



2009 May 15 - 17 Invitational Long Course Meters

- Welcome:** Plantation Swim Team invites you to join us at the Plantation Aquatic Complex to compete in our Long Course **May 15, - May 17, 2009.**
- Sanctioned By:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction # 051509-fg13**
- “The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.”**
- Sponsored By:** The City of Plantation, Plantation Swim Team & Plantation Swim Team Booster Club.
- Location:** Plantation Aquatic Complex – 9151 NW 2nd Street – Plantation, Florida 33324 – Phone: 954-452-2526
- 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 Park. On Central Park Drive make a right. Park entrance is located on the right hand side.
- Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and recommended by the Meet Referee, will be in effect.

- Pool:** **Plantation Aquatic Complex:**
Competition – 1 - 50M x 25Y 8 lane pool for competition.
Separate warm-up & warm-down pool will be available.
CTS system & Hy-Tek Meet Management software will be used.
- Eligibility:** Open to all current registered USA Swimming members and foreign athletes with proper travel credential who have been invited by USA swimming, who achieved the Qualifying times as listed in the meet information.
- 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.
- Meet Size:** **Meet Host will except entries until each session reaches the USA swimming 4 hour rule. “FIRST COME BASIS”**
- Entries:** **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.** Entries should be sent via email to: JimmyPPST@aol.com Mailed and hand delivered disks will be accepted. Swimmers entered over the qualifying time in an event will not be entered in that event. Any exceptions from the entry file must be resolved within 24 hours of entry deadline. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered.**
- Non Electronic Entries:** Must be easily read. **“Typed”**
Each Non Electronic Entries must have complete Name, First, Middle, Last, Date of Birth, Age, USA Registration #, Event #, Event, and Entry Time. **Entry fees & Meet surcharge for non-electronic entries are double the regular fees.**
- Mail Address: Plantation Swim Team
Attention Jimmy Parmenter
9151 NW 2nd Street
Plantation, Fl. 33324
- Suggested Express Mail

Entry Deadline: Entries Close – Wednesday – May 6, 2009 – 6 p.m. EST

Entry Limit: Three (3) Individual Events per day.

Deck Entries: FGC Deck Seed Policy will be in effect.

Entry Fees: Individual Events - \$3.25
Swimmer Surcharge - \$5.00

Please make all checks payable to:
Plantation Swim Team Booster Club

Seeding: **Open Session** - Long Course Meters
14 & Under Session – LCM Super Seeded

Awards: **Open Session:**
14 & Under Session:

Admission: \$3.00 each Session - \$2.00 Heat Sheets

Concession: Concession stand will be open for all sessions.

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

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

Referee:

Meet Marshall:

Meet Director: Jimmy Parmenter – jimmypst@aol.com

Assistant Meet Director: Terrell Woods – terrellwpst@aim.com

Open Session

Friday – May 15, 2009 / Warm-up 4:00 p.m. – 5:30 p.m.

Women	Q-Times	Event	Q-Times	Men
1	5:16.59	*400 Freestyle	5:02.79	2
3	3:11.99	200 Breaststroke	3:01.99	4
5	2:48.29	200 Butterfly	2:38.79	6
7	32.49	50 Freestyle	30.29	8

Saturday – May 16, 2009 Warm-up 7:30 a.m. / Start 9:00 a.m.

Women	Q-Times	Event	Q-Times	Men
9	2:31.79	200 Freestyle	2:23.29	10
11	1:28.99	100 Breaststroke	1:21.29	12
13	2:47.39	200 Backstroke	2:40.69	14
15	1:16.49	100 Butterfly	1:11.09	16
17	6:00.99	400 IM	5:44.49	18

Sunday – May 17, 2009 Warm-up 7:30 a.m. / Start 9:00 a.m.

Women	Q-Times	Event	Q-Times	Men
19	10:47.99	* 800 Freestyle	X	X
21	2:51.49	200 IM	2:42.39	22
23	1:10.39	100 Freestyle	1:05.99	24
25	1:17.79	100 Backstroke	1:14.49	26
X	X	* 1500 Freestyle	19:55.69	20

NOTES: * 400 Freestyle – fastest 5 heats of women & fastest 5 heats of men will swim at the beginning of the meet. Remainder of the 400's will swim at the end of Session up until 9:30 p.m.

400 IM - - Positive Check-in swum fastest to slowest alternating Women and Men.

400 IM Check-in Time Deadline will be after the 200 freestyle events are completed.

* 800 Free Women – Positive Check-in swum fastest to slowest. No more than 5 heats will be swum. Limited to the fastest 40 women swimmers. Must provide own counter.

800 Free Check-in Time Deadline: 8:20 a.m.

1500 Free - Positive Check-in swum fastest to slowest. No more than 5 heats will be swum. Limited to the fastest 40 men swimmers. Must provide own counter.

1500 Free Check-in Time Deadline will be after the 200 IM events are completed.

14 & Under Session

Saturday – May 16, 2009 Warm-up 12 p.m. / Start 1:30 p.m.

Women	Q-Times	Event	Q-Times	Men
27	NT	50 Backstroke	NT	28
29	NT	100 Breaststroke	NT	30
31	NT	50 Butterfly	NT	32
33	NT	100 Freestyle	NT	34
35	NT	200 IM	NT	36
	NT	5 Minute Break	NT	
37	NT	* 400 Freestyle	NT	38

14 & Under Session

Sunday – May 17, 2009 Warm-up 12 p.m. / Start 1:30 p.m.

Women	Q-Times	Event	Q-Times	Men
39	NT	100 Backstroke	NT	40
41	NT	50 Freestyle	NT	42
43	NT	100 Butterfly	NT	44
45	NT	200 Freestyle	NT	46
47	NT	50 Breaststroke	NT	48
-	-	5 Minute Break	-	-
49	NT	* 400 IM	NT	50

NOTES: 14 & Under Session:

400 Free – Positive Check-in swum fastest to slowest alternating girls and boys. Must provide own counter.

400 Free Check-in Time Deadline will be after the 100 Breast events are completed. Must provide own counter.

400 IM – Positive Check-in swum fastest to slowest alternating girls and boys.
400 IM Check-in Time Deadline will be after the 50 Free events are completed.