



**14 & Under Florida Gold Coast Jr. Olympics
Hosted by Plantation Swim Team
July 18-20, 2014**

Sanction # FGJO071814PST-B-19

Day 1 - Prelims Session I – Friday, July 18, 2014 – Start Time 8:30 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
1	3:01.99	2:53.99	2:37.79	11-12	200 Back	2:38.29	2:54.09	3:01.79	2
3	2:45.59	2:39.49	2:24.29	13-14	200 Back	2:15.79	2:29.99	2:36.79	4
7	34.39	33.49	30.39	11-12	50 Free	29.39	32.29	33.49	8
9	30.89	29.79	26.99	13-14	50 Free	25.99	28.79	29.49	10
13	1:35.79	1:32.19	1:23.69	11-12	100 Breast	1:23.29	1:31.69	1:35.69	14
15	1:28.19	1:24.69	1:16.59	13-14	100 Breast	1:10.79	1:18.29	1:21.29	16
19	1:23.89	1:22.09	1:14.49	11-12	100 Fly	1:14.59	1:21.99	1:24.39	20
21	1:15.49	1:13.59	1:06.59	13-14	100 Fly	1:01.89	1:08.39	1:10.39	22
5 Minute Break									
25	5:37.09	5:29.99	6:17.99	11-12	400 Free P/SS/T/F1	6:12.59	5:25.39	5:29.89	26
27	5:01.79	4:55.99	5:38.29	13-14	400 Free P/SS/T/F1	5:33.89	4:52.19	5:02.69	28
5 Minute Break									
29	NT	NT	NT	13-14	200 Free Relay T1	NT	NT	NT	30
31	NT	NT	NT	11-12	400 Free Relay T1	NT	NT	NT	32
33	NT	NT	NT	13-14	800 Free Relay T1	NT	NT	NT	34

- Key**
- P** = Positive Check-in
 - S** = Special Seeding – All ages seeded together and swum together – scored separately
 - SS** = Super Seeded – All ages swum together, scored separately, fastest 8 in each age group will swim in finals.
 - T** = Timed Finals
 - T1** = Timed Finals, swum in prelims.
 - F** = Swum Fastest to Slowest alternating girl and boy.
 - F1** = Same as F plus fastest 8 swimmers in each age group swimming in finals.
- NOTE: All relays for 11-12 & 13-14 age groups will be swum at the end of prelims.**

Day 1 - Timed Finals Session II – Friday, July 18, 2014 – Start TBA

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
5	37.29	36.19	32.89	10 & Under	50 Free T1	33.39	36.19	37.79	6
11	1:48.49	1:44.09	1:34.39	10 & Under	100 Breast T1	1:36.19	1:44.09	1:50.69	12
17	1:40.79	1:36.19	1:27.29	10 & Under	100 Fly T1	1:28.79	1:36.19	1:40.09	18
23	6:13.89	6:05.39	6:58.39	10 & Under	400 Free T1 / F	7:02.29	6:05.39	6:15.59	24

- NOTE:**
1. All 10 & under events are timed finals and will be seeded slowest to fastest, except events Indicated.
 2. Once the meet is seeded. The meet host with approval from the FGC Age Group Chair we will Add 5 to 10 minute breaks between events, where they see fit.
 3. Weather permitting, the fastest 8 swimmers in each event will be announced behind the Blocks for the 10 & under sessions.

Session Key: **T1** = Timed Finals, swum in prelims.
F = Swum Fastest to Slowest alternating girl and boys.

Day 1 - Finals Session III – Friday, July 18, 2014 – Start 6:00 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
1	Finals	Finals	Finals	11-12	200 Back	Finals	Finals	Finals	2
3	Finals	Finals	Finals	13-14	200 Back	Finals	Finals	Finals	4
7	Finals	Finals	Finals	11-12	50 Free	Finals	Finals	Finals	8
9	Finals	Finals	Finals	13-14	50 Free	Finals	Finals	Finals	10
13	Finals	Finals	Finals	11-12	100 Breast	Finals	Finals	Finals	14
15	Finals	Finals	Finals	13-14	100 Breast	Finals	Finals	Finals	16
19	Finals	Finals	Finals	11-12	100 Fly	Finals	Finals	Finals	20
21	Finals	Finals	Finals	13-14	100 Fly	Finals	Finals	Finals	22
5 Minute Break									
25	Finals	Finals	Finals	11-12	400 Free Top 8	Finals	Finals	Finals	26
27	Finals	Finals	Finals	13-14	400 Free Top 8	Finals	Finals	Finals	28

- FINALS NOTES:**
1. Once finals have been seeded. The meet host with approval from the FGC Age Group Chair we will add 5 to 10 minutes breaks between events, where they see fit. Weather Permitting.
 2. Weather permitting, the fastest 8 swimmers in each event will be announced behind the blocks.

