

23rd Annual Speedo Winter Championships
November 21-24, 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. **FGI112113PST-B-29**

Sponsored by: The City of Plantation, Plantation Swim Team and PST Booster Club

Rules: 2013 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.

Changing into or out of swimsuits other than locker rooms or other designated
areas is not appropriate and is prohibited.

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 standard. 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.

Out of Section Entry: **PLEASE NOTE: Up to 250 out of FGC and foreign athletes will be accepted into the
meet on first come first serve basis starting on Tuesday, October 1, 2013 at 12:00
noon eastern time. Emails with time stamp prior to this will be rejected.**
The following must be included in the email:
Team Name:
Coach Name:
Coach Email and Mobile Number:
Number of Female Athletes:
Number of Male Athletes:
**Accepted athletes and teams will be notified once entries have been processed on
October 2.**

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 the USA-S Rule 105.4 Please contact the pool office ahead of time to allow for
preparations - 954-452-2526— jimmyPPST@aol.com

Pool/Timing:

Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 8 lanes. Finals will be held in one 10 lane course. Continuous warm-up and warm-down area will be available. Colorado Timing System will be used. Fly-over starts will possibly be used.

The competition course has been certified in accordance with 104.2.2 (C). Water depth at the east pool start varies from 4'0" to 12'0" depending on lane assignment accordance with 202.3.7 (C). Water depth at the west pool start varies from 5'0" to 5'0" depending on lane assignment accordance with 202.3.7 (C).

Date & Time:

Date	Warm-up	Prelims Start Time	Warm-up	Finals Start Time
11-21-13 Thursday			3:00 p.m.	4:30 p.m.
11-22-13 Friday	7:00 a.m.	8:30 a.m.	3:30 p.m.	5:00 p.m.
11-23-12 Saturday	7:00 a.m.	8:30 a.m.	3:30 p.m.	5:00 p.m.
11-24-12 Sunday	7:00 a.m.	8:30 a.m.	3:30 p.m.	5:00 p.m.

**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.*

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 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:

Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at 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. 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:

Conforming and Non-Conforming Times: Enter SCY, SCM and then LCM. Eligible entries shall be seeded in the following order –Short Course Yards, then Short Course Meters then Long Course Meters.

Entry Fees:

\$5.00 Individual Events
\$8.00 Relays
\$7.50 per athlete surcharge

Refunds:

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

Entry Limit: Entry Limit: Limited 7 Individual Events plus relays. No more than 3 Individual events per day
Relays: "A" Relay Teams Only For All Relays

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

Over entered relay teams will be scratched.

NOTE: 1100 Swimmer Meet Cut Off. Absolutely No Exceptions

The meet will close this year at 1100 swimmers. The team that puts the meet at 1100 swimmers, we will accept that teams entire entry. Close the meet and then enter the host team entries.

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

Scoring: Individual: 11-9-8-7-6-5-4-3-2-1
Relays: 22-18-16-14-12-10-8-6-4-2

Distance Events: This information is list below in the Important Meet information section.

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 min. before start of meet. Policy can be seen at www.fgcswwim.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 Event
\$16.00 Relay
\$15.00 Surcharge

Entry Deadline: All entries must be received by Wednesday, November 13, 2013 by 6:00 p.m. **NO EXCEPTIONS!**

Head Referee: Larry Fons

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.

Admin Official: Cindy Jones

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 timelines, 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.

Important Meet Information:

