



## 2019 FGC Senior Championships

### March 22<sup>rd</sup>-24<sup>th</sup> 2019

- Sanctioned By:** Held under the sanction of USA Swimming & Florida Gold Coast Swimming Inc, Sanction # FGSR032219SF-1
- Sponsored By:** South Florida Aquatic Club, Comets Swim Team Booster Club and City of Pembroke Pines.
- Location:** Academic Village Swimming Pool  
17191 Sheridan Street  
Pembroke Pines, FL 33331
- 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 172<sup>nd</sup> Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2<sup>ND</sup> 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 172<sup>nd</sup> Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2<sup>ND</sup> ENTRANCE INTO FACILITY.**

**Dates & Time:**

Session I	Prelims	Friday	March 22	Warm-up – 7:00AM	Start – 8:30AM
Session II	Finals	Friday	March 22	Warm-up – 3:30PM	Start – 5:00PM
Session III	Prelims	Saturday	March 23	Warm-up – 7:00AM	Start – 8:30AM
Session IV	Finals	Saturday	March 23	Warm-up – 3:30PM	Start – 5:00PM
Session V	Prelims	Sunday	March 24	Warm-up – 7:00AM	Start – 8:30AM
Session VI	Finals	Sunday	March 24	TBA	TBA

**Additional Training Times:** The pool will be available for training time or pre & post meet warm up on Thursday March 21<sup>st</sup> from 2:30- 4:00 PM, 7:00-9:00 PM and after the competition on Monday March 26 from 5:00 AM – 10:00 AM

**Format:** These championships will be conducted in short course yards. All events 200 yards and shorter will be conducted as preliminary heats and finals with the top 20 swimmers in preliminaries advancing to finals. The Championship final will follow the Consolation final. All events 400 yards and longer and all relays will be conducted as timed finals. All relays will swim in the finals sessions. Breaks may be inserted between events at meet referee discretion.

**Pool/Timing** 25 Yard x 50 meter heated outdoor pool with 10 short-course racing lanes with separate warm-up and swim-down lanes available. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 6’7” to 8’6 depending upon lane assignment. 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.

**Rules:**

2019 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.

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.

Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

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:**

Changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.

**Restricted Areas:**

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.

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.

**Eligibility:**

Open to all 2019 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming who have achieved the listed qualifying times between Thursday, March 23<sup>rd</sup>, 2017 - Monday March 18<sup>th</sup> 2019.

The coach, swimmer or swimmer representative who enters these championships hereby attests that all times stated are true and correct as achieved qualifying times for each event. 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.

Swimmers who are not registered with USA Swimming by 5:30pm Thursday March 21<sup>st</sup>, 2019 will not be seeded.

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

**Disability:**

Swimmers with a disability as defined in article 105 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.



**Entries:** All Entries must be received by **11:59 AM EST Monday March 18<sup>th</sup>, 2019**  
Enter through **USA Swimming Online Meet Entry (OME)** at [www.usaswimmingorg/ome](http://www.usaswimmingorg/ome)  
Paper, Fax, Email and hy-tek entries will not be accepted.

**OME Opens:** 12:01am Saturday February 9<sup>th</sup>, 2019

**OME Closes:** 11:59am Monday March 18<sup>th</sup>, 2019

**Entry Deadline:** 11:59 AM EST Monday, March 18<sup>th</sup>, 2019

**Entry Limit:** **Individual:** No more than three (3) individual events per day including time trials.

**Relay:** 200 & 400 relays, teams may enter "A" & "B" relay teams only  
800 Free Relay – "A" team only

**Late Entries:** Late entries may be accepted at meet referee discretion after the entry OME deadline and prior to the scratch deadline for the event in question. Late entries must be accompanied by proof of USA Swimming registration and proof of entry time in order to be accepted. No entry will be accepted after the scratch deadline.

