

Show Me the Money!!! Long Course Invitational

Total Team Prize Money \$1600.00

January 25-27, 2013
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. 012513FG-SR39
- Sponsored by:** City of Plantation, Plantation Swim Team and PST Booster Club.
- Rules:** 2013 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming 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:** Open to all current 2013 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming, who have achieved the time standards. 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. The Meet Host (**WILL NOT**) 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. 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 USA-S Rule 105.4.
- Pool/Timing:** Competition will be Long Course Meters. 8 lanes, 50 meter course, with separate warm-up and cool down will be available. Colorado Timing System will 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 202.37 ©.
- 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 Senior Chair approval.

Date & Time:

Date	Sessions	Warm-up Start Time	Start Time
1-25-13 Friday	Session I	4:00 p.m.	5:30 p.m.
1-26-13 Saturday	Session II	7:30 a.m.	9:00 a.m.
1-27-13 Sunday	Session III	7:30 a.m.	9:00 a.m.

Location: Plantation Aquatic Complex
9151 NW 2nd Street • Plantation, Florida 33324

Entries: Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at Jimmyppst@aol.com. Entries must be “Zipped Comlink” format. Free text entries will not be accepted. Relay Only swimmers must be pre-loaded into relays. 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.**

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

Entry Fees: \$5.00 - Individual Events
\$8.00 - Relay Events
\$7.50 – Swimmer Surcharge

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 – No more than 3 Individual events per day.
Relays: - Teams may enter A,B,C,D teams.

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

Scoring: **Top 16 Individual events & Relay events score points for Team.**

Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

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.

Awards: **Prize Money** will be offered to the Top 8 Combined Teams scoring points.
1st Place Team \$500.00 / **2nd Place Team** \$300.00 / **3rd Place Team** \$250.00
4th Place Team \$150.00 / **5th through 8th Place Teams** \$100.00
No prize money will be paid to swimmers, parents, coaches or anyone else competing unattached. Prize money will be paid to teams only. Checks will be mailed out to teams upon approval of the results.

Distance Events: **1500 Freestyle, 400 Free, and 400 IM are all Positive Check-in Events swum fastest to slowest alternating women and men.**
1500 Free Only the fastest Top 40 Checked in Women & Top 40 Checked in Men will swim. Total - 10 heats, 5 women & 5 men.
1500 Freestyle event must submit hardcopy of proof of times with entry. Please attach hardcopy proof with entry.
Positive Check-in Deadline for the 1500 is 4:45 p.m.
Positive Check-in Deadline for 400 Free & IM is 9:30 a.m. day of event.

Deck Entries: The FGC Deck seed Policy Will be in effect. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 minutes before start of meet. Policy can be seen at www.fgcswim.org . All deck entered swimmers must present current USA Swimming Card in order to be entered.

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

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

Entry Deadline: All entries must be received by Thursday, January 17, 2013 by 6:00 p.m.
Email to JimmyPPST@aol.com

Head Referee: **Carlos Hernandez**

Meet Director: Terrell Woods – Terrellwpst@aim.com 954-452-2526

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: Adults \$4.00 per session.
Heat Sheets \$3.00 per session.

Identification: Coaches and Officials shall wear their 2013 USA Registration Card in visible location at the meet at all times during this meet.

Friday, January 25, 2013 – 5:30 p.m. Start

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
1	19:43.09	19:13.09	19:21.79	1500 Free	18:10.99	17:59.99	18:29.99	2

Saturday, January 26, 2013 – 9:00 a.m. Start

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
3	35.39	34.69	31.09	50 Fly	28.09	30.19	30.89	4
5	2:22.49	2:18.49	2:07.29	200 Free	1:54.79	2:07.59	2:11.59	6
7	1:18.49	1:16.49	1:08.89	100 Back	1:00.59	1:08.29	1:10.29	8
9	1:28.79	1:26.79	1:16.89	100 Breast	1:09.09	1:16.49	1:18.49	10
11	31.39	30.39	27.89	50 Free	24.79	27.19	28.19	12
13	2:40.39	2:36.39	2:23.49	200 Fly	2:11.59	2:25.99	2:29.99	14
15	NT	NT	NT	200 Medley Relay	NT	NT	NT	16
				10 min. Break				
17	5:42.39	5:34.39	5:02.29	400 IM	4:44.79	5:09.49	5:17.49	18

Sunday, January 27, 2013 – 9:00 a.m. Start

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
19	2:41.89	2:37.89	2:22.49	200 IM	2:10.79	2:24.19	2:28.19	20
21	36.99	36.39	31.59	50 Back	29.09	33.49	34.09	22
23	1:12.89	1:10.89	1:04.59	100 Fly	58.59	1:03.39	1:05.39	24
25	41.29	40.29	35.59	50 Breast	32.79	35.99	36.99	26
27	1:07.19	1:05.19	59.79	100 Free	53.79	58.99	1:00.99	28
29	2:46.19	2:42.19	2:27.19	200 Back	2:13.59	2:26.99	2:30.99	30
31	3:11.39	3:07.39	2:47.69	200 Breast	2:33.09	2:51.79	2:55.79	32
33	NT	NT	NT	200 Free Relay	NT	NT	NT	34
				10 min Break				
35	4:55.29	4:47.29	5:31.59	400 Free	5:09.89	4:30.39	4:38.39	36

Hotels

Holiday Inn Express & Suites 1701 N. University Drive Plantation, Fl. 33322 954-472-5600	Courtyard By Marriott 7780 SW 6th 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 6th 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		

