



**26th Annual Speedo Winter Championships
November 17-20, 2016
Hosted by Plantation Swim Team**

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. #FGI111716PST-B-35

Condition of Sanction: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: "In granting this approval it is understood and agreed that USA Swimming, **FGC Inc. City of Plantation, Plantation Swim Team and Booster Club**. Shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."

Any swimmer entered in the meet, unaccompanied by a USA-S coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of each swimmer or swimmer's legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with 104.2c. The copy of such certification is on file with USA Swimming.

Hosted by: City of Plantation, Plantation Swim Team and PST Booster Club.

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 to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park Drive. On Central Park Drive make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right hand side.

Date & Time: **Thursday, 11/17:** Timed Finals Warm-up: 3:30 p.m. Starts 5:00 p.m.

Friday, 11/18: Prelims 11-12, 13-14, 15-16, Open: Warm-up 7:00 a.m. Starts 8:30 a.m.

Friday, 11/18: Timed finals 10 & under – Warm-up TBA after meet is seeded.

Friday, 11/18: Finals Warm-up 4:00 p.m. Starts 5:00 p.m.

Saturday, 11/19: Prelims 11-12, 13-14, 15-16, Open: Warm-up 7:00 a.m. Starts 8:30 a.m.

Saturday, 11/19: Timed finals 10 & under – Warm-up TBA after meet is seeded.

[10 & under session will start following the 11 & older session.]

Saturday, 11/19: Finals Warm-up 4:00 p.m. Starts 5:00 p.m.

Sunday, 11/20: Prelims 11-12, 13-14, 15-16, Open: Warm-up 7:00 a.m. Starts 8:30 a.m.
Sunday, 11/20: Timed finals 10 & under – Warm-up TBA after meet is seeded.
[10 & under session will start following the 11 & older session.]
Sunday, 11/20: Finals Warm-up 4:00 p.m. Starts 5:00 p.m.

10 & under start time will be announced once timelines have been processed from morning session.

**Meet director reserves the right to change meet warm-up, start times, or drop or move some events in order to hold an efficient meet within USA Swimming/FGC guidelines.*

- General Meeting:** **Thursday, November 17, at 4:30 p.m.** Will be held in the hospitality room at Central Park Community Center upstairs in room 2. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each coach to be aware of any changes made during this meeting.
- 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 east pool start varies from 4'5" to 12'00" depending on the lane assignment accordance with 202.3.7 (C). Water Depth at the west pool start varies from 5'0" to 7'0" depending on the lane assignment accordance with 202.3.7 (C).
- Rules:** 2016 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.
- Deck Changing:** 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.**
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer (s) and network (s) of USA Swimming under conditions authorized by USA Swimming, allow event organizers the right to use names, pictures, likeness, biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Eligibility:** Open to all current 2016 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming, who have achieved the meet 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 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 Please contact the pool office ahead of time to allow for preparations – 954-452-2526 Terrell Woods or email TerrellWPST@aim.com .

Entry Information: Entries will open for all teams at 12:00 noon (EST) on Monday, September 12, 2016. Entries will not be accepted before this date and times. **Updates to entry times will not be accepted.** You should not make nonrefundable travel arrangements before you know your entries are accepted – *entries will be processed in the order received.*

Entries will be capped at 1100 for ALL TEAMS, then the host team will be entered.
Closed date November 9, 2016 or 1100 Athletes whichever comes first.

Entries: All teams must enter swimmers in the meet must submit their entries using the latest Versions of Hy-tek Team Manger or Team Unify software.

Email entries to Jimmy Parmenter, jimmypst@aol.com . When you email the entries, also attach a report of the entries by swimmer. Entries/email with only a zip file (i.e. without the entry report) will not be accepted. 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. If you don't receive an email confirmation, your entries were not received.

Note: Swimmers without registration numbers or birth dates will not be entered.

Relay Only Swimmers: must be pre-loaded into relays.

Corrupted, unreadable or incorrectly formatted files must be corrected with-in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant.