**Deck Entries:** The FGC Deck Seed Policy will **NOT** be in effect.

**Entry Fees:** \$8.00 per individual event                      Late Entry \$15.00 per individual event  
\$12.00 per relay team                                      Late Entry \$20.00 per relay team  
\$12.00 per athlete meet surcharge                      Late Entry \$20.00 per athlete meet surcharge

**NOTE:** \*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.

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

**Scoring:** **Individual:** 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1  
**Relays:** 48,42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2

**Awards:** **Individual Events & Relays:** Ind. 1<sup>st</sup> – 3<sup>rd</sup>    Relays 1<sup>st</sup> place team  
**Individual High Point:** 15-16 Women & Men High Point / Open Women & Men High Point  
**Team High Point:** Combined 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place Team  
Women's Team champion and runner-up  
Men's Team champion and runner-up

**Seeding:** Except as otherwise noted all events will be seeded slow to fast in the following order: Short Course Yards, followed by Long Course Meters, followed by Short Course Meters. Preliminary heats of 15-16 and open events may be combined and swum together.

**Scratch Deadline:** Scratches will be accepted until the scratch box closing deadlines listed below.

**Scratch box Closes**

Friday March 22 <sup>nd</sup> events	5:30pm Thursday March 21 <sup>st</sup>
Saturday March 23 <sup>rd</sup> events	5:30pm Friday March 22 <sup>nd</sup>
Sunday March 24 <sup>th</sup> events	5:30pm Saturday March 23 <sup>rd</sup>

**500 Free and 400 IM:** Friday's 500 free and Saturday's 400 IM are timed finals events with the fastest heat of each age group and gender swimming in the finals session. The top 10 swimmers who do not indicate a preference to swim in the preliminary session by the scratch deadline for the event will be seeded to swim in finals. Positive check-in is not required in order to be seeded, however swimmers who wish to be seeded in the preliminary session must check-in with the administrative referee by the scratch deadline and indicate their preference.

The 500 Free and 400 IM will be seeded fast to slow in event order.



**Distance:** The 1650 freestyle is a timed finals event with the fastest heat of combined 15-16 and open for each gender swimming in the finals session. The top 10 swimmers of each gender who do not declare a preference to swim in the preliminary session will be seeded to swim in finals. Positive check-in by 5:30pm Saturday March 23<sup>rd</sup> is required to be seeded. Failure to compete after having previously checked-in will result in the swimmer being fined \$25.00 cash. Upon 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.

The 1650 Freestyle will be seeded fast to slow, alternating heats of women and men. Open and 15-16 events will be combined and will swim together but will be scored separately.

**Relays:** All relays will be timed finals events conducted during the finals sessions.

**Scratches:** Scratches and check-in for Friday's events are due to the Administrative Referee at 5:30pm on Thursday Mar 21<sup>st</sup> and may be submitted by email. All subsequent day's events scratches are due at the clerk of course table 30 minutes after the start of the previous evening's finals. There is no penalty for failing to compete in a preliminary or timed final event other than the 1650 free.

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 finals 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 swim when the heat is called to the blocks

**Admission:** \$5.00 per session, Heat sheets are free and will be available online at [soflo.meets.info/seniorchamps](http://soflo.meets.info/seniorchamps) and on Meet Mobile. Printed Heat sheets will be available for coaches at the administration office.

**Concessions:** Concession stand will be available.

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

**Meet Information:** Updates to meet information as well as time lines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at [soflo.meets.info/seniorchamps](http://soflo.meets.info/seniorchamps)

**Meet Referee:** Fabio Meira                      Email: [fabiom1@hotmail.com](mailto:fabiom1@hotmail.com)

**Admin Referee:** Allan Golding                      Email: [allan.c.golding@comcast.net](mailto:allan.c.golding@comcast.net)

**Meet Director:** Christopher Anderson Jr                      Email: [canderson@swim4comets.com](mailto:canderson@swim4comets.com)