- **All relays are timed finals.**
12 & under relays will all be swum in prelims.
13-14 & Open relays will all be swum in finals. Except on Sunday.
Note: 13 & over Relays on Sunday will be swum in Prelims.
- **400 IM** – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. **Check-in Deadline 3:45 p.m.**
Open 400 IM Only Top 40 Women & Top 40 Men will swim.
15-16 400 IM Only Top 40 Girls & Top 40 Boys will swim.
13-14 400 IM Only Top 40 Girls & Top 40 Boys will swim.
11-12 400 IM Only Top 40 Girls & Top 40 Boys will swim.
- **800 Free Relays – Positive Check-in Deadline 4:00 p.m.**
- **1000 Free** – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. Only Top 120 will swim. **Check-in Deadline 4:30p.m.**
- **500 Free** – is a positive check-in event swum as timed finals. 13 & over Top 10 swimmers will be swum in finals night. **Check-in Deadline 9:00 a.m.**
The swimmer has the right to swim in prelims, but he/she must be entered at the meet qualify time.
12 & under 500's, 200 Back, 200 Breast, 200 Fly will be swum as a timed final in prelims.
They will be swum together and scored separately.
- **1650 Free** – The 1650 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 1650 Freestyles will start 10 minutes following the East pool session. Two pools may be used for this event. **Check-in Deadline 9:00 a.m.**
- 1000 & 1650 swimmers must supply their own counters and timers.
- “Failure to swim” a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No Payment, No swimming, including relays.
- “Failure to swim” in finals will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No Payment, No swimming, including relays.
- 400 IM, 1000 Free, 500 Free and the 1650 will be verified using USA Swimming Swims database. Entry times that cannot be verified will not be permitted for entry. Times achieved at foreign meets must be submitted with written proof of time by fax 954-452-2519 or by email to jimmyPPST@aol.com no later than Wednesday, November 13, 2013 by 6:00 p.m.
- Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat

Finals:

Finals will consist of one heat of girls and one heat of boys (top 10 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. No Payment, No swimming, including relays.
- 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 11th – 20th. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Thursday, November 21, 2013 GIRLS POOL (Course TBA) 4:30 p.m. Start

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY
1	Open	400 IM	5:42.39	5:34.39	5:02.29
3	15-16	400 IM	5:42.39	5:34.39	5:02.29
5	13-14	400 IM	6:00.39	5:48.99	5:15.89
7	11-12	400 IM	6:28.39	6:16.09	5:41.09
9	Open	800 Free Relay	NT	NT	NT
11	13-14	800 Free Relay	NT	NT	NT
**** 10 Minute Break****					
13	Open	1000 Free	10:13.39	10:00.59	11:22.49
15	15-16	1000 Free	10:13.39	10:00.59	11:22.49
17	13-14	1000 Free	10:20.99	10:10.29	11:37.29

Thursday, November 21, 2013 BOYS POOL (Course TBA) 4:30 p.m. Start

Event #	Age	Event	Boys LCM	Boys SCM	Boys SCY
2	Open	400 IM	5:17.49	5:09.49	4:44.79
4	15-16	400 IM	5:17.49	5:09.49	4:44.79
6	13-14	400 IM	5:40.39	5:26.69	4:55.69
8	11-12	400 IM	6:27.49	6:15.99	5:41.79
10	Open	800 Free Relay	NT	NT	NT
12	13-14	800 Free Relay	NT	NT	NT
**** 10 Minute Break****					
14	Open	1000 Free	9:41.89	9:31.19	10:46.39
16	15-16	1000 Free	9:41.89	9:31.19	10:46.39
18	13-14	1000 Free	10:29.39	10:03.99	11:30.19

