



Florida Gold Coast Area 3 LONG COURSE Developmental Championship Meet

SOFL, AKS, AAST, ASC, BMHG, BISC, CANE, CM, DRSC, FLA, FKSC, FFSC, FIU, GRSC, HSC, MACM, MBS, MLB, MCDA, MSA, MS, NMST, SDST, SWAT, SGST, UofM

July 14 - 16, 2017

Academic Village Pool, Pembroke Pines, Florida

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction Number: FGA071417SOFL-B-16

It is understood and agreed that USA Swimming, the facility and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Hosted by: South Florida Aquatic Club and Comets Swim Team Booster Club

Location: **Academic Village Swimming Pool.** 17191 Sheridan Street, Pembroke Pines, FL. Enter from 172nd and free parking is located at the West end of the swimming pool.

Directions: **Coming from the North:** Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2ND ENTRANCE INTO FACILITY.**
Coming from the South: Take SR-826 South to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2ND ENTRANCE INTO Facility.**



Date & Time:

Date	Session	Warm-up	Meet Start
Friday, July 14th	I	4:30 pm	5:30 pm
Saturday, July 15th	II	7:00 am	8:30 am
Saturday, July 15th	III	4:00 pm	5:00 pm
Sunday, July 16th	IV	7:00 am	8:30 am
Sunday, July 16th	V	4:00 pm	5:00 pm

The meet director reserves the right to change meet warm-up and start time in order to hold an efficient meet within USA Swimming / FGC guidelines and with FGC Age Group Chairperson approval.

Pool/Timing:

25 Yard x 50 meter heated outdoor pool with 8 long-course racing lanes. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 8’6” to 12’ depending upon lane assignment. Minimum water depth at the turn end of the pool is 4’. Colorado Timing Systems® electronic timing system with touch pads will be used for this meet. The competition course has been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming.

Format:

These championships will be conducted in LCM. Events 200M and longer, all 7-10 events, and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 8 swimmers from preliminaries advancing to finals. Breaks between events in finals sessions may be inserted at Meet Director and Meet Referee discretion.

Rules:

2017 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.

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.

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.



Deck Changing: 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.

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.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.
Coaches: You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials, and do not interfere with those conducting the meet.

Warm-up: Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Depending upon the number of swimmers entered, teams may be assigned to specific warm-up times and lanes Saturday and Sunday morning. Teams assigned to an early warm-up on one day will be assigned to a late warm-up period on the other day. More detailed warm up procedures will be distributed to registered coaches prior to the competition.

Eligibility: Open to all 7-18 year old 2017 USA Swimming registered athletes affiliated with teams assigned to FGC Area 3 (SOFL, AKS, AAST, ASC, BMHG, BISC, CANE, CM, DRSC, FLA, FKSC, FFSC, FIU, GRSC, HSC, MACM, MBS, MLB, MCDA, MSA, MS, NMST, SDST, SWAT, SGST, UofM) who have achieved the published time standard in one or more events during the qualifying period.



Qualifying time standards are USA Swimming National Age Group Motivational "B" times for events 200M and longer. There is no qualifying time standard for events less than 200M and these events may be entered with no time. Athletes who have achieved a qualifying time for the 2017 Summer FGC Junior Olympics (7-14 year old athletes) or 2017 Summer FGC Senior Championships (15-18 year old athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is July 14, 2015 through the entry deadline.

Swimmers who are not registered with USA Swimming by 12:00pm Thursday July 13, 2017 will not be seeded. Such swimmers who subsequently become USA Swimming registered will be permitted to deck enter open lanes in accordance with the deck entry policy.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet.

Disability Athletes: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the pool office ahead of time to allow for preparations - (954) 538-3721
SoFloMeets@swim4SoFlo.com

Entry: All entries must be received by **Monday July 10, 2017.**
PLEASE enter electronically, NO MAILED entries.
For electronic entries (CL or SDIF format only!!)
E-mail to SoFloMeets@swim4SoFlo.com fax (954) 392-4107
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) 538-3721.

