

Florida Gold Coast Junior Olympic Long Course Championships July 23-26, 2009

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction#072309-FGC3**

Sponsored By: The City of Plantation, The Plantation Swim Team & Plantation Swim Team Booster Club and Sunrise Swimming.

Location: Plantation Aquatic Complex- 9151 NW 2nd Street, Plantation, FL 33324; 954-452-2526
Sunrise Civic Center Pool- 10600 Oakland Park Blvd, Sunrise, FL 33351

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.

Pool: **Plantation Aquatic Complex Prelims for 13 & Over and Finals for all Age Groups:** Two 25y x 50m, the east pool will be used for competition. Competition course 8 lanes 50 meters. The second 25y x 50m may be used for continuous warm-up and warm-down. CTS 5 / 6 timers will be used. A 8 lane scoreboard will display for preliminaries and finals. Hy-Tek Meet Management software will be used.
Sunrise Civic Center Pool – Prelims for 12 & unders: One 25y x 50m pool. Racing course will be 6 lanes 50 meters. With one (1) buffer lane and one (1) lane used for continuous warm-up and warm-down.
The competition courses have been certified in accordance with section 104.2.2c(4) of the USA-S Rule Book. A copy of such certification is on file with USA Swimming.”

Dates & Times: Session I – Time Finals- Thursday July 23, 2009. Plantation (All Age Groups) Warm-up 3:00p.m. Meet starts 4:30p.m.

Session II – Prelims - Friday – July 24, 2009. Plantation (13 & Over) Warm-up 7:00 a.m. Meet starts 8:30 a.m.

Session III - Prelims -Friday – July 24, 2009. Sunrise (12 & Under) Warm-up 7:30 a.m. Meet starts 8:30 a.m.

Session IV –Finals - Friday – July24, 2009. Plantation (All Age Groups) Warm-up 3:30 p.m. Finals Start 5:00 p.m.

Session V - Prelims- Saturday – July 25, 2009. Plantation (13 & Over) Warm-up 7:00 a.m. Meet starts 8:30 a.m.

Session VI - Prelims- Saturday – July 25, 2009. Sunrise (12 & Under) Warm-up 7:00 a.m. Meet starts 8:30 a.m.

Session VII –Finals – Saturday- July 25, 2009. Plantation (All Age Groups) Warm-up 3:30 p.m. Finals Start 5:00 p.m.

Session VIII - Prelims- Sunday – July 26, 2009. Plantation (13 & Over) Warm-up 7:00 a.m. Meet starts 8:30 a.m.

Session IX - Prelims- Sunday – July 26, 2009. Sunrise (12 & Under) Warm-up 7:00 a.m. Meet starts 8:30 a.m.

Session X –Finals – Sunday – July 26, 2009. Plantation (All Age Groups) Warm-up 3:30 p.m. Final Start 5:00 p.m.

NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.

Eligibility: Open to all 18 & under, 2009 Florida Gold Coast members registered as of May 30, 2009 who have achieved the Qualifying times. Swimmers will qualify for the meet by attaining the Jr. Olympic Qualifying times during **7/23/07 – 7/23/09. The time must be in the SWIMS database, if time does not exist. Enter an override time. All swimmers must have achieved the qualifying time to be eligible for the meet with the following exceptions.**

* 10 & Under – Achieve Q-time in the 200 Free of an event may swim the 400 Free.

* 10 & Under and 11-12 – Achieve the Q-time in the 100 of an event may swim the 50 or 200 of that event.

* 13 & Over – Achieve the Q-time in the 100 Fly, Back or Breast, may swim the 50 of that stroke

In OME – enter these events as bonus events using the fastest conforming time in SWIMS database. Swimmers are limited to one bonus per event qualified.

Exception: 19 year old 2009 Registered USA-S athletes who recently graduated high school (Class of 2009) who have met the qualifying time are eligible.

Relay swimmers must be either entered in an individual event or must be listed as “Relay Only Swimmers” in the entries.

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Disability: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Entry Deadline: Entries Open- 12:00PM EST – Monday – June 29, 2009
Entries Close- 12:00PM EST – Wednesday- July 15, 2009

Entry Limit: **Individual Events:** Seven (7) individual events for the meet but and no more than Three (3) individual events per day. Individuals over entered will be considered entered in the first seven (7) of meet / or first (3) of the day.

Relays: Two (2) per team per event

Entry Procedure: SEE OME HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION

On-Line Meet Entry (OME) – 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>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries **will not be accepted**.

