



2017 Michael Lohberg Invitational
Coral Springs, FL – June 16 - 18, 2017



SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No.
In granting this approval it is understood and agreed that USA Swimming/Florida Gold Coast and the Coral Springs Swim Club and Booster Club 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.

CONDITION OF SANCTION: The competition course has been certified in accordance with 104.2.2((4)). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

SPONSORED BY: Coral Springs Swim Club, Coral Springs Aquatic Complex

LOCATION: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065 Tel 954-345-2121

DIRECTIONS: Coral Springs Aquatic Complex, 12441 Royal Palm Blvd. If taking I-95, take Copans Road exit and go west approx.10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road east. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to next light, Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 mile).

DATE TIME:

<u>Friday, June 16, 2017.</u>		
Session I	Prelims - Warm up: 7:00am	Start of meet: 8:30am
Session II	Finals - Warm up: 4:00pm	Start of meet: 5:30pm
<u>Saturday, June 17, 2017.</u>		
Session III	Prelims - Warm up: 7:00am	Start of meet: 8:30am
Session IV	Finals - Warm up: 4:00pm	Start of meet: 5:30pm
<u>Sunday, June 18, 2017.</u>		
Session V	Prelims - Warm up: 7:00am	Start of meet: 8:30am
Session VI	Finals - Warm up: 4:00pm	Start of meet: 5:30pm

***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.**

POOL/TIMING: 50 meters x 25 yards heated outdoor pool, 50 long-course racing lanes with separate warm-up and swim-down lanes available. Daktronics timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start varies from 5'5 to 8'0 depending on lane assignment accordance with 202.3.7 (C).

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.

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. In granting this approval it is understood and agreed

that USA Swimming, Florida Gold Coast, and Coral Springs Swim Club and Booster Club 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. 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 swimmers will swim prelims in the first session on Friday, Saturday, and Sunday, with exception of the 400 free, 400IM, women 800 free and men 1500 which will be swum in the morning only. For all other events, the top 8 swimmers will swim in finals in the evening session.

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

ELIGIBILITY: Open to all current 2017 USA swimming registered athletes and foreign athletes that have achieved the meet qualifying time standards and 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 CSSC **WILL** be accepting New or Renewing USA Swimming registrations at the meet. All USA swimming must be done prior to the start of the competition.

DISABILITY ATHLETES: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – csscswimentries@gmail.com

DECK CHANGE: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

ENTRY: All entries must be received by Wednesday, June 7, 2017. PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only) E-mail to csscswimentries@gmail.com fax: **NO faxed entries** 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 954-340-5032 **NOTE: Swimmers without registration number or birth dates will not be entered.**Entry Fees will be Doubled if not entered electronically.**

DECK ENTRIES: Late entries will be accepted for this meet for swimmers which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. **Swimmers must be prepared to provide proof of submitted time for all late entries**. Entry fees for late entries will be double entry fee and double the athlete surcharge. Coaches and swimmers are strongly encouraged to process late entries as early as possible in the registration process. The deadline for any late entry is 30 minutes before the session. CASH ONLY ALL LATE ENTRIES

MEET CAP: **This meet is limited to the first 550 swimmers, on a first come first basis.**

ENTRY LIMIT: Seven (7) individual events for the meet but and no more than three (3) individual events per day.

ENTRY FEES: **\$4.50 per individual event. Deck entry: \$9.00 per individual event.**

FACILITY SURCHARGE: **\$7.00 per swimmer; Deck entry: \$14.00 per swimmer.**
*Entry fees are made payable to “**CSSC**” (note: one check per team)

REFUNDS: Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i.v applies.

SEEDING: Entries will be seeded in order of LCM, SCM, and then SCY.
Chase start may be used at this meet.

SCRATCHES: FINALS: Any swimmer who competes and qualifies as one of the fastest eight (8) swimmers in prelims must swim A-Finals, or 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 intentions within 30 minutes of their last individual preliminary event. Scratching from Finals will be declared by drawing a single line and initialing on preliminary results maintained by the Clerk of Course / Administrative Referee. "Failure to Swim" will result in the swimmer being fined \$10.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

A swimmer not in the originally announced or posted in the fastest eight (8) swimmers, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers finishing within the top twenty (20) are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals. All fines must be paid prior to any swimmer competing in any future individual event, at which time the swimmer will be reinstated in the meet.

Note 1: Alternates wishing to swim in an open lane in finals must be at the Starting Area 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 for the alternate.