NOTE: Swimmers without registration numbers or birth dates will not be entered. * Entry Fees will be Double if not entered electronically.**

Entry Fees: \$5.00 per individual event

Relay Fees: \$8.00 per relay

Facility Surcharge: \$8.00 per swimmer

***Entry fees are made payable to "SOFLO Swimming"
(note: one check per team) If meet fees are paid by credit card there will be a 2% surcharge**

Late Entries: Late entries will be accepted at meet management discretion between 12:01pm Monday July 10, 2017 and 12:00pm Thursday



July 13, 2017. PLEASE enter electronically (CL or SDIF format). Please email late entry requests to info@swim4comets.com. Late entries must be accompanied by proof of USA Swimming registration in order to be seeded.

Deck Entries: **THE FGC DECK SEED POLICY WILL BE IN EFFECT.** Deck entries will be permitted into open lanes on a first-come-first-serve basis from 12:01pm on Thursday July 13, 2017 until 30 minutes prior to the start of the session for the event in question. Deck entry requests may be made by email or in person at the meet. Please email deck entry requests to officemanager@swim4comets.com. Fees for deck entries will be twice the standard entry fees. Deck entry requests must be accompanied by proof of USA Swimming registration and proof of entry time in order to receive a lane assignment.

Responsibility Clause: The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2017 FGC Junior Olympic or 2017 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

Entry Limit: Swimmers may swim a maximum of three (3) individual events per day.

Seeding: All events will be seeded in order of LCM then SCM then SCY, and will be seeded fast to slow. Timed final events 200M and longer will be swum with all age groups combined, but will be resulted separately. Seven lanes may be used in the preliminary sessions. Chase starts may be used at Meet Director and Meet Referee discretion.

Distance Events: Friday evening's 400 freestyle and 400 IM will be seeded fast to slow, alternating heats of women, then men. Positive check-in is NOT required.

Sunday's 1500 freestyle will follow the relays at the end of the preliminaries session. It will be seeded fast to slow, alternating heats of women, then men. Positive check-in is required in order to be seeded. The positive check-in deadline is 9:00 am on Sunday, July 16.

Scratches: Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30)



minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Failure to compete in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid.

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

Scratches must be done individually. Team scratches are not accepted.

Relays: Teams are limited to no more than two entries per relay event. All relays will swim in the preliminaries sessions.

Awards: Individual Events: Medals: 1st - 3rd Ribbons: 4th - 8th
Relay Events: Ribbons: 1st - 3rd

Scoring: These championships will not be scored.

Meet Director: Chris Anderson

Co-Meet Directors: Luis Soler (Facilities) – Andrea Golding (Volunteers)

Head Referee: Fabio Meira

Admin Referee: Allan Golding

Officials: If you know that you will be attending this meet and will be available, please email the meet referee, Fabio Meira (fabiom1@hotmail.com), and let him know your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter's tent 60 minutes before the start of the session.



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: \$5.00 per person per session.
Heat Sheets will be available free of charge online at soflo.meets.info/Area3 and on Meet Mobile.
Printed Heat sheets will be available for coaches in the swim office.

Information: Swim Office at (954) 538-3721 - SoFloMeets@swim4SoFlo.com

Order of Events

Women Qualifying Times				Friday July 14	Men Qualifying Times			
SCY	SCM	LCM	Event #		Event #	LCM	SCM	SCY
3:19.19	3:40.09	3:45.79	1A	7-10 200 Freestyle	2A	3:33.49	3:26.29	3:06.69
2:41.19	2:58.09	3:03.49	1B	11-12 200 Freestyle	2B	2:57.89	2:52.09	2:35.69
2:33.19	2:49.29	2:55.09	1C	13-14 200 Freestyle	2C	2:44.09	2:37.99	2:22.99
2:29.89	2:45.59	2:50.89	1D	15-18 200 Freestyle	2D	2:37.39	2:31.79	2:17.29
3:38.49	4:01.49	4:09.39	3A	7-10 200 IM	4A	4:06.19	3:58.09	3:35.49
3:00.69	3:19.69	3:26.29	3B	11-12 200 IM	4B	3:24.69	3:16.19	2:57.59
2:51.49	3:09.49	3:17.39	3C	13-14 200 IM	4C	3:05.29	2:56.79	2:39.99
2:48.19	3:05.79	3:13.49	3D	15-18 200 IM	4D	2:56.59	2:48.79	2:32.69
8:26.09	7:22.89	7:36.79	5A	7-10 400 Freestyle	6A	7:29.49	7:14.69	8:16.69
7:09.09	6:15.49	6:23.89	5B	11-12 400 Freestyle	6B	6:15.49	6:05.19	6:57.29
6:49.39	5:58.29	6:07.19	5C	13-14 400 Freestyle	6C	5:49.09	5:38.29	6:26.59
6:40.69	5:50.69	5:58.49	5D	15-18 400 Freestyle	6D	5:33.69	5:26.09	6:12.59
6:24.19	7:04.49	7:19.69	7A	11-12 400 IM	8A	7:10.19	6:52.29	6:13.09
6:05.79	6:44.19	6:57.39	7B	13-14 400 IM	8B	6:32.69	6:17.69	5:41.79
5:57.59	6:35.09	6:47.89	7C	15-18 400 IM	8C	6:14.09	6:03.59	5:29.09