**Co Meet Directors:** Luis Soler (Facility Director) and Andrea Golding (Volunteer Coordinator)

**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.

**Warm up Procedures:** 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.



**7:00am – 8:00am General Warm Up**

Swimming and Pulling Only, Push Off  
No Racing Starts  
No Sprinting or Pace Work

**8:00am – 8:25am Controlled Warm Up**

Lane 1	Pace, 50 and 100 Circle Swim, Push Off
Lane 2	Pace, 50 and 100 Circle Swim, Push Off
Lane 3	Racing Starts, 25 yards One Length.
Lane 4	Swimming and Pulling, Push Off
Lane 5	Swimming and Pulling, Push Off
Lane 6	Swimming and Pulling, Push Off
Lane 7	Swimming and Pulling, Push Off
Lane 8	Pace, 50 and 100 Circle Swim, Push Off
Lane 9	Racing Starts, 25 yards One Length.
Lane 10	Racing Starts, 25 yards One Length.

---

**Finals, Warm up:**

3:30pm – 4:15pm / General Warm-up - See Above.

4:15pm – 4:55pm / Controlled Warm-up – See Above.



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

**Friday, March 22<sup>nd</sup>, 2019 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
3-4	15-16 200 Back	2:45.39	2:38.29	2:23.19		2:13.59	2:26.99	2:30.99
5-6	Open 200 Back	2:45.39	2:38.29	2:23.19		2:13.59	2:26.99	2:30.99
7-8	15-16 100 Free	1:06.49	1:04.09	57.99		53.69	58.99	1:00.99
9-10	Open 100 Free	1:06.49	1:04.09	57.99		53.69	58.99	1:00.99
11-12	15-16 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
13-14	Open 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
15-16	15-16 50 Breast	39.99	38.89	35.19		32.59	35.99	36.99
17-18	Open 50 Breast	39.99	38.89	35.19		32.59	35.99	36.99
19-20	15-16 100 IM	na	1:15.69	1:07.99		1:01.99	1:09.09	na
21-22	Open 100 IM	na	1:15.69	1:07.99		1:01.99	1:09.09	na
23-24	15-16 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
25-26	Open 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39

**Friday, March 22<sup>nd</sup>, 2019 Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
1-2	Open 200 Free Relay	nt	nt	nt		nt	nt	nt
3-4	15-16 200 Back	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
5-6	Open 200 Back	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
7-8	15-16 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
9-10	Open 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
11-12	15-16 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
13-14	Open 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
15-16	15-16 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
17-18	Open 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
19-20	15-16 100 IM	na	1:15.69	1:07.99		1:01.99	1:09.09	na
21-22	Open 100 IM	na	1:15.69	1:07.99		1:01.99	1:09.09	na
23-24	15-16 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
25-26	Open 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
5 Minute Break	5 Minute Break if Necessary	X	x	X		X	x	X
27-28	Open 400 Free Relay	nt	nt	nt		nt	nt	nt



**Saturday, March 23<sup>rd</sup>, 2019 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
29-30	15-16 200 Free	2:22.49	2:18.49	2:05.59		1:54.79	2:07.59	2:11.59
31-32	Open 200 Free	2:22.49	2:18.49	2:05.59		1:54.79	2:07.59	2:11.59
33-34	15-16 50 Back	36.19	34.59	31.29		29.09	32.29	33.89
35-36	Open 50 Back	36.19	34.59	31.29		29.09	32.29	33.89
37-38	15-16 200 Breast	3:09.59	3:01.69	2:44.39		2:32.69	2:46.69	2:55.79
39-40	Open 200 Breast	3:09.59	3:01.69	2:44.39		2:32.69	2:48.69	2:55.79
41-42	15-16 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
43-44	Open 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
45-46	15-16 400 IM	5:42.39	5:31.79	5:00.29		4:40.59	5:09.49	5:17.49
47-48	Open 400 IM	5:42.39	5:31.79	5:00.29		4:40.59	5:09.49	5:17.49