Entry Limit: **Entry Limit:** Limited **8** 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.

Reminder: **1100 Swimmer Meet Cut Off. Absolutely No Exceptions.**

The meet will be closed at 1100 swimmers. This **includes all FGC Teams.**

The team that puts the meet at 1100 swimmers will be accepted in its entirety, then the host team's entries will 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.

Prelims: 11-12, 13-14, 15-16, and Open age groups. Prelim events will swim fastest to slowest, with circle seeding the first 3 heats, except for the events listed in important meet information sections.

Timed Finals: 10 & Under Session will swim Fastest to Slowest with the first (1st) heat announced behind the blocks. The remainder of heats will be announced in the water. (5 or 10 minute breaks may be added in between each event at the meet director's discretion).

Finals: Top 10 will swim at night.

Entry Fees: \$8.00 Individual Events
\$8.00 Relays
\$20.00 Surcharge

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

Deck Entries: **The FGC Deck Seed Policy Will Be In Effect.** Deck entries permitted into open lanes only on first-come-first-served basis. Deadline for deck entries is **30 minutes** before the start of the meet, **No Exceptions**. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present current USA Card in order to be entered.

NOTE: Meet host will accept CASH ONLY for deck seeds.

Deck Entry Fee: \$16.00 Individual Event
\$16.00 Relay
\$20.00 *Surcharge for athletes not entered in meet wishing to swim individual events.*
\$10.00 To add a relay only athlete

IMPORTANT MEET INFORMATION FOR 2016

Thursday: **Note:** 1650 Free is a positive check-in event. **Positive Check-in Deadline is Thursday, November 17th, 4:20 pm.** We will swim the Fastest 48 Females and Fastest 48 Males that check-in **ONLY**. **(6 Heats of Women and 6 Heats of men.)** This event will be swum together and scored separately. **1650 Free: Must supply their own timer and counters for all events.**

Friday: **Open 400 Free Relays will be swum in Finals.**
13-14 400 Free Relays will be swum in Finals.
11-12 400 Free Relays will be swum in Prelims.

Saturday: **400 IM Open, 15-16, 13-14, 11-12, Timed Finals:** Top 10 checked in swimmers will swim in finals at night.
400 IM Check-in Deadline Friday, November 18, at 5:00 pm.
400 IM Heat Sheets will be posted on www.swimpst.com after finals Friday night.
Relays: 11-12 400 Medley Relays will swim in **PRELIMS**.
Relays: 13-14, and Open Relays will swim in **FINALS**.

Sunday:

All Relays on Sunday will be swum in Prelims.

- **500 Free** – is a positive check-in event swum as a timed finals.

11-12,13-14, 15-16 & Open age groups – Top 10 checked in swimmers will swim in finals.

The swimmer has the right to swim in prelims, he/she must check A.M. or P.M. at check-in.

**Sunday
Continued:**

500 Free Check-in Deadline is 5:00 p.m. Saturday, November 19. 500 Heat Sheets will be posted on www.swimpst.com after finals Saturday night.

More Important Meet Information

10 & Under Swimmers:

- All 10 & under sessions are timed finals.
- All 10 & under sessions will swim in the East course.
- All 10 & under Start time will be announced as soon as the meet is seeded.
(Not before 10 a.m.)
- Swimmers who fail to check-in may swim, only if an open lane is available.
- All 10 & Under Sessions will swim Fastest to Slowest with the first (1st) heat announced behind the blocks. (5 or 10 minute breaks maybe added in between each event at the meet director discretion).
- 10 & Under Relays will be swum on Sunday.
- **“Failure to swim”** a positive check-in event will result in the swimmer being fine \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to compete in the meet. No payment, no swimming, including relays.