Events 1-8 are timed finals



Women Qualifying Times				Saturday July 15	Men Qualifying Times			
SCY	SCM	LCM	Event #		Event #	LCM	SCM	SCY
			9	7-10 100 Backstroke	10			
			11	11-12 100 Backstroke	12			
			13	13-14 100 Backstroke	14			
			15	15-18 100 Backstroke	16			
			17	7-10 50 Butterfly	18			
			19	11-12 50 Butterfly	20			
			21	13-14 50 Butterfly	22			
			23	15-18 50 Butterfly	24			
			25	7-10 100 Breaststroke	26			
			27	11-12 100 Breaststroke	28			
			29	13-14 100 Breaststroke	30			
			31	15-18 100 Breaststroke	32			
			33	7-10 50 Freestyle	34			
			35	11-12 50 Freestyle	36			
			37	13-14 50 Freestyle	38			
			39	15-18 50 Freestyle	40			
3:00.89	3:19.79	3:24.89	41A	11-12 200 Butterfly	42A	3:22.09	3:15.19	2:56.59
2:50.09	3:07.89	3:13.29	41B	13-14 200 Butterfly	42B	3:02.19	2:54.99	2:38.29
2:46.79	3:04.29	3:08.19	41C	15-18 200 Butterfly	42C	2:52.69	2:47.29	2:31.39
			43	7-10 200 Freestyle Relay	44			
			45	11-12 200 Freestyle Relay	46			
			47	13-14 200 Freestyle Relay	48			
			49	15-18 200 Freestyle Relay	50			

Events 9, 10, 17, 18, 25, 26, 33, 34, 41-50 are timed finals



Women Qualifying Times				Sunday July 16	Men Qualifying Times			
SCY	SCM	LCM	Event #		Event #	LCM	SCM	SCY
3:23.09	3:44.49	3:52.69	51A	11-12 200 Breaststroke	52A	3:44.69	3:35.39	3:14.89
3:11.99	3:32.19	3:41.39	51B	13-14 200 Breaststroke	52B	3:26.29	3:17.09	2:58.39
3:08.19	3:27.89	3:36.29	51C	15-18 200 Breaststroke	52C	3:16.49	3:06.39	2:48.69
			53	7-10 100 Freestyle	54			
			55	11-12 100 Freestyle	56			
			57	13-14 100 Freestyle	58			
			59	15-18 100 Freestyle	60			
			61	7-10 50 Backstroke	62			
			63	11-12 50 Backstroke	64			
			65	13-14 50 Backstroke	66			
			67	15-18 50 Backstroke	68			
			69	7-10 100 Butterfly	70			
			71	11-12 100 Butterfly	72			
			73	13-14 100 Butterfly	74			
			75	15-18 100 Butterfly	76			
			77	7-10 50 Breaststroke	78			
			79	11-12 50 Breaststroke	80			
			81	13-14 50 Breaststroke	82			
			83	15-18 50 Breaststroke	84			
2:56.59	3:15.19	3:24.79	85A	11-12 200 Backstroke	86A	3:20.79	3:10.79	2:52.69
2:47.29	3:04.89	3:13.19	85B	13-14 200 Backstroke	86B	3:02.69	2:53.59	2:37.09
2:44.09	3:01.39	3:09.09	85C	15-18 200 Backstroke	86C	2:53.79	2:45.59	2:29.89
			87	7-10 200 Medley Relay	88			
			89	11-12 200 Medley Relay	90			
			91	13-14 200 Medley Relay	92			
			93	15-18 200 Medley Relay	94			
24:53.99	24:45.29	25:45.79	95A	11-12 1500 Freestyle	96A	25:13.59	24:13.39	24:21.89
23:23.49	23:15.29	24:06.39	95B	13-14 1500 Freestyle	96B	23:06.49	22:11.09	22:18.89
23:05.19	22:57.09	23:43.89	95C	15-18 1500 Freestyle	96C	22:08.99	21:27.89	21:35.39