Day 2 - Prelims Session IV – Saturday, July 19, 2014 – Start 8:30 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
35	3:25.09	3:19.99	3:00.39	11-12	200 Breast	2:57.39	3:15.19	3:25.09	36
37	3:10.79	3:03.79	2:46.29	13-14	200 Breast	2:34.69	2:50.99	2:59.49	38
43	2:41.59	2:36.69	2:22.19	11-12	200 Free	2:18.79	2:32.89	2:37.79	44
45	2:23.89	2:19.69	2:06.49	13-14	200 Free	2:03.89	2:16.89	2:21.99	46
49	36.79	36.29	32.89	11-12	50 Fly	33.69	36.99	37.89	50
51	35.69	34.79	31.39	13-14	50 Fly	28.89	32.19	33.19	52
55	1:25.29	1:22.29	1:14.69	11-12	100 Back	1:14.79	1:22.29	1:26.39	56
57	1:17.19	1:14.19	1:07.09	13-14	100 Back	1:03.09	1:09.69	1:12.89	58
5 Minute Break									
61	6:28.39	6:16.09	5:41.09	11-12	400 IM P/SS/T/F1	5:41.79	6:15.99	6:27.49	62
63	6:00.39	5:48.99	5:15.89	13-14	400 IM P/SS/T/F1	4:55.69	5:26.69	5:40.39	64
5 Minute Break									
65	NT	NT	NT	11-12	200 Medley Relay	NT	NT	NT	66
67	NT	NT	NT	13-14	200 Medley Relay	NT	NT	NT	68
69	NT	NT	NT	11-12	400 Medley Relay	NT	NT	NT	70
71	NT	NT	NT	13-14	400 Medley Relay	NT	NT	NT	72

- Key**
- P** = Positive Check-in
 - S** = Special Seeding – All ages seeded together and swum together – scored separately
 - SS** = Super Seeded – All ages swum together, scored separately, fastest 8 in each age group will swim in finals.
 - T** = Timed Finals
 - T1** = Timed Finals, swum in prelims.
 - F** = Swum Fastest to Slowest alternating girl and boy.
 - F1** = Same as F plus fastest 8 swimmers in each age group swimming in finals.
- NOTE: All relays for 11-12 & 13-14 age groups will be swum at the end of prelims.**

Day 2 – Timed Finals Session V – Saturday, July 19, 2014 – Start TBA

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
39	NT	NT	NT	10 & Under	200 Medley Relay T1	NT	NT	NT	40
41	3:02.39	2:56.79	2:40.39	10 & Under	200 Free T1	2:39.39	2:56.79	2:59.89	42
47	42.49	41.49	37.69	10 & Under	50 Fly T1	38.19	41.49	42.89	48
53	1:36.79	1:32.39	1:23.79	10 & Under	100 Back T1	1:24.09	1:32.39	1:35.69	54
5 Minute Break									
59	NT	NT	NT	10 & Under	200 Free Relay T1	NT	NT	NT	60

- NOTE:**
1. All 10 & under events are timed finals and will be seeded slowest to fastest, except events Indicated.
 2. Once the meet is seeded. The meet host with approval from the FGC Age Group Chair we will Add 5 to 10 minute breaks between events, where they see fit.
 3. Weather permitting, the fastest 8 swimmers in each event will be announced behind the Blocks for the 10 & under sessions.

Session Key: T1 = Timed Finals, swum in prelims.

Day 2 - Finals Session VI – Saturday, July 19, 2014 – Start 6:00 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
35	Finals	Finals	Finals	11-12	200 Breast	Finals	Finals	Finals	36
37	Finals	Finals	Finals	13-14	200 Breast	Finals	Finals	Finals	38
43	Finals	Finals	Finals	11-12	200 Free	Finals	Finals	Finals	44
45	Finals	Finals	Finals	13-14	200 Free	Finals	Finals	Finals	46
49	Finals	Finals	Finals	11-12	50 Fly	Finals	Finals	Finals	50
51	Finals	Finals	Finals	13-14	50 Fly	Finals	Finals	Finals	52
55	Finals	Finals	Finals	11-12	100 Back	Finals	Finals	Finals	56
57	Finals	Finals	Finals	13-14	100 Back	Finals	Finals	Finals	58
5 minute Break									
61	Finals	Finals	Finals	11-12	400 IM Top 8	Finals	Finals	Finals	62
63	Finals	Finals	Finals	13-14	400 IM Top 8	Finals	Finals	Finals	64

- FINALS NOTES:**
1. Once finals have been seeded. The meet host with approval from the FGC Age Group Chair we will add 5 to 10 minutes breaks between events, where they see fit. Weather Permitting.
 2. Weather permitting, the fastest 8 swimmers in each event will be announced behind the blocks.