Note 2: Scratches must be done individually; "team" scratches are not acceptable.

POSITIVE CHECK IN: Positive check in for the 400 Freestyle, 400 IM, women 800 Free and Men 1500 Free 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 on a first come first served basis.

Deadline: 400 Free – Friday, June 17th at 9:30am
400 IM – Saturday, June 18th at 9:30am
800 Free/ 1500 free – Sunday, June 19th at 9:30am

DISTANCE EVENTS: The 400 Free, 400 IM, Women 800 Free and Men 1500 Free are timed finals and will be swum in the morning, alternating women, then men, fastest to slowest. For the women 800 and men 1500 Free in Session 5, swimmers must provide their own times and counters. All distance events will be swam in the morning. The event number 105 (Girls 800 Free) will alternate with event number 106 (Boys 1500 Free).

For events numbered 29 & 30 (12 and under - 400 Free): Age groups will swim together but will be awarded separately (10 & under, 11-12)

For events numbered 31 & 32 (13 and under - 400 Free): Age groups will swim together but will be awarded separately (13-14 and 15 & over)

For events numbered 103 (Women 800 Free) and 104 (Men 1500 Free): All age groups will swim together but awarded separately (13-14, 15 & Over).

AWARDS: **Individuals Events:** Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.

SCORING: This competition is not scored.

ADMISSION: Prelims: \$5.00 Heat Sheet –FREE. Heat sheets will be available online at www.swimcssc.com
Finals: \$3.00

CONCESSION: Concession stand will be available.

HOSPITALITY: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

IDENTIFICATION: Coaches and officials shall wear their 2017 USA Swimming registration card in a visible location at the meet at all times during this meet.

MEET INFORMATION: Updates to meet information as well as timelines, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as www.swimcssc.com

HEAD REFEREE: Alfie Trimble

NATIONAL EVALUATOR: Jay Thomas

MEET DIRECTOR: Dave Marks

ADMINISTRATIVE OFFICIAL: Danica Schimansky

OQM: This meet is approved as a National Certification Qualifying Meet for the below positions under the National Officials Certification Program.

	S&T		Chief Judge				Starter				Deck Ref				Admin Ref			
	N2	N3	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F
Meet Approved	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			

Evaluation Legend: N2 – Initial and Recert N3 – Initial and Recert for S&T N3I – Initial for N3 N3R – Recert for N3 N3F – Final for N3

Any official interested in being evaluated should submit an Application to Officiate to Mike Nagy at m_nagy@bellsouth.net noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website.

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.

INFORMATION: Bruno Darzi at 954-340-5032

WARM-UP PROCEDURES: **NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday Preliminaries**

7:00 a.m. – 7:45 a.m. General Warm Up

Swimming and Pulling Only, Push Off

Racing Starts - 7:55-8:25a.m

Sprinting or Pace Work - 7:45 a.m. – 8:25 a.m.

Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 25 yards One Length.

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes - Circle swimming only (counter clockwise only).

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

ORDER OF EVENTS

FRIDAY, June 16 – Session 1 – PRELIMS

Warm up – 7:00am

Start of Meet – 8:30am

Event #	Event	Age Group
1-2	200 Backstroke	11-12
3-4	200 Backstroke	13-14
5-6	200 Backstroke	15 & Over
7-8	100 Freestyle	10 & under
9-10	100 Freestyle	11-12
11-12	100 Freestyle	13-14
13-14	100 Freestyle	15 & Over
15-16	200 Butterfly	11-12
17-18	200 Butterfly	13-14
19-20	200 Butterfly	15 & Over
21-22	50 Breaststroke	10 & under
23-24	50 Breaststroke	11-12
25-26	50 Breaststroke	13-14
27-28	50 Breaststroke	15 & Over
	10 min break; if necessary	
29-30	400 Freestyle	12 and under
31-32	400 Freestyle	13 & Over

FRIDAY, June 16 – Session 2 – FINALS

Warm up- 4:00pm

Start of Meet – 5:30pm

Event #	Event	Age Group
1-2	200 Backstroke	11-12
3-4	200 Backstroke	13-14
5-6	200 Backstroke	15 & Over
7-8	100 Freestyle	10 & under
9-10	100 Freestyle	11-12
11-12	100 Freestyle	13-14
13-14	100 Freestyle	15 & Over
15-16	200 Butterfly	11-12
17-18	200 Butterfly	13-14
19-20	200 Butterfly	15 & Over
21-22	50 Breaststroke	10 & under
23-24	50 Breaststroke	11-12
25-26	50 Breaststroke	13-14
27-28	50 Breaststroke	15 & Over