**Saturday, March 23<sup>rd</sup>, 2019 Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
29-30	15-16 200 Free	2:22.49	2:18.49	2:05.59		1:54.79	2:07.59	2:11.59
31-32	Open 200 Free	2:22.49	2:18.49	2:05.59		1:54.79	2:07.59	2:11.59
33-34	15-16 50 Back	36.19	34.59	31.29		29.09	32.29	33.89
35-36	Open 50 Back	36.19	34.59	31.29		29.09	32.29	33.89
37-38	15-16 200 Breast	3:09.59	3:01.69	2:44.39		2:32.69	2:48.69	2:55.79
39-40	Open 200 Breast	3:09.59	3:01.69	2:44.39		2:32.69	2:48.69	2:55.79
41-42	15-16 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
43-44	Open 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
45-46	15-16 400 IM	5:42.39	5:31.79	5:00.29		4:40.59	5:09.49	5:17.49
47-48	Open 400 IM	5:42.39	5:31.79	5:00.29		4:40.59	5:09.49	5:17.49
5 Minute Break	5 Minute Break if Necessary	X	x	X		X	x	X
49-50	Open 800 Free Relay	nt	nt	nt		nt	nt	nt



**Sunday, March 24<sup>th</sup>, 2019 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
53-54	15-16 100 Back	1:16.89	1:12.89	1:05.99		1:00.59	1:07.99	1:10.29
55-56	Open 100 Back	1:16.89	1:12.89	1:05.99		1:00.59	1:07.99	1:10.29
57-58	15-16 50 Fly	33.69	33.19	29.99		27.99	30.19	30.89
59-60	Open 50 Fly	33.69	33.19	29.99		27.99	30.19	30.89
61-62	15-16 100 Breast	1:27.49	1:23.79	1:15.79		1:09.09	1:16.49	1:18.49
63-64	Open 100 Breast	1:27.49	1:23.79	1:15.79		1:09.09	1:16.49	1:18.49
65-66	15-16 50 Free	30.49	29.39	26.59		24.49	27.09	28.09
67-68	Open 50 Free	30.49	29.39	26.59		24.49	27.09	28.09
69-70	15-16 200 IM	2:41.89	2:35.39	2:20.69		2:10.79	2:24.19	2:28.19
71-72	Open 200 IM	2:41.89	2:35.39	2:20.69		2:10.79	2:24.19	2:28.19
	10 Minute Break	X		X		X	x	X
73A	15-16 W-1650 Free	19:43.09	19:05.99	19:12.69		X	x	X
73B	Open W-1650 Free	19:43.09	19:05.99	19:12.69		X	x	X
74A	15-16 M-1650 Free	X	x	X		18:10.99	17:59.99	18:29.99
74B	Open M-1650 Free	X	x	X		18:10.99	17:59.99	18:29.99

**Sunday, March 24<sup>th</sup>, 2019 Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
51-52	Open 200 Medley Relay	nt	nt	nt		nt	nt	nt
53-54	15-16 100 back	1:16.89	1:12.89	1:05.99		1:00.59	1:07.99	1:10.29
55-56	Open 100 back	1:16.89	1:12.89	1:05.99		1:00.59	1:07.99	1:10.29
73	W-1650 Free Top 10	19:43.09	19:13.09	19:21.29		X	X	X
57-58	15-16 50 Fly	33.69	33.19	29.99		27.99	30.19	30.89
59-60	Open 50 Fly	33.69	33.19	29.99		27.99	30.19	30.89
61-62	15-16 100 Breast	1:27.49	1:23.79	1:15.79		1:09.09	1:16.49	1:18.49
63-64	Open 100 Breast	1:27.49	1:23.79	1:15.79		1:09.09	1:16.49	1:18.49
74	M-1650 Free Top 10	X	X	X		18:10.99	17:59.99	18:29.99
65-66	15-16 50 Free	30.49	29.39	26.59		24.49	27.09	28.09
67-68	Open 50 Free	30.49	29.39	26.59		24.49	27.09	28.09
69-70	15-16 200 IM	2:41.89	2:35.39	2:20.69		2:10.79	2:24.19	2:28.19
71-72	Open 200 IM	2:41.89	2:35.39	2:20.69		2:10.79	2:24.19	2:28.19
75-76	Open 400 Medley Relay	nt	nt	nt		nt	nt	nt