Friday, November 22, 2013 Pool 2

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
19-20	11-12	200 Back	3:01.99	2:53.99	2:37.79	3:01.79	2:54.09	2:38.29
29-30	9 & under	50 Free	37.29	36.19	32.89	37.69	36.19	33.39
31-32	10 yr old	50 Free	37.29	36.19	32.89	37.69	36.19	33.39
33-34	11 yr old	50 Free	34.39	33.49	30.39	33.49	32.29	29.39
35-36	12 yr old	50 Free	34.39	33.49	30.39	33.49	32.29	29.39
45-46	9 & under	100 Breast	1:48.49	1:44.09	1:34.39	1:50.69	1:44.09	1:36.19
47-48	10 yr old	100 Breast	1:48.49	1:44.09	1:34.39	1:50.69	1:44.09	1:36.19
49-50	11 yr old	100 Breast	1:35.79	1:32.19	1:23.69	1:35.69	1:31.39	1:23.29
51-52	12 yr old	100 Breast	1:35.79	1:32.19	1:23.69	1:35.69	1:31.39	1:23.29
61-62	9 & under	100 Fly	1:40.79	1:36.19	1:27.29	1:40.09	1:36.19	1:28.79
63-64	10 yr old	100 Fly	1:40.79	1:36.19	1:27.29	1:40.09	1:36.19	1:28.79
65-66	11 yr old	100 Fly	1:23.89	1:22.09	1:14.49	1:24.39	1:21.99	1:14.59
67-68	12 yr old	100 Fly	1:23.89	1:22.09	1:14.49	1:24.39	1:21.99	1:14.59
77-78	11-12	400 Free Relay	NT	NT	NT	NT	NT	NT
**** 5 Minute Break****								
79-80	10 & U	500 Free	6:13.89	6:05.39	6:58.39	6:15.59	6:05.39	7:02.29
81-82	11 - 12	500 Free	5:37.09	5:29.99	6:17.99	5:29.89	5:25.39	6:12.59

Friday, November 22, 2013 Pool 1

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
21-22	13 yr old	200 Back	2:45.59	2:39.49	2:24.29	2:36.79	2:29.99	2:15.79
23-24	14 yr old	200 Back	2:45.59	2:39.49	2:24.29	2:36.79	2:29.99	2:15.79
25-26	15-16	200 Back	2:46.19	2:42.19	2:27.19	2:30.99	2:26.99	2:13.59
27-28	Open	200 Back	2:46.19	2:42.19	2:27.19	2:30.99	2:26.99	2:13.59
37-38	13 yr old	50 Free	30.89	29.79	26.99	29.49	28.79	25.99
39-40	14 yr old	50 Free	30.89	29.79	26.99	29.49	28.79	25.99
41-42	15-16	50 Free	31.39	30.39	27.89	28.19	27.19	24.79
43-44	Open	50 Free	31.39	30.39	27.89	28.19	27.19	24.79
53-54	13 yr	100 Breast	1:28.19	1:24.69	1:16.59	1:21.29	1:18.29	1:10.79
55-56	14 yr	100 Breast	1:28.19	1:24.69	1:16.59	1:21.29	1:18.29	1:10.79
57-58	15-16	100 Breast	1:28.79	1:26.79	1:16.89	1:18.49	1:16.49	1:09.09
59-60	Open	100 Breast	1:28.79	1:26.79	1:16.89	1:18.49	1:16.49	1:09.09
69-70	13 yr old	100 Fly	1:15.49	1:13.59	1:06.59	1:10.39	1:08.39	1:01.89
71-72	14 yr old	100 Fly	1:15.49	1:13.59	1:06.59	1:10.39	1:08.39	1:01.89
73-74	15-16	100 Fly	1:12.89	1:10.89	1:04.59	1:05.39	1:03.39	58.59
75-76	Open	100 Fly	1:12.89	1:10.89	1:04.59	1:05.39	1:03.39	58.59
83-84	13-14	500 Free	5:01.79	4:55.99	5:38.29	5:02.69	4:52.19	5:33.89
85-86	15-16	500 Free	4:55.29	4:47.29	5:31.59	4:38.39	4:30.39	5:09.89
87-88	Open	500 Free	4:55.29	4:47.29	5:31.59	4:38.39	4:30.39	5:09.89
89-90	13-14	400 Medley Relay	NT	NT	NT	NT	NT	NT
91-92	Open	400 Medley Relay	NT	NT	NT	NT	NT	NT

