



2013 FGC Area 1,2,3, Sr. Champs March 22-24, 2013

Sanctioned By:	Held under the sanction of USA Swimming & Florida Gold Coast, Sanction # 032213-FG-SR-39A
Sponsored By:	The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
Rules:	2013 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.
Deck Changing:	Except where venue facilities require otherwise, changing into or out of swimsuits other than 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 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 sanctioned event.
Eligibility:	Open to all 2013 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have not achieved the listed qualifying times between March 21, 2010 and March 21, 2013. “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 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 competition.
Type of Meet:	25 Yard Short Course: Timed Finals.
Disability:	Swimmers with a disability 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.
Pool/Timing	POOL: Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes, West pool will be used for continuous warm-up and Warm down. Finals will be held in one 10 lane course. Colorado Timing System will be used. “Both competition courses have been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.” Rule 202.3.7 Water Depth at start end varies from 4’6 to 10’0 depending on lane assignment.
Date & Time:	Session I. Prelims: Friday, March 22, 2013. Session II. Prelims: Saturday, March 23, 2013. Session III. Prelims: Sunday, March 24, 2013. Start Time: 30 minutes following prelims of the Sr. Championships sessions. Start times will be announced once the Sr. Champs meet timelines are established. Continuous warm-up will be available in pool 2 starting at 10:30 a.m.
Location:	Plantation Aquatic Complex

9151 NW 2nd Street
Plantation, Florida 33324

- Directions:** Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head 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 will be accepted via electronic attachment by Jimmy Parmenter at JimmyPPST@aol.com. Entries must be in "Zipped COMLINK" or USA Swimming SDIF format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the email. List swimmer, sex, age and USS#. Event # is 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 and birth dates will not be entered.
- Entry Deadline:** **All entries must be received by Wednesday, March 13, 2013. 12 noon EST. Email entries to JimmyPPST@aol.com – (No Faxed Entries)**
- Seeding:** Eligible entries shall be seeded in the following order – Short Course Yards, followed by Short Course Meters, followed by Long Course Meters.
- Entry Fees:**
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|-----------------------------------|---|
| \$5.00 per individual event | Deck Entry \$10.00 per individual event |
| \$8.00 per relay team | Deck Entry \$16.00 per relay team |
| \$7.50 per athlete meet surcharge | Deck Entry \$15.00 per athlete meet surcharge |
- NOTE:** Please make checks payable to **Plantation Swim Team.**
(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.
- Deck Entries:** FGC Deck Seed Policy will be in effect. **NOTE:** A hard copy of meet results with "proof of time" or a copy of times from USA Swimming database must be present with deck entry. **Coaches will not be permitted to use the meet host computers for proof of times.** Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. **NOTE: CASH ONLY will be accepted for deck seeds.** Deadline for Deck Seeds is 30 minutes before the start of the meet.

RELAY ONLY: Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$15.00 Cash Only.
- Entry Limit:** **Individual Events:** Total 6 events Max – No more than Three (3) individual events per day.

Relays A Teams only.
- Awards:** **Individual Events: Ribbons 1st-10th Relays 1st Place**
- Distance:** Friday's 500 free and Saturday's 400 IM is a positive check-in event swum as timed finals. **Check-in Deadline is TBA the day of the race.**

1650 Freestyles Positive check-in is required to be seeded in the 1650 Free. Scratch deadline for 1650 Freestyle is Sunday, TBA the day of race. The 1650 Freestyle are swum fastest to slowest alternating women and men. Any swimmer that is checked-in and does not show up will be fined **\$25.00 Cash Only**. (1650 Freestyles will start 10 minutes following the 200 IM.) **Check-in Deadline is TBA the day of the race.**

***Note:** 1650 swimmers must supply their own counters and timers.

1650 Free Top 30 Women & Top 30 Men checked in will swim only.
- Positive Check-in:** Positive check-in is required to be seeded in the following events: 500 freestyles, 400 IM's, and 1650 freestyles. "Failure to Swim" a positive check-in event will result in the swimmer

being fined **\$25.00 Cash Only**. Upon payment of fine, the swimmer will be eligible to continue competing in the meet.

- Admission:** \$3.00 per session / Heat Sheets \$3.00 each session.
- 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 2013 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 Information:** Updates to meet information as well as time lines, psyche 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.
- Referee:** **PENDING ON FGC**
- Meet Marshall:** Howard Bilger and the City of Plantation Life Guard Staff
- Meet Director:** Terrell Woods – TerrellIWPST@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.
- Warm up Procedures:** **NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday.**

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

Friday, March 22, 2013 Finals: Warm up 10:30 a.m. – Meet Starts TBA

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
5-6	Open 200 Back	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
9-10	Open 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
13-14	Open 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
17-18	Open 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
21-22	Open 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39

Saturday, March 23, 2013 Finals: Warm up 10:30 a.m.. – Meet Starts TBA

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
23-24	Open 200 MD Relay	nt	nt	nt		nt	nt	nt
25-26	Open 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 50 Back	36.49	36.39	31.09		29.09	33.49	34.09
29-30	Open 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
31-32	Open 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
33-34	Open 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49

Sunday, March 24, 2013 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

Event #	Event	Women	Women	Women		Men	Men	Men
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		LCM	SCM	SCY		SCY	SCM	LCM
35-36	Open 100 Back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
37-38	Open 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
39-40	Open 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
41-42	Open 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
43-44	Open 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
10 Minute Break	10 Minute Break	X	x	X		X	x	X
45-46	Open W-1650 Free	19:43.09	19:13.09	19:21.79		18:10.99	17:59.99	18:29.99

HOTELS:

<p>Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.</p>	<p>La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.</p>	<p>Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.</p>
<p>Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com</p>	<p>Marriot Courtyard 7780 SW 6th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.</p>	<p>Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.</p>
<p>Wellesley Inn 7901 SW 6th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool</p>	<p>Hampton Inn Plantation 7801 SW 6th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool</p>	<p>Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252</p>
<p>Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220</p>		