**2019 FGC Senior Championship - Time Trials  
March 22-24, 2019**

- Sanctioned by:** USA Swimming and Florida Gold Coast Swimming.
- Sanction No:**
- Dates and Time:** **Friday – March 22<sup>nd</sup>** - 15 minutes after the conclusion of prelims.  
**Saturday – March 23<sup>rd</sup>** - 15 minutes after the conclusion of prelims.  
**Sunday – March 24<sup>th</sup>** - Combined with, or immediately following, events 73/74 time permitting.
- Location:** **Academic Village Swimming Pool.** 17189 Sheridan Street, Pembroke Pines, FL. Enter from 172nd and free parking is located at the West end of the swimming pool.
- Course/Timing:** 25 Yard x 50 meter heated outdoor pool with 10 short-course racing lanes with separate warm-up and swim-down lanes available. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 6'7" to 8'6 depending upon lane assignment. 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
- Entry Limit:** Swimmers are limited to no more than 3 events per day including the events they participated in at the Senior Championships. Swimmers not in the Senior Championships may swim 3 events per day.
- Eligibility:** Open to all currently registered 2019 USA Swimming athletes and foreign athletes invited by USA Swimming
- Entry Fee:** \$15.00 per event if entered in Sr Champs \$20.00 for athlete not entered in Sr Champs (Cash only)
- Entries:** Will be accepted until 10:30am each day.
- Awards:** None (other than fast times and satisfaction)
- Referee:** T.B.A
- Information:** Christopher Anderson [canderson@swim4comets.com](mailto:canderson@swim4comets.com) (954 538-3721)



	Fri Mar 22 <sup>nd</sup>	Sat Mar 23 <sup>rd</sup>	Sun Mar 24 <sup>th</sup>
	Event Numbers	Event Numbers	Event Numbers
50 Freestyle	205	305	-
100 Freestyle	206	306	-
200 Freestyle	207	307	-
500 Freestyle	208	308	-
1650 Freestyle	-	-	409
50 Backstroke	210	310	-
100 Backstroke	211	311	-
200 Backstroke	212	312	-
50 Breaststroke	213	313	-
100 Breaststroke	214	314	-
200 Breaststroke	215	315	-
50 Butterfly	216	316	-
100 Butterfly	217	317	-
200 Butterfly	218	318	-
100 Individual Medley	219	319	-
200 Individual Medley	220	320	-
400 Individual Medley	221	321	-

\* All time trial events are mixed women and men



## **Sr. Champs Swim Meet Hotels Information (March 22 - 24, 2019)**

### **Hotels:**

#### **Holiday Inn Express & Suites** Pembroke Pines-Sheridan St

14651 Northwest 20th Street

Pembroke Pines, FL 33028

Book online or call: 1 888 HOLIDAY (1 888 465 4329)

Hotel contact info: front desk 954-430-9404 Fax 954-432-1996

[http://www.ihg.com/holidayinnexpress/hotels/us/en/pembroke-pines/flpp/hoteldetail?cm\\_mmc=GoogleMaps--ex--USEN--flpp](http://www.ihg.com/holidayinnexpress/hotels/us/en/pembroke-pines/flpp/hoteldetail?cm_mmc=GoogleMaps--ex--USEN--flpp)

2.7 miles 6 minutes

#### **Hampton Inn** Pembroke Pines

1900 Northwest 150th Avenue

Pembroke Pines, FL 33028

Phone: (954) 441-4242 - Fax: (954) 441-1118 - Email: [reservations@hamptoninnpembrokepines.com](mailto:reservations@hamptoninnpembrokepines.com)