11-12 Swimmers:

- Will swim prelims and finals. Not all events are prelim and final swims. **Please read carefully.**
- **11-12 Relays** will all swim in prelims.
- **Note:** All relays will be swum fastest to slowest.
- Swimmers who fail to check-in may swim, only if an open lane is available.
- **11-12 / 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly, will be swum as a timed finals.**
– Top 10 seeded /checked in swimmers will swim in finals at night.
- **11-12** The 1650 Free on Thursday is a timed final. **Please Note:** This event will be limited to the fastest 6 checked in heats of girls and the fastest 6 checked in heats of boys. This is including all age groups swimming together 11-12, 13-14, 15-16, and Open. The 1650 Free will be swum fastest to slowest scored separately.

Note: 1650 Freestyles must provide their own counters and timers.

- **“Failure to swim”** a positive check-in event will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to compete in the meet. No payment, No Swimming, including relays.
- **“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 compete in the meet. No payment, no swimming, including relays.

13-14 / 15-16 / Open Swimmers

- All Relays are swum in Finals Fast to Slow.
- **Note:** All relays will be swum fastest to slowest. **(No Penalties for Relays.)**
- **500 Free** – is a positive check-in event swum as a timed finals.
13-14 15-16 & Open age groups – Top 10 checked in swimmers will swim in finals at night.
500 Free Check-in Deadline is 5:00 p.m. Saturday, November 19.
The swimmer has the right to swim in prelims, he/she must check A.M. or P.M. at check-in.
- **“Failure to swim” a positive check-in event** will result in the swimmer being fined \$25.00 cash.
Upon receiving payment of the fine, the swimmer will be eligible to compete in the meet. No payment, no swimming, including relays.
- **“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 compete in the meet. No payment, no swimming, including relays.
- 400 IM, 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 email to jimmypst@aol.com no later than Wednesday, November 9th, by 12:00 p.m. (noon).
- All swimmers for all age groups who fail to check-in may swim, only if an open lane is available without creating another heat.

Thursday Events: 1650 Free: Must supply their own timer and counters.

Finals:

- Finals will consist of one heat of girls and one heat of boys {top 10 swimmers in each event will swim in finals.} Except for events indicated above.
Any swimmer who competes in preliminary heats and qualifies for 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 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.

Finals:

- 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 finals after 30 minutes of the conclusion of prelims will not be penalized.

Awards:

- | | |
|-------------------------------|--|
| Individual Events: | Custom Winter Champs Medals 1 st -3 rd |
| Relays: | Custom Winter Champs Medals 1 st Place Team Only |
| 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 listed in the Important Meet information section.

Entry Deadline: All entries must be received by *Wednesday, November 9th by 12:00 p.m. (noon) EST.*
NO EXCEPTIONS! Reminder once the meet reaches its cap of 1100 all entries will be closed.

Head Referee: Dave Hammond

Admin Official: Cindy Jones

Meet Director: Assistant Meet Director: Terrell Woods email: terrellwpst@aim.com

Meet Director: Jimmy Parmenter email: jimmyppst@aol.com

Note: Please direct all questions to Terrell Woods.

Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situation at the meet such as severe weather and equipment issues.

Admission: \$5.00 per session – Special all session passes will be offered.
\$3.00 per heat sheet

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 android. Download Meet Mobile for free from the app store and get results and splits by team swimmers or events.

PST is on Twitter Follow us @SWIMPST

Thursday, November 17, 2016 Girls Pool (Course TBA) Start Time 5:00 p.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls Yards
1	Open	1650 Free	19:43.09	19:13.09	19:21.79
3	15-16	1650 Free	19:43.09	19:13.09	19:21.79
5	13-14	1650 Free	19:48.09	19:14.89	19:21.69
7	11-12	1650 Free	22:34.99	21:49.49	21:59.99
***** 5 Minute Break*****					
9	Open	50 Fly	35.39	34.69	31.09
11	15-16	50 Fly	35.39	34.69	31.09
13	13-14	50 Fly	35.69	34.79	31.39
15	11-12	50 Fly	36.79	36.29	32.89
17	Open	50 Back	36.99	36.39	31.59
19	15-16	50 Back	36.99	36.39	31.59
21	13-14	50 Back	36.59	35.09	31.49
23	11-12	50 Back	39.49	37.79	34.29
25	Open	50 Breast	41.29	40.29	35.59
27	15-16	50 Breast	41.29	40.29	35.59
29	13-14	50 Breast	42.09	40.29	36.29
31	11-12	50 Breast	43.09	42.39	38.49

Thursday, November 17, 2016 Boys Pool (Course TBA) Start Time 5:00 p.m.