Day 3 - Prelims Session VII – Sunday, July 20, 2014 – Start 8:30 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
75	3:02.59	2:56.89	2:40.39	11-12	200 IM	2:37.79	2:57.89	3:03.89	76
77	2:50.99	2:43.99	2:28.49	13-14	200 IM	2:18.79	2:33.29	2:40.39	78
81	39.49	37.79	34.29	11-12	50 Back	35.09	38.59	39.99	82
83	36.59	35.09	31.49	13-14	50 Back	29.49	32.79	34.39	84
87	43.09	42.39	38.49	11-12	50 Breast	38.89	42.79	43.99	88
89	42.09	40.29	36.29	13-14	50 Breast	33.39	37.09	38.59	90
91	3:03.29	2:56.79	2:40.39	11-12	200 Fly	2:40.69	2:56.69	3:01.59	92
93	2:45.69	2:43.29	2:27.79	13-14	200 Fly	2:17.49	2:31.89	2:36.59	94
97	1:14.89	1:11.69	1:05.09	11-12	100 Free	1:03.89	1:10.39	1:12.49	98
99	1:06.79	1:04.79	58.69	13-14	100 Free	56.89	1:02.79	1:05.29	100
5 Minute Break									
101	NT	NT	NT	11-12	200 Free Relay T	NT	NT	NT	102
103	NT	NT	NT	13-14	400 Free Relay T	NT	NT	NT	104
10 Minute Break									
105	22:34.99	21:49.49	21:59.99	11-12	1500 Free P/S/T/F	21:44.79	21:34.39	22:16.39	106
107	19:48.09	19:14.89	19:21.69	13-14	1500 Free P/S/T/F	19:15.69	19:08.99	19:55.69	108

Key

P = Positive Check-in

S = Special Seeding – All ages seeded together and swum together – scored separately

SS = Super Seeded – All ages swum together, scored separately, fastest 8 in each age group will swim in finals.

T = Timed Finals

T1 = Timed Finals, swum in prelims.

F = Swum Fastest to Slowest alternating girl and boy.

F1 = Same as F plus fastest 8 swimmers in each age group swimming in finals.

NOTE: All relays for 11-12 & 13-14 age groups will be swum at the end of prelims.

All 1650 Frees will be swum at the end of prelims.

Day 3 – Timed Finals Session VIII – Sunday, July 20, 2014 – Start TBA

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
73	3:21.59	3:16.39	2:58.19	10 & Under	200 IM T1	3:01.69	3:16.39	3:24.89	74
79	44.49	42.99	38.99	10 & Under	50 Back T1	39.79	42.99	45.29	80
85	49.09	47.49	42.99	10 & Under	50 Breast T1	44.89	47.49	51.19	86
95	1:23.19	1:20.89	1:13.3	10 & Under	100 Free T1	1:14.19	1:20.89	1:24.39	96

- NOTE:**
1. All 10 & under events are timed finals and will be seeded slowest to fastest, except events Indicated.
 2. Once the meet is seeded. The meet host with approval from the FGC Age Group Chair we will Add 5 to 10 minute breaks between events, where they see fit.
 3. Weather permitting, the fastest 8 swimmers in each event will be announced behind the Blocks for the 10 & under sessions.

Session Key: T1 = Timed Finals, swum in prelims

Day 3 – Finals Session IX – Sunday, July 20, 2014 – Start 6:00 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
75	Finals	Finals	Finals	11-12	200 IM	Finals	Finals	Finals	76
77	Finals	Finals	Finals	13-14	200 IM	Finals	Finals	Finals	78
81	Finals	Finals	Finals	11-12	50 Back	Finals	Finals	Finals	82
83	Finals	Finals	Finals	13-14	50 Back	Finals	Finals	Finals	84
87	Finals	Finals	Finals	11-12	50 Breast	Finals	Finals	Finals	88
89	Finals	Finals	Finals	13-14	50 Breast	Finals	Finals	Finals	90
91	Finals	Finals	Finals	11-12	200 Fly	Finals	Finals	Finals	92
93	Finals	Finals	Finals	13-14	200 Fly	Finals	Finals	Finals	94
97	Finals	Finals	Finals	11-12	100 Free	Finals	Finals	Finals	98
99	Finals	Finals	Finals	13-14	100 Free	Finals	Finals	Finals	100

- FINALS NOTES:**
1. Once finals have been seeded. The meet host with approval from the FGC Age Group Chair we will add 5 to 10 minutes breaks between events, where they see fit. Weather Permitting.
 2. Weather permitting, the fastest 8 swimmers in each event will be announced behind the blocks.

