



**Broward County South Sizzler
Saturday, November 7th, 2009**

- SANCTIONED BY:** Florida Gold Coast Swimming, Sanction # 110709-bs28
- SPONSERED BY:** Fort Lauderdale Aquatics & The City of Fort Lauderdale
- TIME:** Warm-Up: 9:00am Start of Competition: 10:00am
- LOCATION:** Fort Lauderdale Aquatic Complex, 501 Seabreeze Blvd, Fort Lauderdale.
From the North or South: Take I-95 or the Turnpike to I-595 east. Exit to US-1 North. Go North on US-1 to SE 17th Street. Turn right (east) and follow SE 17th Street past Port Everglades, over the Intercoastal Bridge, through the residential section to (which will become A1A) Hall of Fame Drive. Turn left one block to the Complex.
- POOL COURSE:** 8-Lane, 25 yard course. Continuous warm-up will be available.
The competition course has been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming.
- TIMING:** Colorado Timing System will be used.
- ELIGIBILITY:** Open to all 2009 USA Swimming registered athletes in Broward County.
- ENTRIES:** Electronic Entries – Entries will be accepted via electronic mail attachment to the Meet Director at lmcluckie@FLAswim.com or via mailed 1.44mb disk. Entries must be in “Zipped COMMLINK” or USA Swimming SDIF format. Free text e-mail entries will not be accepted. For e-mail and disk entries – RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the email. List swimmer, sex, age and USS#. Event # not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of the file. All entry fees must be paid before the start of the first event. NOTE: swimmers without proper USA Registration numbers will not be entered. Submission of electronic entries signifies that all swimmers entered are currently registered with USA Swimming.



- SEEDING:** THE FGC DECK SEED POLICY WILL BE IN EFFECT
Policy can be seen at www.fgsswim.org
- ENTRY LIMIT:** 4 Individual events and 1 Relay event per swimmer.
- ENTRY FEES:** \$9.00 flat fee per swimmer, please make check payable to FLA.
- DEADLINE:** All entries must be received by Wednesday, October 28th.
Email entries to lmcluckie@FLAswim.com
Disks & Checks to: FLA, 501 Seabreeze Blvd, Fort Lauderdale, FL 33316
- AWARDS:** Individual Events – Ribbons 1st-8th
Relay Events – Ribbons 1st-3rd
- RULES:** Current USA Swimming Rules and Florida Gold Coast Rules will govern this meet.
Safety rules as outlined by USA Swimming as recommended by the Referee will be in effect.
- ADMISSION:** \$3.00 (includes heat sheet)
- PARKING:** Parking is available at the Aquatic Complex for \$1.00 per hour and at other lots near the facility.
- INFORMATION:** FLA Office: (954) 468-5590 or lmcluckie@FLAswim.com
- REFEREE:** TBA

ORDER OF EVENTS

<u>EVENT #</u>	<u>EVENT</u>	<u>AGE GROUP</u>
1-2	25 Fly	6 & Under
3-4	25 Fly	7-8
5-6	25 Back	6 & Under
7-8	25 Back	7-8
9-10	25 Breast	6 & Under
11-12	25 Breast	7-8
13-14	25 Free	6 & Under
15-16	25 Free	7-8
17-18	100 Medley Relay	8 & Under

MEET MANAGEMENT RESERVES THE RIGHT TO ADJUST LOGISTICS IN ORDER TO RUN AN EFFICIENT MEET



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Financial Recap and Team Information

TEAM NAME: _____

CALL LETTERS: _____

COACHES: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **FAX:** _____

EMAIL: _____

Number of Swimmers entered _____ **x \$9.00 =** _____

Total Amount Due: _____

Please make checks payable to:

FLA
501 Seabreeze Blvd
Fort Lauderdale
FL 33316