OME OPENS: 12:00PM EST – Monday – June 29, 2009

OME CLOSES: 12:00PM EST - Wednesday – July 15, 2009

OME HELP: Jay Thomas FG Swimming 954-873-3370 – jayfthomas@comcast.net

Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards- HY-TEK – LSY

Individual Entries: The fastest time in national database for in the qualifying window will be displayed and must be used for entry. Swimmers may enter times that are faster than displayed in the database by using an “Override Time” for times. Override times must include the meet name and date. Override times that cannot be proven by the National Times Coordinator during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Proof of asterisk (*) submitted times must be provided to the National Times Coordinator by 5:00pm – July 15, 2009 in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. **CONVERTED TIMES ARE NOT PERMITTED.**

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER Teams are strongly encouraged NOT to build aggregate relays. If a team does not find an appropriate “Team Time” they should consider using an override time to enter the relays (applies to A and B relays.) If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**). The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay.

ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

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.”

Deck Entries: FGC Deck Seed Policy will be in effect. **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. Adding a relay-only swimmer to your entry after the entry deadline will double Swimmer Surcharge fee to \$15.00. All swimmers must have been registered before May 30, 2009.

Entry Fees: **Entry Fees:** \$4.00 – Individual Event \$8.00 – Relay Event \$7.50 – per swimmer surcharge
The preferred method of payment for the Meet Entry is a check payable to: Plantation Teams that will be paying via check or cash must contact. Jay Thomas- Entry Coordinator by phone 954-873-3370 or email jayfthomas@comcast.net in order for the entries to be accepted.

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

Finals: Finals will consist of one heat of girls and one heat of boys - top 8 swimmers per individual event. The 15-16 will be separated from the 17-18 category for each event swum in finals.

Distance Events: Thursday's 800 Freestyle (Open/13-14) and the 400 Freestyle (11-12/10 & Under) are swum as timed finals, each age group swum together, scored separately, swum fastest to slowest alternating girls and boys. The 400 Free will be super seeded. So that the top ten 8 & under and top ten 11-12 compete against each other. Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.

Friday's 400 IM and Saturday's 400 Free are swum as timed finals. The top 8 swimmers in each age group (13-14/15-16/17-18) will swim at night. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 8 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Sunday's 1500 Free will be swum in the prelim session. The event is swum as timed finals, swum together, fastest to slowest, alternating female and male and scored separately. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Scratch

Procedures: There will be no penalty for being a no show in any pre-seeded preliminary event. The penalty for being a no-show in a positive check-in event is \$25.00 fine and exclusion from the next individual swim in the meet. Payment must be received before the swimmer is permitted to swim their next event. **FINALS –** Any swimmer who is seeded in the top 8 in finals and fails to show for the finals event will be fined \$25.00 and will be excluded from their next individual swim in the meet. Payment must be received before the swimmer is permitted to swim in their next event.

Check In: Positive check in for the 800 Freestyle, 400 Freestyle, 400 IM and 1500 Freestyle will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

NOTE: All 1500's heats will start 10 minutes after the conclusion of the 400 Medley Relays.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
800 Free	15-16/17-19	Thursday	4:00 PM
400 Free	10 & Under/11-12	Thursday	4:30 PM
800 Free Relay	19 & Under	Thursday	5:30 PM
400 IM	13 - 19	Friday	9:00 AM
400 Free	13 - 19	Saturday	9:00 AM
1500 Free	Open	Sunday	9:00 AM

Relays: All relays will be swum at night on Thursday, Friday, and Saturday. All Sunday relays will be swum during prelims.

NOTE: All 10 & under relays will be swum during prelims on Saturday.

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Relay Only

Swimmers: Teams will be allowed to add relay only swimmers to their roster past the entry deadline. Late Relay only swimmers will be charged double the surcharge \$15.00. Payment must be made prior to the swimmer swimming on a relay. Failure to pay will result in a disqualification of the relay.

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

NOTE: Age Group swimmers who choose to swim in Open events and score in those events will carry those points towards the age group individual high point award

Awards: Individual Events: Medals 1st – 8th
Relay Events: Medals 1st - 3rd
Team Awards: Overall Team Championship 1st – 3rd
Senior Team Champion (Ages 15 & Over) 1st- 3rd
Age Group Team Champion (Ages 14 & Under) 1st-3rd
Age Group Team awards: 1st place for each age group and sex
Individual High Point Awards: Top 3 in each age group & sex

Admission: \$3.00 each session. Heat Sheet -\$2.00 each session

Concessions: Concession stand will be open for all sessions.

