

2016 Coral Springs Open Invitational
Coral Springs, FL – February 06 - 07, 2016
(Long Course)

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGI020616CSSC-B-03**

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

RULES: 2016 USA Swimming and FGC 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.

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.

ELIGIBILITY: Open to all current 2016 USA swimming registered athletes and foreign athletes 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 Registrations 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 – HYPERLINK "mailto:csscswimentries@gmail.com" csscswimentries@gmail.com

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 4'5 to 7'0 depending on lane assignment accordance with 202.3.7 (C).

DATE & TIME: Saturday, February 06, 2016.

Session I Warm up: 7:30am Start of meet: 9:00am

Session II Warm-up: 11:00am Start of meet: 5min after the completion of session I.

Sunday, February 07, 2016.

Session III Warm up: 7:30am Start of meet: 9:00am

Session IV Warm-up: 11:00am Start of meet: 5min after the completion of session III.

*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.

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)

ENTRY: All entries must be received by Wednesday, January 27, 2016.

PLEASE enter electronically, NO MAILED entries.

For electronic entries (CL or SDIF format only)

E-mail to HYPERLINK "mailto:csscswimentries@gmail.com"

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.

SEEDING: Use LCM times only for entries. All events will be seeded fastest to slowest.

ENTRY FEES: \$3.25 per individual event.

FACILITY

SURCHARGE: \$5.00 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 in full or in part.

ENTRY LIMIT: Individual events: Four (4) individual events per swimmer per session.

AWARDS: Individuals Event: Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14 age groups. Awards will be prepared for any swimmer aged 13 & over upon request only. All age groups will swim together but awarded separately.

DISTANCE EVENTS: The 400 free and 400 IM are timed finals and will be swum alternating women the men, fastest to slowest. All distance events are positive deck in. For all positive check-in events, swimmers must provide their own times and counters as needed.

DECK ENTRIES: The FGC deck entry policy is in effect. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [HYPERLINK "http://www.fgcswim.org/" www.fgcswim.org](http://www.fgcswim.org/) . All deck entered swimmers must present current USA Swimming Card in order to be entered.

HEAD REFEREE: Alfie Trimble

MEET DIRECTOR: Dave Marks

ADMINISTRATIVE OFFICIAL: Danica Schimansky

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.

ADMISSION: \$3.00 per session. Heat sheets: \$3.00 per session.

INFORMATION: Bruno Darzi at 954-340-5032

WARM-UP PROCEDURES: NO Equipment Permitted. Swimmers Must Enter The Water Feet First.
7:30 a.m. – 8:15 a.m. General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace Work
8:15 a.m. – 8:55 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

Girls odd#, Boys even#

Saturday – Session 1

Warm-up – 7:30am

Start of Meet – 9:00am

Event #	Event	Age Group
1-2	200 Individual Medley	Open
3-4	50 Butterfly	Open
5-6	200 Butterfly	Open
7-8	100 Freestyle	Open
9-10	100 Backstroke	Open
11-12	50 Breaststroke	Open
13-14	200 Breaststroke	Open

Saturday – Session 2
after

Warm-up – 11:00am

Start of the meet – 5 min
the completion of session

1

15-16	400 Freestyle	Open
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Sunday – Session 3

Warm- up – 07:30am

Start of the meet – 9:00am

Event #	Event	Age Group
17-18	200 Freestyle	Open
19-20	50 Backstroke	Open
21-22	200 Backstroke	Open
23-24	100 Butterfly	Open
25-26	50 Freestyle	Open
27-28	100 Breaststroke	Open

Sunday – Session 4
after

Warm-up – 11:30am

Start of the meet – 5min
the completion of session

3

29-30	400 Individual Medley	Open
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