Saturday, November 23, 2012 Pool 2

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
93-94	10 & U	200 Medley Relay	NT	NT	NT	NT	NT	NT
95-96	11-12	200 Medley Relay	NT	NT	NT	NT	NT	NT
101-102	9 & U	200 Free	3:02.39	2:56.79	2:40.39	2:59.89	2:56.79	2:39.39
103-104	10 yr old	200 Free	3:02.39	2:56.79	2:40.39	2:59.89	2:56.79	2:39.39
105-106	11 yr old	200 Free	2:41.49	2:36.69	2:22.19	2:37.79	2:32.89	2:18.79
107-108	12 yr old	200 Free	2:41.49	2:36.69	2:22.19	2:37.79	2:32.89	2:18.79
117-118	9 & U	50 Fly	42.49	41.49	37.69	42.89	41.49	38.19
119-120	10 yr old	50 Fly	42.49	41.49	37.69	42.89	41.49	38.19
121-122	11 yr old	50 Fly	36.79	36.29	32.89	37.89	36.99	33.69
123-124	12 yr old	50 Fly	36.79	36.29	32.89	37.89	36.99	33.69
133-134	11-12	200 Breast	3:25.09	3:18.99	3:00.39	3:25.09	3:15.19	2:57.39
143-144	9 yr old	100 Back	1:36.79	1:32.39	1:23.79	1:35.69	1:32.39	1:24.09
145-146	10 yr old	100 Back	1:36.79	1:32.39	1:23.79	1:35.69	1:32.39	1:24.09
147-148	11 yr old	100 Back	1:25.29	1:22.29	1:14.69	1:26.39	1:22.29	1:14.79
149-150	12 yr old	100 Back	1:25.29	1:22.29	1:14.69	1:26.39	1:22.29	1:14.79
159-160	9 yr old	100 IM	X	1:31.89	1:23.39	X	1:31.89	1:24.39
161-162	10 yr old	100 IM	X	1:31.89	1:23.39	X	1:31.89	1:24.39
163-164	11 yr old	100 IM	X	1:22.79	1:15.09	X	1:22.59	1:13.09
165-166	12 yr old	100 IM	X	1:22.79	1:15.09	X	1:22.59	1:13.09
175-176	10 & U	200 Free Relay	NT	NT	NT	NT	NT	NT
177-178	11-12	200 Free Relay	NT	NT	NT	NT	NT	NT

Saturday, November 23, 2013 Pool 1

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
97-98	13-14	200 Medley Relay	NT	NT	NT	NT	NT	NT
99-100	Open	200 Medley Relay	NT	NT	NT	NT	NT	NT
109-110	13 yr old	200 Free	2:23.89	2:19.69	2:06.49	2:21.99	2:16.89	2:03.89
111-112	14 yr old	200 Free	2:23.89	2:19.69	2:06.49	2:21.99	2:16.89	2:03.89
113-114	15-16	200 Free	2:22.49	2:18.49	2:07.29	2:11.59	2:07.59	1:54.79
115-116	Open	200 Free	2:22.49	2:18.49	2:07.29	2:11.59	2:07.59	1:54.79
125-126	13 yr old	50 Fly	35.69	34.79	31.39	33.19	32.19	28.89
127-128	14 yr old	50 Fly	35.69	34.79	31.39	33.19	32.19	28.89
129-130	15-16	50 Fly	35.39	34.69	31.09	30.89	30.19	28.09
131-132	Open	50 Fly	35.39	34.69	31.09	30.89	30.19	28.09
135-136	13 yr old	200 Breast	3:10.79	3:03.79	2:46.29	2:59.49	2:50.99	2:34.69
137-138	14 yr old	200 Breast	3:10.79	3:03.79	2:46.29	2:59.49	2:50.99	2:34.69
139-140	15-16	200 Breast	3:11.39	3:07.39	2:47.69	2:55.79	2:51.79	2:33.09
141-142	Open	200 Breast	3:11.39	3:07.39	2:47.69	2:55.79	2:51.79	2:33.09
151-152	13 yr old	100 Back	1:17.19	1:14.19	1:07.09	1:12.89	1:09.69	1:03.09
153-154	14 yr old	100 Back	1:17.19	1:14.19	1:07.09	1:12.89	1:09.69	1:03.09
155-156	15-16	100 Back	1:18.49	1:16.49	1:08.89	1:10.29	1:08.29	1:00.59
157-158	Open	100 Back	1:18.49	1:16.49	1:08.89	1:10.29	1:08.29	1:00.59
167-168	13 yr old	100 IM	X	1:17.99	1:10.19	X	1:12.59	1:05.39
169-170	14 yr old	100 IM	X	1:17.99	1:10.19	X	1:12.59	1:05.39
171-172	15-16	100 IM	X	1:15.69	1:07.99	X	1:09.09	1:01.99
173-174	Open	100 IM	X	1:15.69	1:07.99	X	1:09.09	1:01.99
179-180	13-14	200 Free Relay	NT	NT	NT	NT	NT	NT
181-182	Open	200 Free Relay	NT	NT	NT	NT	NT	NT