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: **Sanction # FGTT071814PST-B-19**
- Sponsored by:** City of Plantation, Plantation Swim Team and PST Booster Club.
- Rules:** Current 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:** 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:** 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:** Athlete Eligibility – **The Florida Gold Coast Junior Olympic Championship is a closed meet.** To be eligible to swim at the Florida Gold Coast Jr. Olympics, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:
- i. Former permanent FG swimmer who are not registered / re-registered by 120 day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
 - ii. Swimmers who legitimately transfer into the LSC within the 120 day window may apply for an exemption to the 120 day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of the two of the following documents:
 1. Florida Driver's License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by registration chair.
- All FGC 14 & Under Jr. Olympic swimmers will qualify for the meet by attaining the Jr. Olympic qualifying times during the period 7/18/12 to 7/13/14. The times must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded.

All USA Swimmers entered in the meet must be certified by a USA Swimming Coach as being proficient in performing a racing start or must start each race from in 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] accept New or Renewing USA Swimming Registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes: Entries for swimmers with disabilities should be submitted in OME. Athletes that override times, must let the meet referee and my host know prior to entry deadline. 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.

Pool / Timing: 8 lane, 50 meter course, with separate warm-up and cool down will be available. Colorado Timing will be used.

1. Fly-over starts will possibly be used.
2. Chase starts will possibly 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 4ft. for all 8 lanes. The water depth at west start end 11 ft. 6 in. for all 8 lanes in accordance with 202.3.7 (c).

**Meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

Date & Time: **Friday – July 18, 2014**
Session I. 11-12 & 13-14 age groups Prelims 7:00 a.m. Warm-up 8:30 a.m. Start.
Session II. 10 & Under Timed Finals Warm-up TBA. Start Time TBA
***Note:** All 10 & Under Sessions are timed finals. Once the meet has been seeded we will release the warm-up times and start times for all 10 & under sessions. (The 10 & under session will start approximately 30 minutes following the 11-12 & 13-14 session.)
Session III. Finals 11-12 & 13-14 age groups. Warm-up 5:00 p.m. Start 6:00 p.m.

Saturday – July 19, 2014

Friday – July 18, 2014

Session IV. 11-12 & 13-14 age groups Prelims 7:00 a.m. Warm-up 8:30 a.m. Start.

Session V. 10 & Under Timed Finals Warm-up TBA. Start Time TBA

***Note:** All 10 & Under Sessions are timed finals. Once the meet has been seeded we will release the warm-up times and start times for all 10 & under sessions. (The 10 & under session will start approximately 30 minutes following the 11-12 & 13-14 session.)

Session VI. Finals 11-12 & 13-14 age groups. Warm-up 5:00 p.m. Start 6:00 p.m.

Sunday – July 20, 2014

Session VI. 11-12 & 13-14 age groups Prelims 7:00 a.m. Warm-up 8:30 a.m. Start.

Session VIII. 10 & Under Timed Finals Warm-up TBA. Start Time TBA

***Note:** All 10 & Under Sessions are timed finals. Once the meet has been seeded we will release the warm-up times and start times for all 10 & under sessions. (*The 10 & under session will start approximately 30 minutes following the 11-12 & 13-14 session.*)

Session IX. Finals 11-12 & 13-14 age groups. Warm-up 5:00 p.m. Start 6:00 p.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 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: Entries Open – [noon] 12:00 p.m. EST – Wednesday, June 18, 2014
Entries Close – [noon] 12:00 p.m. EST – Monday, July 14, 2014

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: Terrell Woods – Email: TerrellWPST@aim.com Phone: 954-452-2526

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

Entry Fees: \$5.00 Individual Event
\$8.00 Relays
\$7.50 per athlete meet surcharge
On-Line payment is not permitted for this meet.

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:** Limited 7 individual events plus relays. No more than 3 Individual events per day.

Relays: Teams may enter “A” and “B” relays for 200 & 400 relays.
“A” relay only for 800 free relays.

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

Over entered relays will be scratched. Over entered relays will not be allowed to swim.

Awards: **Individual Events:** Medals 1st – 8th Relays: 1st place team.
Individual High Point: Top 3 in each age group & sex.
Team Awards: Women, Men, and Combined Top 5 Teams.