Event #	Age	Event	Boys LCM	Boys SCM	Boys Yards
2	Open	1650 Free	18:10.99	17:59.99	18:29.99
4	15-16	1650 Free	18:10.99	17:59.99	18:29.99
6	13-14	1650 Free	19:56.69	19:08.99	19:19.56
8	11-12	1650 Free	21:16.39	21:34.39	21:44.79
***** 5 Minute Break*****					
10	Open	50 Fly	30.89	30.19	28.09
12	15-16	50 Fly	30.89	30.19	28.09
14	13-14	50 Fly	33.19	32.19	28.89
16	11-12	50 Fly	37.89	36.99	33.69
18	Open	50 Back	34.09	33.49	29.09
20	15-16	50 Back	34.09	33.49	29.09
22	13-14	50 Back	34.39	32.79	29.49
24	11-12	50 Back	39.99	38.59	35.09
26	Open	50 Breast	36.99	35.99	32.79
28	15-16	50 Breast	36.99	35.99	32.79
30	13-14	50 Breast	38.59	37.09	33.39
32	11-12	50 Breast	43.99	42.79	38.89

Friday, November 18, 2016, Prelims Pool 1 [15-16 & Open] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
33-34	Open	200 Back	2:46.19	2:42.19	2:27.19	2:30.99	2:26.99	2:13.59
35-36	15-16	200 Back	2:46.19	2:42.19	2:27.19	2:30.99	2:26.99	2:13.59
41-42	Open	100 Free	1:07.19	1:05.19	59.79	1:00.99	58.99	53.79
43-44	15-16	100 Free	1:07.19	1:05.19	59.79	1:00.99	58.99	53.79
49-50	Open	200 Breast	3:11.39	3:07.39	2:47.69	2:55.79	2:51.79	2:33.09
51-52	15-16	200 Breast	3:11.39	3:07.39	2:47.69	2:55.79	2:51.79	2:33.09
57-58	Open	200 Fly	2:40.39	2:36.39	2:23.49	2:29.99	2:25.99	2:11.59
59-60	15-16	200 Fly	2:40.39	2:36.39	2:23.49	2:29.99	2:25.99	2:11.59
65-66	Open	100 IM	X	1:15.69	1:07.99	X	1:09.09	1:01.99
67-68	15-16	100 IM	X	1:15.69	1:07.99	X	1:09.09	1:01.99
5 Minute Break								
73-74	Open	400 Free Relay	NT	NT	NT	NT	NT	NT

Friday, November 18 , 2016, Prelims Pool 2 [11-12 & 13-14] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
37-38	13-14	200 Back	2:45.59	2:39.49	2:24.29	2:36.79	2:29.99	2:15.79
39-40	11-12	200 Back	3:01.99	2:53.99	2:37.79	3:01.79	2:54.09	2:38.29
45-46	13-14	100 Free	1:06.79	1:04.79	58.69	1:05.29	1:02.79	56.89
47-48	11-12	100 Free	1:14.89	1:11.69	1:05.09	1:12.49	1:10.39	1:03.89
53-54	13-14	200 Breast	3:10.79	3:03.79	2:46.29	2:59.49	2:50.99	2:34.69
55-56	11-12	200 Breast	3:25.09	3:18.99	3:00.39	3:25.09	3:15.19	2:57.39
61-62	13-14	200 Fly	2:45.69	2:43.29	2:27.79	2:36.59	2:31.89	2:17.49
63-64	11-12	200 Fly	3:03.29	2:56.79	2:40.39	3:01.59	2:56.69	2:40.69
69-70	13-14	100 IM	X	1:17.99	1:10.19	X	1:12.59	1:05.39
71-72	11-12	100 IM	X	1:22.79	1:15.09	X	1:22.59	1:13.09
5 Minute Break								
75-76	13-14	400 Free Relay	NT	NT	NT	NT	NT	NT
77-78	11-12	400 Free Relay	NT	NT	NT	NT	NT	NT