Sunday, November 24, 2013 Pool 2

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
183-184	9 & U	200 IM	3:21.59	3:16.39	2:58.19	3:24.89	3:16.39	3:01.69
185-186	10 yr old	200 IM	3:21.59	3:16.39	2:58.19	3:24.89	3:16.39	3:01.69
187-188	11 yr old	200 IM	3:02.59	2:56.89	2:40.39	3:03.89	2:57.89	2:37.79
189-190	12 yr old	200 IM	3:02.59	2:56.89	2:40.39	3:03.89	2:57.89	2:37.79
199-200	9 & U	50 Back	44.49	42.99	38.99	45.29	42.99	39.79
201-202	10 yr old	50 Back	44.49	42.99	38.99	45.29	42.99	39.79
203-204	11 yr old	50 Back	39.49	37.79	34.29	39.99	38.59	35.09
205-206	12 yr old	50 Back	39.49	37.79	34.29	39.99	38.59	35.09
215-216	9 & U	50 Breast	49.09	47.49	42.99	51.19	47.49	44.89
217-218	10 yr old	50 Breast	49.09	47.49	42.99	51.19	47.49	44.89
219-220	11 yr old	50 Breast	43.09	42.39	38.49	43.99	42.79	38.89
221-222	12 yr old	50 Breast	43.09	42.39	38.49	43.99	42.79	38.89
231-232	11-12	200 Fly	3:03.29	2:56.79	2:40.39	3:01.59	2:56.69	2:40.69
241-242	9 & U	100 Free	1:23.19	1:20.89	1:13.39	1:24.39	1:20.89	1:14.19
243-244	10 yr old	100 Free	1:23.19	1:20.89	1:13.39	1:24.39	1:20.89	1:14.19
245-246	11 yr old	100 Free	1:14.89	1:11.69	1:05.09	1:12.49	1:10.39	1:03.89
247-248	12 yr old	100 Free	1:14.89	1:11.69	1:05.09	1:12.49	1:10.39	1:03.89
**** 5 Minute Break****								
257-258	11-12	400 Medley relay	NT	NT	NT	NT	NT	NT

Note:

The 1650's will start at the completion of Pool 1. The 1650 will be swum together and scored separately alternating girls than boys, swum fastest to slowest.

263-264	11-12	1650 Free	22:34.99	21:49.49	21:59.99	22:16.39	21:34.39	21:44.79
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Sunday, November 24, 2013 Pool 1

