

FGC 14 & Under
Long Course Jr. Olympics
July 20-22, 2012

9151 NW 2nd Street • Plantation, Florida • 33324

Hosted by Plantation Swim Team

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGJO072012PST-B-29**
- Sponsored by:** City of Plantation, Plantation Swim Team and PST Booster Club.
- Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.
- Camera Free:** 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:** Athlete Eligibility - **The Florida Gold Coast Junior Olympics Championship is a closed meet.** To be eligible to swim at the Florida Gold Coast Junior Olympics, the swimmer must be registered in FG at least 120 days prior to the first day of the meet unless either of the following conditions is met:
- i. Former permanent FG swimmers who are not registered/re-registered by 120 day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
 - ii. Swimmers who legitimately transfer into the LSC within the 120 day window may apply for an exemption to the 120 day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of two of the following documents:
 1. Florida Driver's License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by the registration chair.

All FGC 14 & under Jr. Olympic swimmers will qualify for the meet by attaining the Junior Olympic qualifying times during the period 7/20/10 to 7/19/12. The times must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded.

All USA Swimmers entered in the meet must be certified by a USA Swimming 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

The meet host (WILL NOT) accept New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes: Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.

Pool/Timing: 8 lanes, 50 meter course, with separate warm-up and cool down pool will be available. Colorado Timing System will be used.
Fly-over starts will possibly be used
Chase Starts will possibly be used.
The competition course has been certified in accordance with 104.2.2c. The copy of such certification is on file with USA Swimming. The water depth at east start end 4 ft. for all 8 lanes. The water depth at west start end 11 ft. 6 in. for all 8 lanes in accordance with 202.3.7 (C).

****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.***

Date & Time: **Friday – July 20, 2012**
Session I. Prelims Warm-up 7:00 a.m. - Starts 8:30 a.m.
Session II. Finals Warm-up 3:30 p.m. – Starts 5:00 p.m.

Saturday – July 21, 2012
Session III. Prelims Warm-up 7:00 a.m. - Starts 8:30 a.m.
Session IV. Finals Warm-up 3:30 p.m. – Starts 5:00 p.m.

Sunday – July 22, 2012
Session I. Prelims Warm-up 7:00 a.m. - Starts 8:30 a.m.
Session II. Finals Warm-up 3:30 p.m. – Starts 5:00 p.m.

Location: **Plantation Aquatic Complex**
9151 NW 2nd Street
Plantation, Fl. 33324

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on 595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Entries: Entries Open – (noon) 12:00 p.m. EST – Wednesday, June 20, 2012
Entries Close – (noon) 12:00 p.m. EST – Wednesday, July 11, 2012

On-Line Meet Entry: Entries will be processed using the USA Swimming (OME) only. Access this entry system from the USA Swimming web site at the address www.usaswimming.org/ome. Log in select “Enter Team”. Only one account may be used to enter a team. Paper, Fax, and Email entries will not be accepted.

OME HELP: Jay Thomas – FGC Swimming – 954-873-3370
jaythomas@comcast.net.

Seeding: Eligible entries shall be seeded in the following order –Long Course Meters, Short Course Meters, Short Course Yards.

Entry Fees: \$5.00 Individual Event
\$8.00 Relays
\$7.50 per athlete meet surcharge
On-Line payment is not permitted for this meet.

Please make checks payable to: Plantation Swim Team

NOTE: One check only per Team

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

Entry Limit: Individual: Limited 7 individual events plus relays. No more than 3 Individual events per day.
Relays: Teams may enter “A” and “B” relays for 200 & 400 relays. “A” relay only for 800 free relays.

Over entered swimmers will be scratched from the event that exceeds the entry limit.