Saturday, November 19, 2016, Prelims Pool 1 [15-16 & Open] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
79-80	Open	400 IM	5:42.39	5:34.39	5:02.29	5:17.49	5:09.49	4:44.79
81-82	15-16	400 IM	5:42.39	5:34.39	5:02.29	5:17.49	5:09.49	4:44.79
87-88	Open	100 Fly	1:12.89	1:10.89	1:04.59	1:05.39	1:03.39	58.59
89-90	15-16	100 Fly	1:12.89	1:10.89	1:04.59	1:05.39	1:03.39	58.59
95-96	Open	200 Free	2:22.49	2:18.49	2:07.29	2:11.59	2:07.59	1:54.79
97-98	15-16	200 Free	2:22.49	2:18.49	2:07.29	2:11.59	2:07.59	1:54.79
103-104	Open	100 Breast	1:28.79	1:26.79	1:16.89	1:18.49	1:16.49	1:09.09
105-106	15-16	100 Breast	1:28.79	1:26.79	1:16.89	1:18.49	1:16.49	1:09.09
111-112	Open	100 Back	1:18.49	1:16.49	1:08.89	1:10.29	1:08.29	1:00.59
113-114	15-16	100 Back	1:18.49	1:16.49	1:08.89	1:10.29	1:08.29	1:00.59
5 Minute Break								
119-120	Open	400 Med. Relay	NT	NT	NT	NT	NT	NT

Saturday, November 19, 2016, Prelims Pool 2 [11-12 & 13-14] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
83-84	13-14	400 IM	6:09.39	5:48.99	5:15.89	5:40.39	5:26.69	4:55.69
85-86	11-12	400 IM	6:28.39	6:16.09	5:41.09	6:27.49	6:15.99	5:41.79
91-92	13-14	100 Fly	1:15.49	1:13.59	1:06.59	1:10.39	1:08.39	1:01.89
93-94	11-12	100 Fly	1:23.89	1:22.09	1:14.49	1:24.39	1:21.99	1:14.59
99-100	13-14	200 Free	2:23.89	2:19.69	2:06.49	2:21.99	2:16.89	2:03.89
101-102	11-12	200 Free	2:41.59	2:36.69	2:22.19	2:37.79	2:32.89	2:18.79
107-108	13-14	100 Breast	1:28.19	1:24.69	1:16.59	1:21.29	1:18.29	1:10.79
109-110	11-12	100 Breast	1:35.79	1:32.19	1:23.69	1:35.69	1:31.69	1:23.29
115-116	13-14	100 Back	1:17.19	1:14.19	1:07.09	1:12.89	1:09.69	1:03.09
117-118	11-12	100 Back	1:25.29	1:22.29	1:14.69	1:26.29	1:22.29	1:14.79
5 Minute Break								
121-122	13-14	400 Free Relay	NT	NT	NT	NT	NT	NT
123-124	11-12	400 Free Relay	NT	NT	NT	NT	NT	NT

Saturday, November 19, 2016, Timed Finals Pool TBA [10 & Under] Start Time TBA

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
125-126	10 & Under	200 Free	3:02.39	2:56.79	2:40.39	2:59.89	2:56.79	2:39.39
127-128	10 & Under	50 Breast	49.09	47.49	42.99	51.19	47.49	44.89
129-130	10 & Under	100 Fly	1:40.79	1:36.19	1:27.29	1:40.09	1:36.19	1:28.79
131-132	10 & Under	50 Back	44.49	42.99	38.99	45.29	42.99	39.79
133-134	10 & Under	100 IM	X	1:31.89	1:23.39	X	1:31.89	1:24.39