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
191-192	13 yr old	200 IM	2:50.99	2:43.99	2:28.49	2:40.39	2:33.29	2:18.79
193-194	14 yr old	200 IM	2:50.99	2:43.99	2:28.49	2:40.39	2:33.29	2:18.79
195-196	15-16	200 IM	2:41.89	2:37.89	2:22.49	2:28.19	2:24.19	2:10.79
197-198	Open	200 IM	2:41.89	2:37.89	2:22.49	2:28.19	2:24.19	2:10.79
207-208	13 yr old	50 Back	36.59	35.09	31.49	34.39	32.79	29.49
209-210	14 yr old	50 Back	36.59	35.09	31.49	34.39	32.79	29.49
211-212	15-16	50 Back	36.99	36.39	31.59	34.09	33.49	29.09
213-214	Open	50 Back	36.99	36.39	31.59	34.09	33.49	29.09
223-224	13 yr old	50 Breast	42.09	40.29	36.29	38.59	37.09	33.39
225-226	14 yr old	50 Breast	42.09	40.29	36.29	38.59	37.09	33.39
227-228	15-16	50 Breast	41.29	40.29	35.59	36.99	35.99	32.79
229-230	Open	50 Breast	41.29	40.29	35.59	36.99	35.99	32.79
233-234	13 yr old	200 Fly	2:45.69	2:43.29	2:27.79	2:36.59	2:31.89	2:17.49
235-236	14 yr old	200 Fly	2:45.69	2:43.29	2:27.79	2:36.59	2:31.89	2:17.49
237-238	15-16	200 Fly	2:40.39	2:36.39	2:23.49	2:29.99	2:25.99	2:11.59
239-240	Open	200 Fly	2:40.39	2:36.39	2:23.49	2:29.99	2:25.99	2:11.59
249-250	13 yr old	100 Free	1:06.79	1:04.79	58.69	1:05.29	1:02.79	56.89
251-252	14 yr old	100 Free	1:06.79	1:04.79	58.69	1:05.29	1:02.79	56.89
253-254	15-16	100 Free	1:07.19	1:05.19	59.79	1:00.99	58.99	53.79
255-256	Open	100 Free	1:07.19	1:05.19	59.79	1:00.99	58.99	53.79
**** 5 Minute Break****								
258-260	13-14	400 Free Relay	NT	NT	NT	NT	NT	NT
261-262	Open	400 Free Relay	NT	NT	NT	NT	NT	NT
**** 10 Minute Break****								

Note:

The 1650's will start at the completion of Pool 1. The 1650 will be swum together and scored separately alternating girls than boys, swum fastest to slowest.

265-266	13-14	1650 Free	19:48.09	19:14.89	19:21.69	19:55.69	19:08.99	19:15.69
267-268	15-16	1650 Free	19:43.09	19:13.09	19:21.79	18:29.99	17:59.99	18:10.99
269-270	Open	1650 Free	19:43.09	19:13.09	19:21.79	18:29.99	17:59.99	18:10.99

Hotel Information

Winter Championship Meet (Nov. 20-24, 2013)

Hampton Inn Ft. Lauderdale/Plantation

7801 SW 6th St.
Plantation, FL 33324

To make a reservation call (800)675-2116 and ask for the "Winter Championships" group rate.

Rates: (Include comp. internet, comp. breakfast, & comp. parking)
Single w/ pullout couch \$95/night
Double \$95/night

*These rates are valid as long as you book on or before: 11/10/13

Renaissance Ft. Lauderdale/Plantation Hotel

1230 S. Pine Island Rd.
Plantation, FL 33324

To make a reservation call (800)316-7708 and ask for the "Winter Championship Meet" group rate.

Or click on the link below to book online.

[Book Standard Room at Renaissance Fort Lauderdale-Plantation Hotel for \\$117 per night](#)

Rates: (Include internet, comp. parking, and discounted breakfast coupons)
King Room \$117/night
Double/Double Room \$117/night

*These rates are valid as long as you book on or before: 11/13/13

Hyatt Place Ft. Lauderdale/Plantation

8530 W. Broward Blvd.
Plantation, FL 33324

To make a reservation call (800)993-4751 and ask for the "Winter Championship Meet" group rate.

Or click on the link below to book online. (*Must enter dates on webpage after you follow link*)

PSST: <http://plantation.place.hyatt.com/content/propertywebsites/hotels/place/flzlp/en/group-booking/flzppsst2013.html>

Rates: (Include comp. internet, comp. breakfast, & comp. parking)
Single w/ pullout couch \$109/night

*These rates are valid as long as you book on or before: 11/13/13

Staybridge Suite Ft. Lauderdale/Plantation

410 N. Pine Island Rd.
Plantation, FL 33324

To make a reservation call (888)294-5064 and ask for the "Winter Championship Meet" group rate.

Rates: (Include comp. internet, comp. breakfast, & comp. parking)
Single Studio Queen \$105/night
One Bedroom Double/Double \$119/night

*These rates are valid as long as you book on or before: 11/10/13

If you are having problems with any reservations please feel free to contact Craig Rehak at (708)288-1673 for assistance