



## 2011 PST Senior Invitational February 11 & 12, 2011

- Sanctioned By:** Florida Gold Coast and USA Swimming, Sanction # 02111211FGSR-1
- Sponsored By:** The City of Plantation, Plantation Swim Team & PST Booster Club
- Location:** Plantation Aquatic Complex  
9151 N.W. 2<sup>nd</sup> Street  
Plantation, Florida 33324
- Pool:** 8 lanes, 50 Meter course, with separate warm-up and warm-down pool available.  
Colorado Timing System will be used.  
**The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.**
- Eligibility:** Open to all 2011 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming: that have achieved the listed qualifying times. PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer's disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards, score points for their team in the same manner as able bodied swimmers. Such swimmers need not achieved the including qualifying time for this meet.
- 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.

**Entries:** Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com) . Entries must be in “Zipped COMMLINK” format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or annotated as relay only in the body of the email. List swimmer, sex, age and USA #. Event # not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event. **NOTE: Swimmers without registration numbers or birth dates will not be entered.**

**Entry Deadline:** All entries must be received by **Wednesday, February 2, 2011.**  
Email entries to: [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com)  
NO FAX ENTRIES

**Entry Limit:** **Individual Events:** Three (3) individual events per day.  
**Relays Events:** Teams may enter unlimited relays A,B,C, etc...

**Entry Fees:** \$4.00 individual events – Deck Entries \$8.00  
\$8:00 per relay team – Deck Entries \$16.00  
\$7.50 per athlete meet surcharge – Deck Entries \$15.00

FGC Deck Seed Policy Will Be In Effect.  
The policy can be seen at [www.fgcswim.org](http://www.fgcswim.org)

NOTE: Please make checks payable to **Plantation Swim Team**  
**(One check only per team.)**

**Seeding:** Eligible entries shall be seeded in the following order – LCM,SCY.

**Check-in:** Positive check-in for the 1500 freestyles and 400 freestyles 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.

1500 freestyles check-in closes at – 4:30 p.m. on Friday  
400 freestyle check-in closes at – 10:30 a.m. on Saturday

**Rules:** Current USA Swimming Rules and Florida Gold Coast Rules will govern this meet. Safety rules as outlined by USA Swimming and recommended by the referee, will be in effect.

- 
- Awards:** Fast Swimming
- Admission:** \$3.00 per session – Heat Sheets \$3.00
- Concessions:** Concession stand will be available.
- Hospitality:** Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.
- Identification:** Coaches and Officials shall wear their 2011 USA Registration card in a visible location at the meet at all times during this meet. **(This will also be your pass for hospitality.)**
- Meet Management:** **NOTE:** Meet management reserves the right to adjust start time, times of sessions, or running chase starts to ensure an efficient 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 [www.swimpst.com](http://www.swimpst.com) .
- Referee:** Carlos Hernandez
- Meet Marshall:** Howard Bilger and the City of Plantation Life Guard Staff
- Meet Director:** Jimmy Parmenter – [jimmypst@aol.com](mailto:jimmypst@aol.com) – 954-452-2526
- Assistant Meet Director:** Terrell Woods – [terrellwpst@aim.com](mailto:terrellwpst@aim.com) – 954-452-2526
- 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  $\frac{3}{4}$  of a mile to Central Park Drive. On Central Park Drive make a right. Park entrance is located on right hand side.
- Order of Events:** 1500 freestyle, Fastest 40 female & 40 male swimmers checked in will swim fastest to slowest **alternating women & men** starting at 5:30 p.m.
- 400 freestyle, Fastest 40 female & 40 male swimmers checked in will swim fastest to slowest **alternating women & men.**

**Friday, February 11, 2011**

**Session I. Warm-up:** 4:00 p.m. Starts 5:00 p.m.

Event #	Event	LCM Time Standard	SCY Time Standards
1	Women 1500 Freestyle Top 40 Checked in Swimmers	19:58.09	19:38.29
2	Men 1500 Freestyle Top 40 Checked in Swimmers	18:44.99	18:27.49

**Saturday, February 12, 2011**

**Session II. Warm-up:** 8:30 a.m. Starts 10 a.m.

Event #	Event	LCM Time Standard	SCY Time Standards
3	Women 50 Butterfly	34.99	30:89
4	Men 50 Butterfly	31.99	28.19
5	Women 200 Freestyle	2:24.49	2:09.29
6	Men 200 Freestyle	2:13.59	1:56.79
7	Women 100 Backstroke	1:19.49	1:09.89
8	Men 100 Backstroke	1:11.29	1:01.59
9	Women 100 Breaststroke	1:30.79	1:18.89
10	Men 100 Breaststroke	1:20.49	1:11.09
11	Women 200 Butterfly	2:42.39	2:25.49
12	Men 200 Butterfly	2:31.59	2:13.59
13	Women 50 Freestyle	31.89	28.39
14	Men 50 Freestyle	28.69	25.29
15	Women 200 IM	2:43.89	2:24.49
16	Men 200 IM	2:30.99	2:12.79
17	Women 50 Breaststroke	39.99	35.19
18	Men 50 Breaststroke	35.99	31.99
19	Women 100 Freestyle	1:08.19	1:00.79
20	Men 100 Freestyle	1:01.99	54.79
21	Women 200 Backstroke	2:48.19	2:29.19
22	Men 200 Backstroke	2:32.99	2:15.59
23	Women 200 Breaststroke	3:13.39	2:49.69
24	Men 200 Breaststroke	2:57.79	2:35.09
25	Women 100 Butterfly	1:14.89	1:06.59
26	Men 100 Butterfly	1:07.39	1:00.59
27	Women 50 Backstroke	34.99	30.99
28	Men 50 Backstroke	32.19	29.19
29	Women 200 Free Relay	NT	NT
30	Men 200 Free Relay	NT	NT
<b>----- 15 minute Break before Session III. -----</b>			
31	Women 400 Freestyle Top 40 Checked in Swimmers - ( P,F)	4:59.29	5:23.29
32	Men 400 Freestyle Top 40 Checked in Swimmers - ( P,F)	4:42.39	5:12.09

P = Positive Check-in.

F = Swum fastest to slowest alternating women & men.

**Hotels:** **Holiday Inn Express & Suites**  
1701 N. University Drive  
Plantation, Fl 33322  
954-472-5600

**La Quinta Inn & Suites**  
7901 SW 6 Street  
Plantation, Fl 33324  
954-473-8257

**Staybridge Suites**  
410 N. Pine Island Rd.  
Plantation, Fl 33324  
954-577-9696

**Courtyard By Marriott**  
7780 SW 6<sup>th</sup> Street  
Plantation, Fl 33324  
954-475-1100

**Hyatt Place Plantation**  
8530 W Broward Blvd.  
Plantation, Fl 33322  
954-370-2220

**Sheraton Suites**  
311 N. University Drive  
Plantation, Fl 33324  
954-424-3300

**Marriott Residence Inn**  
130 N. University Drive  
Plantation, Fl 33324  
954-723-0300

**Quality Inn Sawgrass**  
1711 N. University Drive  
Plantation, Fl 33322  
954-556-8200

**Renaissance Plantation**  
1230 S. Pine Island Rd.  
Plantation, Fl 33324  
954-472-2252

**Hampton Inn Plantation**  
7801 SW 6<sup>th</sup> Street  
Plantation, Fl 33324  
954-382-4500