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

Meet Info: Updates to meet information as well as Time Lines and Psyche 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

Referee: Leslie Lunak

Meet Marshall: Howard Bilger

Meet Director: Jimmy Parmenter – JimmyPPST@aol.com or Terrell Woods- TerrellWPST@aim.com

Directions: **Plantation Aquatic Complex** – is located in Central Park. From I-95 go west on 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd to Broward Blvd. On Broward Blvd. head west approximately 1 mile to Central to Central Park. On Central Park Drive make a right. Park entrance is located on the right hand side.
Sunrise Civic Center – is located just west of Nob Hill Rd. on West Oakland Park Blvd. From the East, take Oakland Park west to 2nd left turn past Nob Hill. Pool will be in front of you from the north or south, take Nob Hill to Oakland Park. Go west. 2nd left turn, pool will be in front of you.

Hotel Information

Staybridge Suites 410 N. Pine Island Road Plantation, FL 33324 954-577-9696 1/3 mile from pool	La Quinta 8101 Peters Road Plantation, FL 33324 800-687-6667 2.5 miles from pool	Sheraton Suites Plantation 311 N. University Drive Plantation, FL 33324 954-424-3300 1 ½ miles from pool
Plantation Hotel & Conference Center 1711 N. University Dr. 954-556-8200	Hyatt Place 8350 W. Broward Blvd Plantation, FL 33324 954-370-2220 .5 miles from pool	Marriot Courtyard 7780 SW 6 th Street Plantation, FL 33324 954-475-1100 2.3 miles from pool
Marriott Residence Inn 130 N University Drive Plantation, FL 33324 954-723-0030 2.2 miles from pool	Wellesley Inn 7901 SW 6 th St. Plantation, FL 33324 954-473-8257 2.1 miles from pool	Renaissance Plantation 1230 South Pine Island Rd. Plantation, FL 33324 954-472-2252 2.5 miles from pool
Hampton Inn Plantation 7801 SW 6 th St. Plantation, FL 33324 954-382-4500		

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Order of Events

KEY – **P** – Positive Check-in
 S – Special Seeding–All ages seeded and swum together - scored separately
 T – Timed Final –
 F – Swum Fastest to Slowest alternating women and men.

Thursday July 23, 2009- Plantation Pool– Timed Finals: Warm-up 3:00pm Meet Starts 4:30 pm

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
1	10:15.19	10:00.39	11:25.99	17-19 & 15-16	800 Free – P/S/T/F	11:12.19	9:48.29	10:04..59	2
3	10:20.99	10:10.29	11:37.29	13-14	800 Free – P/S/T/F	11:37.29	10:10.29	10:20.99	4
5	5:36.39	5:27.19	6:14.29	11-12	400 Free – P/S/T/F	6:21.29	5:33.69	5:44.69	6
7	6:25.69	6:12.29	7:05.89	10 & Under	400 Free – P/S/T/F	7:09.89	6:16.29	6:29.69	8
9	NT	NT	NT	13-14	800 Fr Relay – P/T	NT	NT	NT	10
11	NT	NT	NT	19 & Under	800 Fr Relay	NT	NT	NT	12

Friday July 24, 2009- Plantation Pool – Prelims: Warm-up 7:00am Meet Starts 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
15	2:47.59	2:41.99	2:26.59	15-19	200 Back	2:12.69	2:26.59	2:34.89	16
17	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	18
21	1:27.79	1:24.79	1:16.79	15-19	50 Breast	1:09.19	1:16.49	1:20.59	22
23	1:29.09	1:26.19	1:17.99	13-14	50 Breast	1:12.29	1:19.89	1:23.59	24
29	2:23.19	2:20.29	2:06.99	15-19	200 Free	1:55.79	2:07.89	2:13.39	30
31	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	32
37	1:16.09	1:14.29	1:07.29	15-19	50 Fly	1:00.79	1:07.19	1:09.09	38
39	1:17.59	1:15.59	1:08.39	13-14	50 Fly	1:04.09	1:10.79	1:12.69	40
45	5:57.59	5:47.09	5:14.09	15-19	400 IM P/T/F	4:49.09	5:19.49	5:29.99	46
47	6:03.19	5:53.79	5:20.19	13-14	400 IM P/T/F	5:02.89	5:34.69	5:46.79	48

Friday July 24, 2009- Sunrise Pool – Prelims: Warm-up 7:00am Meet Starts 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
19	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	20
25	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	26
27	49.29	47.49	43.49	10&under	50 Breast	45.39	50.09	51.79	28
33	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	34
35	3:01.89	2:54.79	2:38.39	10&under	200 Free	2:41.39	2:58.79	3:03.19	36
41	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	42
43	43.09	42.19	37.99	10&under	50Fly	39.39	43.49	43.99	44
49	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.36	3:03.29	50
51	3:29.89	3:24.39	3:04.69	10&under	200 IM	3:06.69	3:26.39	3:31.89	52