SATURDAY, June 17 – Session 3 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
33-34	200 Freestyle	10 & Under
35-36	200 Freestyle	11-12
37-38	200 Freestyle	13-14
39-40	200 Freestyle	15 & Over
41-42	100 Butterfly	10 & Under
43-44	100 Butterfly	11-12
45-46	100 Butterfly	13-14
47-48	100 Butterfly	15 & Over
49-50	200 Breaststroke	11-12
51-52	200 Breaststroke	13-14
53-54	200 Breaststroke	15 & Over
55-56	50 Backstroke	10 & Under
57-58	50 Backstroke	11-12
59-60	50 Backstroke	13-14
61-62	50 Backstroke	15 & Over
10 min break; if necessary		
63-64	400 IM	11 & Over

SATURDAY, June 17 – Session 4 - FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
33-34	200 Freestyle	10 & Under
35-36	200 Freestyle	11-12
37-38	200 Freestyle	13-14
39-40	200 Freestyle	15 & Over
41-42	100 Butterfly	10 & Under
43-44	100 Butterfly	11-12
45-46	100 Butterfly	13-14
47-48	100 Butterfly	15 & Over
49-50	200 Breaststroke	11-12
51-52	200 Breaststroke	13-14
53-54	200 Breaststroke	15 & Over
55-56	50 Backstroke	10 & Under
57-58	50 Backstroke	11-12
59-60	50 Backstroke	13-14
61-62	50 Backstroke	15 & Over

SUNDAY, June 18 – Session 5 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
65-66	100 Backstroke	10 & Under
67-68	100 Backstroke	11-12
69-70	100 Backstroke	13-14
71-72	100 Backstroke	15 & Over
73-74	50 Butterfly	10 & Under
75-76	50 Butterfly	11-12
77-78	50 Butterfly	13-14
79-80	50 Butterfly	15 & Over
81-82	100 Breast	10 & Under
83-84	100 Breast	11-12
85-86	100 Breast	13-14
87-88	100 Breast	15 & Over
89-90	50 Freestyle	10 & Under
91-92	50 Freestyle	11-12
93-94	50 Freestyle	13-14
95-96	50 Freestyle	15 & Over
97-98	200IM	10 & Under
99-100	200IM	11-12
101-102	200IM	13-14
103-104	200IM	15 & Over
	10 min break; if necessary	
105	Women 800 Free	11 & Over
106	Men 1500 Free	11 & Over

Sunday, June 18 – Session 6 – FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
65-66	100 Backstroke	10 & Under
67-68	100 Backstroke	11-12
69-70	100 Backstroke	13-14
71-72	100 Backstroke	15 & Over
73-74	50 Butterfly	10 & Under
75-76	50 Butterfly	11-12
77-78	50 Butterfly	13-14
79-80	50 Butterfly	15 & Over
81-82	100 Breast	10 & Under
83-84	100 Breast	11-12
85-86	100 Breast	13-14
87-88	100 Breast	15 & Over
89-90	50 Freestyle	10 & Under
91-92	50 Freestyle	11-12
93-94	50 Freestyle	13-14
95-96	50 Freestyle	15 & Over
97-98	200IM	10 & Under
99-100	200IM	11-12
101-102	200IM	13-14
103-104	200IM	15 & Over

IMPORTANT NOTES:

- The events numbered 29, 30, 31 and 32 (400 Freestyle) will be swum fastest to slowest, alternating girls and boys.
- The events numbered 63 and 64 (400 IM) will be swum fastest to slowest, alternating girls and boys.
- The events numbered 105 (Girls 800 Freestyle – 13 & Over) & 106 (Boys 1500 Freestyle – 13 & Over) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers.

- For events numbered 29 & 30 (12 and under - 400 Free): Age groups will swim together, but will be awarded separately (10 & under, 11-12)
- For events numbered 31 & 32 (13 and under - 400 Free): Age groups will swim together, but will be awarded separately (13-14 and 15 & over)
- For events numbered 63 & 64 (400 IM): All age groups will swim together, but will be awarded separately (11-12, 13-14, 15 & Over).
- For events numbered 105 (Women 800 Free) and 106 (Men 1500 Free): All age groups will swim together but, awarded separately (13-14, 15 & Over).
- Positive check in deadline:
 - 400 Free – Friday, June 16th at 9:30am
 - 400 IM – Saturday, June 17th at 9:30am
 - 800 Free/ 1500 free – Sunday, June 18th at 9:30am