Awards: Individual Events: Medals 1st – 8th Relays: Medals 1st place team.
Individual High Point: Top 3 in each age group & sex.
Team Awards: Women’s, Men’s Top and Combined Top 5 Teams

Scoring: Individual: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

Distance Events:

- The 400 free and 400 IM are positive check-in and swum as timed finals, swum fastest to slowest alternating girl’s, boy’s by age group category’s. The top 8 swimmers in all age groups will swim at night. **The swimmer has the right to swim in preliminaries but he/she must enter at the qualifying time when entering in the event.** The top 8 swimmers checked-in will swim in finals.
- **The 1500 freestyles** Positive check-in is required to be seeded. Sunday’s 1500 free are swum together and scored separately. **Deadline to check-in for the 1500 Free will be 9:30 a.m.** the day of the event. All 1500 swimmers will swim at the end of prelims, swum fastest to slowest alternating girls, boys.
- Positive check-in is required for 400 Free, 400 IM, and 1500 Free. “Failure to swim” a positive check-in event will result in the swimmer being fined

\$25.00 cash only. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. **NOTE:** All no show fines must be paid before swimmers are permitted to swim their next event including relays.

- Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.
- Positive Check-in deadline is 9:30 a.m. the day of the event.

Finals:

Finals will consist of one heat of girls and one heat of boys (top 8 swimmers in each event by age groups.

Any swimmer who competes in preliminary heats and qualifies for the finals; 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 final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table at the East Pool.

NOTE: "Failure to swim" 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 relays until all fines are paid.

- I. 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. The Referee will instruct the Announcer to call the alternate.
- II. Scratches must be done individually; "team scratches are not accepted."
- III. In addition to swimmers required to scratch if they are not going to swim in finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finish the preliminary events 9th – 20th.
- IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Relays:

All relays are timed finals. Friday and Saturday relays will be swum in finals at night. Sunday's relays will be swum in the morning prelims.

Deck Entries:

The FGC Deck Seed Policy Will Be In Effect. The policy can be seen at www.fgcswwim.org.

NOTE: Meet host will except CASH Only for Deck Seeds.

Deck Entry Fee: \$10.00 Individual Event
 \$16.00 Relay
 \$15.00 Surcharge

Adding a relay-only swimmer to your entry after the entry deadline will be \$15.00 Cash Only. On-deck registration for eligible relay-only swimmers is available.

Head Referee: Pending FGC Approval

Meet Director: Assistant Meet Director Terrell Woods email: terrellwpst@aim.com
Meet Director: Jimmy Parmenter email: jimmypst@aol.com
Note: Please direct all questions to Terrell Woods.

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. \$3.00 Heat Sheets per session.

Information: Real Time results and 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 www.swimpst.com.

Meet results will be available on your iphone or andriod. Download Meet Mobile for free from the app store and get results and splits by team, swimmers or events.



Hotels:

Holiday Inn Express & Suites 1701 N. University Drive Plantation, Fl 33322 954-472-5600	Courtyard By Marriott 7780 SW 6 th Street Plantation, Fl 33324 954-475-1100	Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0300	Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl 33324 954-382-4500
La Quinta Inn & Suites 7901 SW 6 Street Plantation, Fl 33324 954-473-8257	Hyatt Place Plantation 8530 W Broward Blvd. Plantation, Fl 33322 954-370-2220	Quality Inn Sawgrass 1711 N. University Drive Plantation, Fl 33322 954-556-8200	
Staybridge Suites 410 N. Pine Island Rd. Plantation, Fl 33324 954-577-9696	Sheraton Suites 311 N. University Drive Plantation, Fl 33324 954-424-3300	Renaissance Plantation 1230 S. Pine Island Rd. Plantation, Fl 33324 954-472-2252	

Friday, July 20, 2012

Order of Events

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
1	NT	NT	NT	13-14	200 Free Relay	NT	NT	NT	2
3	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	4
5	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	6
7	37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29	8
9	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	10
11	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	12
13	1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89	14
15	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	16
17	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	18
19	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	20
21	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	22
23	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	24
					10 min break				
25	6:25.69	6:12.29	7:05.89	10 & Under	400 Free	7:09.89	6:16.29	6:29.69	26
27	5:36.39	5:27.19	6:14.29	11-12	400 Free	6:21.29	5:33.69	5:44.69	28
29	5:03.49	4:55.99	5:38.29	13-14	400 Free	5:40.09	4:57.69	5:05.59	30
31	NT	NT	NT	11-12	400 Free Relay	NT	NT	NT	32
33	NT	NT	NT	13-14	800 Free Relay	NT	NT	NT	34

Reminders:

- Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 8) swimmers in each event by age groups.
- The 200 & 400 & 800 Free Relays will be swum in Finals at night. Positive check-in for the 200 & 400 & 800 Free Relays. NOTE: No penalties for these events.
- The 400 Free is a positive check-in and swum as timed finals, swum fastest to slowest alternating girl's, boy's by age group category's. The top 8 swimmers in all age groups will swim at night. Check-in Deadline 9:30 a.m. day of event.
- "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. Swimmers may not compete in relays until all fines are paid.
- Meet management reserves the right to adjust start time, times of sessions with the permission of the Age Group Chair to ensure an efficient meet.
- Meet management reserves the right to use chase starts during the prelims.

