



2013 FGC Senior Championships March 22-24, 2013

Sanctioned By:	Held under the sanction of USA Swimming & Florida Gold Coast, Sanction # 032213-FG-SR-38
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 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, Prelim/Consolation & Championship Finals; 15-16 Prelim/Consolation & Championship Finals for In the Finals open sessions, the Championship Final will follow the Consolation Final. Two pools may be used during preliminary and timed final sessions.
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. Warm-up: 7 a.m. Start Time: 8:30 a.m. Session II. Finals: Friday, March 22, 2013. Warm-up 3:30 p.m. Start Time: 5:00 p.m. Session III. Prelims: Saturday, March 23, 2013. Warm-up 7 a.m. Start Time 8:30 a.m. Session IV. Finals: Saturday, March 23, 2013. Warm-up 3:30 p.m. Start Time 5:00 p.m. Session V. Prelims: Sunday, March 24, 2013. Warm-up 7:00 a.m. Start Time 8:30 a.m. Session VI. Finals: Sunday, March 24, 2013. Warm-up 3:30 p.m. Start Time 5:00 p.m.
Location:	Plantation Aquatic Complex 9151 NW 2 nd 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:	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 jayfthomas@comcast.net .						
Entry Deadline:	Entries Open – (noon) 12:00 p.m. EST – Wednesday, February 13, 2013 Entries Close – (noon) 12:00 p.m. EST – Wednesday, March 13, 2013 On-Line payment is not permitted for this meet.						
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:	<table> <tr> <td>\$5.00 per individual event</td> <td>Deck Entry \$10.00 per individual event</td> </tr> <tr> <td>\$8.00 per relay team</td> <td>Deck Entry \$16.00 per relay team</td> </tr> <tr> <td>\$7.50 per athlete meet surcharge</td> <td>Deck Entry \$15.00 per athlete meet surcharge</td> </tr> </table>	\$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
\$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 <u>Cash Only.</u>						
Entry Limit:	Individual Events: Three (3) individual events per day. Relay Events: 200 & 400 relays, teams may enter "A" & "B" relays teams only. 800 Free Relay – "A" team only.						
Awards:	Individuals Events & Relays: Ind. 1 st – 3 rd Relays 1 st place team Individual High Point: 15-16 Women & Men High Point / Open Women & Men High Point Team High Point: Combined 1 st & 2 nd Place Team						
Finals:	Relays will be swum Slow to Fast. All Finals will be competed in 10 lanes. The Championship Finals will follow the Consolation Final.						
Distance:	Friday's 500 free and Saturday's 400 IM is a positive check-in event swum as timed finals. The Top 10 swimmers checked in will swim in finals at night. Check-in Deadline is 9:30 a.m. the day of the race. The swimmer has the right to swim in prelims, but he/ she must be entered at meet qualifying time. 1650 Freestyles Top 10 Women & Men checked in swim in Finals. Positive check-in is required to be seeded in the 1650 Free. Any swimmer who is ranked in the top 10 for seeding purposes who desires to swim in preliminary session must declare their desire for preliminary session swim by the check-in deadline. Scratch deadline for 1650 Freestyle is Sunday, 9:30 a.m. The 1650 Freestyle are swum as timed finals, swum fastest to slowest alternating women and men. Any swimmer that is checked-in and does not show up will fined \$25.00 Cash Only. (1650 Freestyles will start 10 minutes following the 200 IM.) 1650 will be swum together and scored separately. Check-in Deadline is 9:30 a.m. the day of the race. *Note: 1650 swimmers must supply their own counters and timers. *Note: 1650 Freestyle - Two pools may be used during this event.						

Finals: Any swimmer who competes in preliminary heat and qualifies as one of the Consolation Final or Championship Final; must declare his/her possible intention to scratch within thirty (30) minutes of announcement or posting of the preliminary results of that event and further declare their final intentions 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 by the Clerk of Course.** "Failure to Swim" Consolation Final or Championship Finals or 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. In the case of missing a Sunday night final, payment of **\$25.00 Cash Only** must be made in order to compete in future FGC Senior Championships meets.