<http://www.hamptoninnpembrokepines.com>

2.9 miles 7 minutes

#### **Wingate** by Wyndham Miramar

2800 South West 149th Ave

Miramar, FL 33027

Phone: 954 441 0122 - Fax: 954 441 0328

Email: [reservations@wingatemiramar.com](mailto:reservations@wingatemiramar.com)

<http://wingatemiramar.com>

7.1 miles 11 minutes

#### **Marriott Residence Inn** Fort Lauderdale Weston

2605 Weston Road

Weston, FL 33331

Phone: 1-954-659-8585

Fax: 1-954-659-3130

<http://www.marriott.com/hotels/travel/flwt-residence-inn-fort-lauderdale-weston/>

7.2 miles 11 minutes

#### **Marriott Residence Inn** Fort Lauderdale SW/Miramar

14700 Hotel Road

Miramar, FL 33027

Phone: 1-954-450-2717

Fax: 1-954-450-9395

<http://www.marriott.com/hotels/travel/flmr-residence-inn-fort-lauderdale-sw-miramar/>

7.0 miles 11 minutes

#### **Hilton Garden Inn** Ft. Lauderdale SW/Miramar

14501 Hotel Road

Hollywood, FL 33027

TEL: +1-954-438-7700 FAX: +1-954-392-8606

<http://hiltongardeninn3.hilton.com/en/hotels/florida/hilton-garden-inn-ft-lauderdale-sw-miramar-FLLSWG1/index.html>

7.1 miles 11 minutes

#### **Comfort Suites** Weston

2201 North Commerce Parkway

Weston, FL 33326

(954) 659-1555

[guestservices@comfordsuitesweston.com](mailto:guestservices@comfordsuitesweston.com)

<http://www.comfordsuitesweston.com>

5.5 miles 12 minutes



**Mizner Place** at Weston Town Center

1775 Bonaventure Boulevard

Weston, FL 33326

Phone: 954.217.0162 Fax: 954.385.3651

Email: [vacillages@dmresorts.com](mailto:vacillages@dmresorts.com)

Resort Manager: Pury Belilty

[http://www.vacationvillageresorts.com/VVR/mizner\\_place/index.php](http://www.vacationvillageresorts.com/VVR/mizner_place/index.php)

6.1 miles 11 minutes

**Marriott Courtyard** Fort Lauderdale Weston

2000 North Commerce Parkway

Fort Lauderdale, FL 33326

Phone: 1-954-343-2225

Fax: 1-954-343-2277

<http://www.marriott.com/hotels/travel/flwc-courtyard-fort-lauderdale-weston/>

5.8 miles 12 minutes

**Marriott Courtyard** Fort Lauderdale SW/Miramar

14500 Southwest 29th Street

Miramar, FL 33027

Phone: 1-954-450-1801

Fax: 1-954-450-9130

<http://www.marriott.com/hotels/travel/flmm-courtyard-fort-lauderdale-sw-miramar/>

7.1 miles 10 minutes

**Bonaventure Resort & Spa**

250 Racquet Club Road

Weston, FL 33326

Tel: 954 389 3300

Reservations: 800 327 8090

<http://www.bonaventureresortandspa.com>

8.8 miles 16 minutes

**Vacation Village**

16461 Racquet Club Road

Weston, FL 33326

Phone: 954.217.0162 Fax: 954.217.0984

Email: [vacillages@dmresorts.com](mailto:vacillages@dmresorts.com)

General Manager: James J Bushey

[http://www.vacationvillageresorts.com/vvr/vacation\\_village\\_weston/](http://www.vacationvillageresorts.com/vvr/vacation_village_weston/)

8.2 miles 15 minutes

**Marriott Towne Place Suites** Fort Lauderdale Weston

1545 Three Village Road

Weston, FL 33326

Phone: 1-954-659-2234

Fax: 1-954-659-2282

<http://www.marriott.com/hotels/travel/fltw-towneplace-suites-fort-lauderdale-weston/>

6.1 miles 11 minutes