Events 51-54, 61, 62, 69, 70, 77, 78, 85-96 are timed finals



Florida Gold Coast Area 3 Developmental Championships Long Course Time Trial

- Sanctioned by:** USA Swimming and Florida Gold Coast Swimming
Sanction Number: FGA071417SOFL-B-16
- Sponsored by:** South Florida Aquatic Club & Comets Swim Team Booster Club
- Location:** Academic Village Swimming Pool
- Dates and Time:** July 15, 2017 – Approximately 15 minutes following the conclusion of the preliminaries session, time permitting.

July 16, 2017 – Approximately 15 minutes following the conclusion of the preliminaries session, time permitting.
- Pool / Timing:** 25 Yard x 50 meter heated outdoor pool with 8 long-course racing lanes. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 8’6” to 12’ depending on lane assignment. Minimum water depth at the turn end of the pool is 4’. Colorado Timing Systems® electronic timing system with touch pads will be used for this meet. The competition course has been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming.
- Eligibility:** Open to all currently registered USA Swimming athletes.
- Entries:** Entry forms will be available at the clerk of course table. Entries will close at 11:00 am each day. Proof of USA Swimming registration will be required for swimmers not entered in the Area 3 Developmental Championships Meet.
- Entry Limit:** Swimmers are limited to no more than 3 events per day including events they participated in at the Area 3 Championships Meet.
- Entry Fees:** \$10.00 per individual event, \$16.00 per relay; \$16.00 facility surcharge for all swimmers not entered in the Area 3 Developmental Championships Meet.
- Referee:** Fabio Meira



Order of events

	Saturday July 15		Sunday July 16	
	Event Numbers		Event Numbers	
	1st Pass	2nd Pass	1st Pass	2nd Pass
50 Freestyle	201 - 202	251 - 252	301 - 302	351 - 352
100 Freestyle	203 - 204	253 - 254	303 - 304	353 - 354
200 Freestyle	205 - 206	255 - 256	305 - 306	355 - 356
400 Freestyle	207 - 208	257 - 258	307 - 308	357 - 358
1500 Freestyle	209 - 210	259 - 260	309 - 310	359 - 360
50 Backstroke	211 - 212	261 - 262	311 - 312	361 - 362
100 Backstroke	213 - 214	263 - 264	313 - 314	363 - 364
200 Backstroke	215 - 216	265 - 266	315 - 316	365 - 366
50 Breaststroke	217 - 218	267 - 268	317 - 318	367 - 368
100 Breaststroke	219 - 220	269 - 270	319 - 320	369 - 370
200 Breaststroke	221 - 222	271 - 272	321 - 322	371 - 372
50 Butterfly	223 - 224	273 - 274	323 - 324	373 - 374
100 Butterfly	225 - 226	275 - 276	325 - 326	375 - 376
200 Butterfly	227 - 228	277 - 278	327 - 328	377 - 378
200 Individual Medley	229 - 230	279 - 280	329 - 330	379 - 380
400 Individual Medley	231 - 232	281 - 282	331 - 332	381 - 382
200 Free Relay	233 - 234	283 - 284	333 - 334	383 - 384
400 Free Relay	235 - 236	285 - 286	335 - 336	385 - 386
800 Free Relay	237 - 238	287 - 288	337 - 338	387 - 388
200 Medley Relay	239 - 240	289 - 290	339 - 340	389 - 390
400 Medley Relay	241 - 242	291 - 292	341 - 342	391 - 392

Women – odd numbered events; Men – even numbered events.
The order of events will be run through twice a day.