Friday July 24, 2009- Plantation Pool – Finals: Warm-up 3:30pm Meet Starts 5:00pm

Event #	Age Group	Event	Event #	Age Group	Event
13-14	11-12	200 Med. Relay	35-36	10 & Under	200 Free
15-16	17-19	200 Back	37-38	17-19	50 Fly
15-16	15-16	200 Back	37-38	15-16	50 Fly
17-18	13-14	200 Back	39-40	13-14	50 Fly
19-20	11-12	200 Back	41-42	11-12	50 Fly
21-22	17-19	50 Breast	43-44	10 & Under	50 Fly
21-22	15-16	50 Breast	45-46	17-19	400 IM
23-24	13-14	50 Breast	45-46	15-16	400IM
25-26	11-12	50 Breast	47-48	13-14	400IM
27-28	10 & Under	50 Breast	49-50	11-12	200 IM
29-30	17-19	200 Free	51-52	10&Under	200 IM
29-30	15-16	200 Free	53-54	11-12	200 Fr Relay
31-32	13-14	200 Free	55-56	13-14	400 Fr Relay
33-34	11-12	200 Free	57-58	19 & Under	400 Fr Relay

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Order of Events

Saturday, July 25 – Plantation Aquatics Complex Prelims – 13 & Over Warm-up 7:00 a.m. Meet Starts 8:30 a.m.

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
69	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	70
71	1:16.09	1:14.29	1:07.29	15-19	100 Fly	1:00.79	1:07.19	1:09.09	72
77	1:20.49	1:17.09	1:09.79	13-14	50 Back	1:04.89	1:11.69	1:15.59	78
79	1:18.69	1:15.29	1:08.09	15-19	50 Back	1:01.79	1:08.29	1:11.99	80
83	3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:57.69	3:02.39	84
85	3:08.49	3:05.59	2:45.29	15-19	200 Breast	2:30.09	2:45.89	2:54.29	86
91	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	92
93	30.99	29.99	27.19	15-19	50 Free	24.49	26.99	28.09	94
95	5:03.49	4:55.99	5:38.29	13-14	400 Free P/T/F	5:40.09	4:57.69	5:05.59	96
97	4:59.79	4:53.49	5:35.39	15-19	400 Free P/T/F	5:11.69	4:32.79	4:41.09	98

Saturday, July 25 – Sunrise Civic Center Pool - Prelims – 12 & Under Warm-up 7:00 a.m. Meets Starts 8:30 a.m.

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
59	--	--	--	10&Under	200 Med. Relay	--	--	--	60
				5 Minute	Break				
65	1:44.69	1:37.79	1:33.29	10&Under	100 Fly	1:33.19	1:42.89	1:45.59	66
67	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	68
73	44.69	43.19	39.19	10&Under	50 Back	39.59	45.59	44.89	74
75	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	76
81	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	82
87	37.49	36.79	33.39	10&Under	50 Free	33.79	37.29	38.29	88
89	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	90
99	--	--	--	11-12	400 Fr Relay	--	--	--	100
101	--	--	--	10&Under	200 Fr Relay	--	--	--	102

Saturday, July 25 – Plantation Aquatics Complex – Finals – Warm-up 3:30 p.m. Finals Starts 5:00 p.m.

Event #	Age Group	Event	Event #	Age Group	Event
61-62	13-14	200 Med Relay	83-84	13-14	200 Breast
63-64	19 & Under	200 Med Relay	85-86	15-16	200 Breast
65-66	10&Under	100 Fly	85-86	17-19	200 Breast
67-68	11-12	100 Fly	87-88	10&Under	50 Free
69-70	13-14	100 Fly	89-90	11-12	50 Free
71-72	15-16	100 Fly	91-92	13-14	50 Free
71-72	17-19	100 Fly	93-94	15-16	50 Free
73-74	10&Under	50 Back	93-94	17-19	50 Free
75-76	11-12	50 Back	95-96	13-14	400 Free
77-78	13-14	50 Back	97-98	15-16	400 Free
79-80	15-16	50 Back	97-98	17-19	400 Free
79-80	17-19	50 Back	103-104	13-14	200 Fr Relay
81-82	11-12	200 Breast	105-106	19 & Under	200 Fr Relay

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Sunday, July 26 – Plantation Aquatics Complex Prelims – 13 & Over Warm-up 7:00 a.m. Meet Starts 8:30 a.m.