Sunday, November 21, 2015, Prelims Pool 1 [15-16 & Open] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
135-136	Open	200 Free. Relay	NT	NT	NT	NT	NT	NT
5 Minute Break								
141-142	Open	500 Free	4:55.29	4:47.29	5:31.59	4:38.39	4:30.39	5:09.89
143-144	15-16	500 Free	4:55.29	4:47.29	5:31.59	4:38.39	4:30.39	5:09.89
149-150	Open	200 IM	2:41.89	2:37.89	2:22.49	2:28.19	2:24.19	2:10.79
151-152	15-16	200 IM	2:41.89	2:37.89	2:22.49	2:28.19	2:24.19	2:10.79
157-158	Open	50 Free	31.39	30.39	27.89	28.19	27.19	24.79
159-160	15-16	50 Free	31.39	30.39	27.89	28.19	27.19	24.79
5 Minute Break								
165-166	Open	200 Med. Relay	NT	NT	NT	NT	NT	NT

Sunday, November 21, 2015, Prelims Pool 2 [11-12 & 13-14] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
137-138	13-14	200 Free. Relay	NT	NT	NT	NT	NT	NT
139-140	11-12	200 Free Relay	NT	NT	NT	NT	NT	NT
5 Minute Break								
145-146	13-14	500 Free	5:01.79	4:55.99	5:38.29	5:02.69	4:52.19	5:33.89
147-148	11-12	500 Free	5:37.09	5:29.99	6:17.99	5:29.89	5:25.39	6:12.59
153-154	13-14	200 IM	2:50.99	2:43.99	2:28.49	2:40.39	2:33.29	2:18.79
155-156	11-12	200 IM	3:02.59	2:56.89	2:40.39	3:03.89	2:57.89	2:37.79
161-162	13-14	50 Free	30.89	29.79	26.99	29.49	28.79	25.99
163-164	11-12	50 Free	34.39	33.49	30.39	33.49	32.29	29.39
5 Minute Break								
167-168	13-14	200 Med. Relay	NT	NT	NT	NT	NT	NT
169-170	11-12	200 Med. Relay	NT	NT	NT	NT	NT	NT

Sunday, November 21, 2015, Timed Finals Pool TBA [10 & Under] Start Time TBA

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
171-172	10 & Under	200 Med. Relay	NT	NT	NT	NT	NT	NT
5 Minute Break								
173-174	10 & Under	200 IM	3:21.59	3:16.39	2:58.19	3:24.89	3:16.39	3:01.69
175-176	10 & Under	50 Free	37.27	36.19	32.89	37.69	36.19	33.39
5 Minute Break								
177-178	10 & Under	200 Free Relay	NT	NT	NT	NT	NT	NT
179-180	10 & Under	100 Back	1:36.79	1:32.39	1:23.79	1:35.69	1:32.39	1:24.09
181-182	10 & Under	50 Fly	42.49	41.49	37.69	42.89	41.49	38.19
183-184	10 & Under	100 Breast	1:48.49	1:44.09	1:34.39	1:50.69	1:44.09	1:36.19

Winter Championship Meet (Nov. 17-20, 2016)

Hampton Inn Plantation

7801 SW 6th St.
Plantation, FL 33324

To make a reservation call (800)426-7866 and ask for the “**Winter Championship Meet**” group rate or click on the link below to go to our personalized reservation page: (press 1 and give hotel name)

<http://hamptoninn.hilton.com/en/hp/groups/personalized/F/FLLPTHX-WC6-20161116/index.jhtml>

Rates: (Include comp. internet, comp. breakfast, & comp. parking)

Single w/ pullout couch \$125/night

Double \$125/night

***These rates are valid as long as you book on or before: 10/16/16**

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 go to our personalized reservation page:

[Book your group rate for Winter Championship Meet](#)

Rates: (Include comp. internet, comp. parking, and discounted breakfast coupons)

King Room \$134/night

Double/Double Room \$134/night

***These rates are valid as long as you book on or before: 10/28/16**

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