A swimmer not in the originally announced or posted in the Consolation Final or Championship Finals is moved into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final. Swimmers within the top 40 are encouraged to declare their intention not to compete if they do not intend to swim so that the Administrative Referee will be able to properly seed the meet for finals.

Note: 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 for the alternate.

Note: Scratches must be done by the individuals coach. "Team" scratches are not accepted.

Note: In addition to the swimmers required to scratch if they are not going to swim in the finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finished the preliminary events in places 21 – 40.

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. **Deadline for check-in is 9:30 a.m.**

Relays: Positive check-in for 400 Free, 400 Medley Relays, and 800 Free Relays. No Penalties for these events. **Deadline for check-in is 5:30 p.m.**

Scoring: Individual:

Championship Finals - 24,21,20,19,18,17,16,15,14,13,
Consolation Finals - 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

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 – 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.

Warm up Procedures:

**NO Equipment Permitted. Swimmers Must Enter The Water Feet First.
Friday, Saturday and Sunday Preliminaries**

7:00 a.m. – 8:00 a.m.

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

8:00 a.m. – 8:55 a.m.

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:

3:30 pm – 4:15 pm / General Warm-up - See Above.
4:15 pm – 4:55 pm / 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, 2013

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	2:46.19	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	15-16 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
21-22	Open 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39

Friday, March 22, 2013 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	15-16 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
21-22	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
23-24	Open 400 Free Relay	nt	nt	nt		nt	nt	nt

Saturday, March 23, 2013 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
25-26	15-16 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
29-30	15-16 50 Back	36.99	36.39	31.59		29.09	33.49	34.09
31-32	Open 50 Back	36.99	36.39	31.59		29.09	33.49	34.09
33-34	15-16 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
35-36	Open 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
37-38	15-16 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
39-40	Open 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
41-42	15-16 400 IM	5:42.39	5:34.39	5:02.29		4:48.79	5:13.49	5:21.49
43-44	Open 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49

Saturday, March 23, 2013								
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
25-26	15-16 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
29-30	15-16 50 Back	36.49	36.39	31.09		29.09	33.49	34.09
31-32	Open 50 Back	36.49	36.39	31.09		29.09	33.49	34.09
33-34	15-16 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
35-36	Open 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
37-38	15-16 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
39-40	Open 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
41-42	15-16 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
43-44	Open 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
5 Minute Break	5 Minute Break if Necessary	X	x	X		X	x	X
45-46	Open 800 Free Relay	nt	nt	nt		nt	nt	nt
Sunday, March 24, 2013								
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
49-50	15-16 100 Back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
51-52	Open 100 Back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
53-54	15-16 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
55-56	Open 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
57-58	15-16 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
59-60	Open 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
61-62	15-16 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
63-64	Open 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
65-66	15-16 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
67-68	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
69	15-16 W-1650 Free	19:43.09	19:13.09	19:21.79		X	x	X
69	Open W-1650 Free	19:43.09	19:13.09	19:21.79		X	x	X
70	15-16 M-1650 Free	X	x	X		18:10.99	17:59.99	18:29.99
70	Open M-1650 Free	X	x	X		18:10.99	17:59.99	18:29.99

Sunday, February 24, 2013								
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
47-48	Open 200 Medley Relay	nt	nt	nt		nt	nt	nt
49-50	15-16 100 back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
51-52	Open 100 back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
69	1650 Free Top 10	19:43.09	19:13.09	19:21.29		X	X	X
53-54	15-16 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
55-56	Open 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
57-58	15-16 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
59-60	Open 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
70	1650 Free Top 10	X	X	X		18:10.99	17:59.99	18:29.99
61-62	15-16 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
63-64	Open 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
65-66	15-16 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
67-68	Open 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
71-72	Open 400 Medley Relay	nt	nt	nt		nt	nt	nt
HOTELS:								
Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.			La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.			Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.		
Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com			Marriot Courtyard 7780 SW 6 th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.			Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.		
Wellesley Inn 7901 SW 6 th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool			Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool			Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252		
Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220								