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
109	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	110
111	2:44.69	2:42.79	2:27.29	17-19 & 15-16	200 Fly	2:14.59	2:28.69	2:32.19	112
117	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	118
119	1:18.69	1:15.29	1:08.09	17-19 & 15-16	100 Back	1:01.79	1:08.29	1:11.99	120
121	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	122
123	2:41.09	2:37.29	2:22.39	17-19 & 15-16	200 IM	2:09.99	2:23.69	2:30.69	124
129	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	130
131	1:07.19	1:05.09	58.89	17-19 & 15-16	100 Free	53.09	58.69	1:01.39	132
137	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	138
139	1:27.29	1:24.79	1:16.79	17-19 & 15-16	100 Breast	1:09.19	1:16.49	1:20.59	140
143	--	--	--	13-14	400 Med. Relay	--	--	--	144
145	--	--	--	19 & Under	400 Med. Relay	--	--	--	146
				10 Minute	Break				
147	19:48.09	19:14.89	19:21.69	13-14	1500 Free P/S/T/F	19:21.69	19:14.89	19:48.09	148
149	19:37.29	19:02.29	19:08.99	17-19 & 15-16	1500 Free P/S/T/F	18:47.99	18:41.39	19:22.99	150

NOTE: All 1500's heats will start 10 minutes after the conclusion of the 400 Medley Relays.

Sunday, July 26 – Sunrise Civic Center Pool - Prelims – 12 & Under Warm-up 7:00 a.m. Meets Starts 8:30 a.m

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
107	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	108
113	1:37.29	1:32.89	1:26.49	10&Under	100 Back	1:27.09	1:36.19	1:39.89	114
115	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	116
125	1:23.89	1:21.99	1:14.39	10&Under	100 Free	1:15.39	1:23.29	1:25.89	127
127	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	128
133	1:49.49	1:45.19	1:35.39	10&Under	100 Breast	1:38.89	1:49.19	1:52.89	134
135	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	136
				5 Minute	Break				
141	nt	nt	nt	11-12	400 Med. Relay	nt	nt	nt	142

Sunday, July 26 – Plantation Aquatics Complex – Finals – Warm-up 3:30 p.m. Finals Starts 5:00 p.m.

Event #	Age Group	Event	Event #	Age Group	Event
107-108	11-12	200 Fly	123-124	17-19	200 IM
109-110	13-14	200 Fly	125-126	10&Under	100 Free
111-112	15-16	200 Fly	127-128	11-12	100 Free
111-112	17-19	200 Fly	129-130	13-14	100 Free
113-114	10&Under	100Back	131-132	15-16	100 Free
115-116	11-12	100Back	131-132	17-19	100 Free
117-118	13-14	100Back	133-134	10&Under	100 Breast
119-120	15-16	100Back	135-136	11-12	100 Breast
119-120	17-19	100Back	137-138	13-14	100 Breast
121-122	13-14	200 IM	139-140	15-16	100 Breast
123-124	15-16	200 IM	139-140	17-19	100 Breast

2009
Florida Gold Coast Junior Olympic Time Trials
Long Course
Sanction # 072309-TT6

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 072709-TT6
- Sponsored by: Plantation Swim Team
- Dates and Time: Friday March 27, 2009 – 15 minutes after the conclusion of prelims
Entries for Friday will Close at 11:00am.
Saturday March 28, 2009 - 15 minutes after the conclusion of prelims.
Entries for Saturday will Close at 11:00am.

No Time Trials on Sunday!
- Course/Timing: One 50m x 25y, The east pool will be used for competition. Competition course 8 lanes 50 meters. The second 25y x 50m may be used for warm-up/warm-down lanes. Colorado timing System will be used and Hy-Tek Meet Manager software will be used for scoring.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Junior Olympic Championship. Swimmers not in the Junior Olympic Championships can swim 3 events per day.
- Entry Fees: \$10.00 per Individual Event \$20.00 per Relay
- Entries: At the Clerks of Course
- Eligibility: Open to all current registered USA Swimming athletes and swimmer entered in the Junior Olympic Championships who do not exceed the event entry limit for the day.
- Distance Events: The 1500/800 Free will only be offered only on Saturday Time Trial Session
- Awards: None (other than fast times and satisfaction).
- Location: Only at Plantation Central Park
- Referee: TBA

2009
Florida Gold Coast Junior Olympic Time Trials
Long Course
Sanction# 072309-TT6

ORDER OF EVENTS

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	800/1500 Free (Saturday Only)
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 Junior Olympic Championship 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.