GIRLS												
Events	10 & under			11-12			13-14			15 & over		
COURSE	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY
50 Fr	39.89	38.89	35.19	35.79	34.69	31.49	34.59	33.49	30.29	33.79	32.89	29.79
100 Fr	1:31.49	1:28.39	1:19.99	1:18.49	1:15.49	1:08.29	1:15.39	1:12.69	1:05.79	1:13.59	1:11.39	1:04.59
200 Fr	3:20.99	3:15.99	2:57.39	2:50.39	2:45.39	2:29.69	2:42.59	2:37.19	2:22.19	2:38.69	2:33.79	2:19.19
400 Fr	6:51.09	6:38.59	7:35.49	5:56.49	5:48.69	6:38.39	5:40.89	5:32.69	6:20.09	5:32.89	5:25.59	6:12.09
800 Fr				12:29.19	12:01.69	13:44.69	11:41.99	11:24.19	13:01.79	11:28.39	11:13.89	12:49.99
50 Bk	48.89	46.29	41.89	41.19	39.29	35.59	37.59	36.29	33.69	36.39	35.29	32.89
100 Bk	1:45.99	1:40.19	1:30.69	1:31.09	1:26.69	1:18.49	1:23.59	1:19.19	1:11.69	1:21.99	1:17.39	1:10.09
200 Bk				3:10.19	3:01.29	2:43.99	2:59.39	2:51.69	2:35.39	2:55.59	2:48.39	2:32.39
50 Br	53.99	52.49	47.49	45.49	44.19	39.99	40.09	42.29	37.89	38.19	41.29	37.29
100 Br	2:01.49	1:55.99	1:44.99	1:41.39	1:36.59	1:27.39	1:34.99	1:30.99	1:22.39	1:32.49	1:29.19	1:20.69
200 Br				3:36.09	3:28.39	3:08.59	3:25.59	3:16.99	2:58.29	3:20.79	3:13.09	2:54.69
50 Fl	47.29	46.19	41.79	38.29	37.69	34.09	35.69	34.69	31.79	34.89	33.69	31.89
100 Fl	1:52.99	1:49.49	1:39.09	1:28.49	1:26.49	1:18.29	1:21.09	1:18.89	1:11.39	1:19.49	1:17.29	1:09.99
200 Fl				3:10.19	3:05.59	2:47.89	2:59.49	2:54.49	2:37.89	2:54.79	2:51.09	2:34.89
200 IM	3:43.19	3:36.19	3:15.59	3:11.49	3:05.39	2:47.79	3:03.39	2:55.89	2:39.19	2:59.69	2:52.59	2:36.19
400 IM				6:48.29	6:34.19	5:56.79	6:27.59	6:15.39	5:39.69	6:18.79	6:06.89	5:31.99

BOYS												
Events	10 & under			11-12			13-14			15 & over		
COURSE	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY
50 Fr	39.49	38.09	34.49	34.69	33.39	30.29	31.99	30.79	27.89	30.19	29.59	26.79
100 Fr	1:30.29	1:26.99	1:18.79	1:15.69	1:12.89	1:05.89	1:09.99	1:07.29	1:00.89	1:07.09	1:04.49	58.39
200 Fr	3:12.09	3:05.69	2:47.99	2:45.19	2:39.79	2:24.59	2:32.29	2:26.69	2:12.79	2:26.09	2:20.89	2:07.49
400 Fr	6:44.59	6:31.19	7:26.99	5:48.69	5:39.09	6:27.49	5:24.09	5:14.19	5:58.99	5:09.89	5:02.79	5:45.99
1500 Fr				23:25.49	22:29.59	22:37.49	21:27.39	20:35.99	20:43.19	20:33.99	19:55.89	20:02.89
50 Bk	49.19	46.79	42.39	40.89	38.99	35.29	37.49	36.69	31.09	36.69	35.69	31.59
100 Bk	1:43.59	1:39.09	1:29.69	1:29.09	1:23.69	1:15.79	1:18.29	1:13.89	1:06.89	1:14.69	1:10.19	1:03.49
200 Bk				3:06.49	2:57.19	2:40.29	2:49.69	2:41.19	2:25.89	2:41.39	2:33.79	2:19.19
50 Br	53.29	51.39	46.59	45.39	43.69	39.59	42.99	41.49	36.29	39.99	40.49	36.79
100 Br	1:57.69	1:52.59	1:41.89	1:38.49	1:34.39	1:25.49	1:28.09	1:23.49	1:15.59	1:23.49	1:19.59	1:12.09
200 Br				3:28.69	3:19.99	3:00.99	3:11.59	3:02.99	2:45.59	3:02.49	2:53.09	2:36.59
50 Fl	45.99	44.79	40.49	38.69	37.79	34.19	35.49	34.79	30.99	34.39	33.79	31.09
100 Fl	1:51.39	1:48.29	1:37.99	1:26.29	1:24.49	1:16.49	1:15.49	1:13.29	1:06.39	1:11.79	1:10.09	1:03.39
200 Fl				3:07.69	3:01.19	2:43.99	2:49.19	2:42.49	2:26.99	2:40.39	2:35.39	2:20.59
200 IM	3:40.79	3:33.49	3:13.19	3:09.29	3:01.49	2:44.19	2:51.99	2:44.19	2:28.59	2:43.99	2:36.69	2:21.79
400 IM				6:39.39	6:22.79	5:46.39	6:04.69	5:50.69	5:17.39	5:47.29	5:37.69	5:05.59