Saturday, July 21, 2012

Order of Events

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
35	NT	NT	NT	10 & Under	200 Medley Relay	NT	NT	NT	36
37	NT	NT	NT	11-12	200 Medley Relay	NT	NT	NT	38
39	NT	NT	NT	13-14	200 Medley Relay	NT	NT	NT	40
41	NT	NT	NT	10 & Under	200 Free Relay	NT	NT	NT	42
43	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	44
45	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	46
47	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	48
49	36.59	35.59	32.39	13-14	50 Fly	30.09	33.79	34.69	50
51	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	52
53	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	54
55	3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39	56
57	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	58
59	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	60
61	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	62
63	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	64
					10 min break				
65	6:03.19	5:53.79	5:20.49	13-14	400 IM	5:02.89	5:34.69	5:46.79	66
67	6:35.99	6:23.49	5:42.59	11-12	400 IM	5:42.59	6:23.49	6:35.99	68
69	NT	NT	NT	13-14	400 Medley Relay	NT	NT	NT	70
71	NT	NT	NT	11-12	400 Medley Relay	NT	NT	NT	72

Reminders:

- Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 8) swimmers in each event by age groups.
- The 200,400 Medley and 200 Free Relays will be swum in Finals. Positive check-in for the 200,400 Medley and 200 Free Relays. NOTE: No penalties for these events.
- The 400 IM is a positive check-in and swum as timed finals, swum fastest to slowest alternating girl's, boy's by age group category's. The top 8 swimmers in all age groups will swim at night. Check-in Deadline 9:30 a.m. day of event. "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. Swimmers may not compete in relays until all fines are paid.
- Meet management reserves the right to adjust start time, times of sessions with the permission of the Age Group Chair to ensure an efficient meet.
- Meet management reserves the right to use chase starts during the prelims.

Sunday, July 22, 2012

Order of Events

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
73	3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89	74
75	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	76
77	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	78
79	44.69	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89	80
81	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	82
83	38.49	36.09	32.79	13-14	50 Back	30.89	33.69	35.59	84
85	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	86
87	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	88
89	42.09	41.19	36.99	13-14	50 Breast	34.29	38.09	39.59	90
91	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	92
93	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	94
95	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	96
97	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	98
99	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	100
				5 Minute Break	5 Minute Break				
101	NT	NT	NT	11-12	200 Free Relay	NT	NT	NT	102
103	NT	NT	NT	13-14	400 Free Relay	NT	NT	NT	104
				10 Minute Break	10 Minute Break				
105	23:09.79	22:18.09	22:17.09	11-12	1500 Free	22:17.09	22:18.09	23:09.79	106
107	19:48.09	19:14.89	19:21.69	13-14	1500 Free	19:21.69	19:14.89	19:48.09	108

Reminders:

- Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- Finals: Warm-up 3:30 p.m. - Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 8) swimmers in each event by age groups.
- The 200 & 400 Free Relays will be swum in Prelims. Positive check-in for the 200 & 400 Free Relays. NOTE: No penalties for these events.
- The 1500 Free is a positive check-in and swum as timed finals, all age groups will be swum together and scored separately, swum fastest to slowest alternating girls, boys. All heats of 1500 Freestyles will start 10 minutes following the preliminary session. 1500 swimmers must supply their own counters and timers. Check-in Deadline is 9:30 a.m. day of event.
- "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. Swimmers may not compete in relays until all fines are paid.
- Meet management reserves the right to adjust start time, times of sessions with the permission of the Age Group Chair to ensure an efficient meet.
- Meet management reserves the right to use chase starts during the prelims.

Time Trials Will Be Swum Only On Saturday After Prelims.