.49	13-14	400 IM (*)	4:40.79	5:10.29	5:22.59	90
91	5:22.29	5:15.19	6:00.19	11-12	500 Free (F1)	5:57.69	5:12.99	5:21.89	92
93	2:17.99	-	2:00.79	13-14	200 Free Relay	1:51.19	-	2:07.99	94
95	2:33.19	-	2:14.39	11-12	200 Free Relay	2:10.39	-	2:07.99	96
					5-minute break				
97	2:33.19	-	2:13.09	13-14	200 Medley Relay	2:03.49	-	2:22.99	98
99	2:52.69	-	2:31.19	11-12	200 Medley Relay	2:30.49	-	2:51.89	100

DAY FOUR – Finals - Sunday, March 10, 2024

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
71	13-14	200 Breast	72
73	11-12	50 Breast	74
75	10 & Under	50 Breast	76
77	13-14	100 Fly	78
79	11-12	100 Fly	80
81	10 & Under	100 Fly	82
83	13-14	200 Free	84
85	11-12	100 Free	86
87	10 & Under	100 Free	88
89	13-14	400 IM (*)	90
91	11-12	500 Free (F1)	92

GIRLS

BOYS

RELAY AGE GROUP CHAMPS TIME STANDARDS 23-24

GIRLS		EVENTS	BOYS	
LCM	SCY		SCY	LCM
2:49.59	2:35.59	10 & under	2:32.39	2:54.39
3:32.89	3:06.49	200 free relay	3:03.39	3:30.39
		200 medley relay		
LCM	SCY	11-12	SCY	LCM
2:33.19	2:14.39	200 free relay	2:10.39	2:29.19
2:52.69	2:31.19	200 medley relay	2:30.49	2:51.89
5:36.39	4:54.39	400 free relay	4:43.99	5:25.19
6:27.89	5:36.89	400 medley relay	5:27.49	6:17.39
LCM	SCY	13-14	SCY	LCM
2:17.99	2:00.79	200 free relay	1:51.19	2:07.99
2:33.19	2:13.09	200 medley relay	2:03.49	2:22.99
4:59.19	4:21.99	400 free relay	4:03.59	4:39.59
5:33.59	4:49.29	400 medley relay	4:28.89	5:11.39

2024 - Florida Gold Coast Age Group Championships Time Trials Short Course (25y)

Sanction #

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

Sponsored by: Coral Springs Swim Club/ Coral Springs Booster Club

Dates/Time: Friday - March 08, 2024 - 15 minutes after the conclusion of prelims.
Saturday - March 09, 2024 - 15 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m. The east pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Colorado Timing System will be used. and Hy-Tek Meet Manager software.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Age Group Championship. Swimmers not in the Age Group Championships can swim 3 events per day.

Entry Fees: **Individual Event:** \$30.00 - **Relay Event:** \$40.00 – **Facility Surcharge:** \$40.00 per swimmer, if not entered in the 2024 FG Age Group Championships.

Entries: Entry cards must be filled out in the office.

Deadline: Entries for time trials will close at 9:30am.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the 2024 FG Age Group Championships who do not exceed the event entry limit for the day).

Distance Events: The 1650/1000 Free will be offered only on Friday Time Trial Session ONLY! The 800 Free Relay will be offered on Saturday Time Trial Session ONLY!

Awards: None (other than fast times and satisfaction).

Location: Plantation Aquatic Complex 9151 NW 2nd Street • Plantation, Florida 33324

Directions: Plantation Aquatic Complex is located at Central Park. From I-95 go West on 595. Exit North on Pine Island to Broward Blvd. On Broward Blvd. head West approximately $\frac{3}{4}$ of a mile to Central Park Drive. On Central Park Drive make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right-hand side.

Meet Referee: Kenneth Rattray

Meet Marshall: City of Coral Springs Lifeguard Staff

Administrative Official: Christine Palumbo/ Bruno Darzi

Meet Director: Cesar Montes

Information: Bruno Darzi – email: cscswimentries@gmail.com

Order of Events: Friday - Friday's prelim events – Saturday's prelim events – Sunday's prelim events – Thursday's events
Saturday – Saturday's prelim events – Sunday's prelim events – Thursday's events - Friday's prelim events.
The 1650 free will be offered on Friday only at the end of the session.
The 800 Free relay will be offered on Saturday only at the end of the session.