HOTELS

CORAL SPRINGS

Courtyard Marriott - 620 N. University Drive, Coral Springs, FL 33071
Susan Dennen – 954-227-1300

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076
Dan Davidson - 954-227-4120

DEERFIELD

Best Western - 1050 E. Newport Center Drive, Deerfield Beach, FL 33442
Jackie Cohl – 954-570-8888 ext 571

Comfort Suites - 1040 E. Newport Center Dr, Deerfield Beach, FL, US, 33442
Jackie Cohl – 954-570-8888 ext 571

Hilton - Deerfield Beach/ Boca Raton - 100 Fairway Drive, Deerfield Beach, FL 33441
Jennifer Petigrow – 954-422-1798

DEERFIELD ON THE BEACH

Wyndham - Deerfield Beach Resort - 2096 Northeast 2nd St. Deerfield Beach, FL 33441-3807
Margie Osborn – 954-428-2850 ext. 7103

Embassy Suites - 950 S. Ocean Dr. Deerfield Beach, FL 33441
Sharena Powell – 954 -312-2029

TAMARAC, SUNRISE AND PLANTATION

Quality Inn Sawgrass Center - 1711 N. University Dr. Plantation (Ft. Lauderdale), FL, US, 33322
Norma Alchae – 954-556-8200

Holiday Inn Hotel and Resorts - 4499 W. Commercial Blvd. Tamarac, FL 33319
Juanita Landreneau – 954-735-7575

Embassy - 1701 N. University Dr. Plantation (Ft. Lauderdale), FL 33322
Dorothy Mclean- 954-472-5600

Holiday Inn and Suites - 3003 N. University Drive, Sunrise, FL, 33322
Jim Mullins – 954-748-7000

Crowne Plaza - 13400 W. Sunrise Blvd. Sunrise, FL, 33323
Linda Huffstetler – 954-835-3606

Hampton Inn Suites - 5701 Madison Avenue, Tamarac, Florida, USA 33321
Carol Montoya – 954-724-7115

FORT LAUDERDALE

Hyatt Place - 1851 SE 10th Ave. Fort Lauderdale, FL 33316
Jodie Linhart – 954-370-2220 ext. 7197

Marriott - 5001 North Federal Hwy. Fort Lauderdale, FL 33308
Maria Vigil – 954-771-0440

Embassy - 1100 SE 17th St. Fort Lauderdale, FL 33316
Villette Carter – 954-315-1324

Sheraton Hotel and Resorts - 555 N.W. 62nd St. Fort Lauderdale, FL 33309
Mandy Bosley – 954-772-5400

Westin - Hotel and Resorts - 400 Corporate Dr. Fort Lauderdale, FL 33334
Terri Cunningham -954- 351-2404

Rodeway Inn and Suites - 2440 West State Road 84, Fort Lauderdale, FL 33312
Joan Krever – 954-792-8181

Hampton Inn - 720 East Cypress Creek Road, Fort Lauderdale, FL 33334
Jackie F. Kohl – 954-776-7677 ext. 603; Fax: (954)776-0805

Beachcomber - 1200 S. Ocean Blvd. Pompano Beach/ Ft. Lauderdale, FL 33062
Harris McBride, Director of Sales – 954-941-7830
Fax (954)782-2540; For Reservations Call 1-800-231-2423

Courtyard Marriott - 440 Seabreeze Boulevard, Ft. Lauderdale, FL 33316
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