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

Distance Events: The 11-12 & 13-14 age group 400 Free and 400 IM are positive check-in events and swum as timed finals. The top 8 swimmers in both age groups and sex will swim at night in finals. The remainder of the heats will swim in prelims. They will be swum together and scored separately, swum fastest to slowest alternating girl's, boys. The athlete has the right to swim in preliminaries but he / she must enter at the qualifying time when entering the event. If decides the day of positive check-in that they would like to swim in the preliminaries. They must enter at the meet qualifying time with the meet referee before positive check-in closes.

10 & Under 400 Free is a positive check-in event. Swum fastest to slowest alternating girls, boys.

Positive check-in deadline: 400 free & 400 IM will be 30 minutes after the start of Each session.

The 1500 Freestyles: Positive check-in event is required to be seeded. Sunday's 1500 Free are swum together fastest to slowest alternating girl's, boys and scored separately. All 1500 swimmers will swim at the end of Session VII. 1500 swimmers must supply their own timers and counters. There **will not** be fast heat with finals.

Positive check-in is required for 400 Free, 400 IM, and 1500 Free. "Failure to swim" a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. **NOTE:** All no show fines must be paid before swimmers are permitted to swim their next event including relays.

Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

Positive check-in deadline is 30 minutes after the start of meet for that event.

Finals: Finals will consist of one heat of girls and one heat of boys (Top 8 swimmers) for the 11-12 and 13-14 age groups. **NOTE:** The 10 & under age groups will swim as timed finals in their own separate sessions each day.

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.

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. Swimmers may not compete in further individual events or relays until all fines are paid.

- 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 alternates.
- 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 finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 9th – 20th.
- IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Relays: All relays are swum in prelims as timed finals.

Deck Entries: The FGC Deck Seed Policy Will Be In Effect. The policy can be seen at the www.fgcswwim.org.

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

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

Adding a relay-only swimmer to your entry after the entry deadline will be \$15.00 Cash Only.

Swimmers not previously entered in the meet must provide proof of USA Swimming Membership. Swimmers must be prepared to provide proof of submitted time for all Late entries.

Head Referee: Allan Golding

Administrator Official: Cindy Jones

Meet Directors: 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.

Admission: \$3.00 per session. \$3.00 Heat Sheets per session.

Concession: Concession stand will be available.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers will be available During the entire meet. No parents or swimmers allowed.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. **Coaches:** You will be permitted inside the roped off areas of the deck provided you have been given the proper credentials from the meet host, and do not interfere with those conducting the meet and you are wearing your coaching credentials.

Identification: ***In order to obtain a deck pass for this meet.*** The head coach must send an email to Cindy Jones at CindyPST@aol.com no later than Monday, July 14, 2014 by 6:00 p.m. The Head Coach must list all the coaches from that team planning on attending the meet. Cindy will then check to make sure every coaches listed is registered with USA swimming.

NOTE: Deck pass will be handed out to individuals only. No team pick-ups allowed.

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.

Information: Real Time results and updates to meet information as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the meet information on the Jr. Olympic page at www.swimpst.com.

Meet results will also be available on your iphone or android. Download Meet mobile for free from the app store and get results and splits by team swimmer or events.

Warm-up Procedure: **NO Equipment permitted. Swimmers must enter the water FEET FIRST.**

Competition Pool 1 Friday, Saturday, Sunday 11-12 / 13-14 Prelims

7:00 a.m. – 7:45 a.m. General Warm-up Competition Course

Swimming and Pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

7:45 a.m. Controlled Warm-up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 Meter One Length (West End)

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 50 Meter One Length (East End)

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

Pool 2 will be available for General Warm-up Only throughout the meet.

10 & Under Warm-up Friday, Saturday, Sunday TBA

Finals Warm-up:

4:30 p.m. to 5:15 p.m. General warm-up – See above.

5:15 to 5:55 p.m. Controlled warm-up – See above

5:25 p.m. to 5:55 p.m. Sprint Lanes 2 & 7

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

**Hotel Information
Junior Olympics Swim Meet**

La Quinta Inn & Suites Plantation at Peters Rd.

8101 Peters Rd
Plantation, FL 33324

To make a reservation call (954)476-6047 (press 6 for front desk) and ask for the “Junior Olympics Swim Meet” group rate.

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

Single \$85/night

Double/Double \$85/night

****These rates are valid as long as you book on or before: 7/1/14***

Hampton Inn Ft. Lauderdale/Plantation

7801 SW 6th St.
Plantation, FL 33324

To make a reservation call (800)675-2116 and ask for the “Junior Olympics Swim Meet” group rate.

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

Single w/ pullout couch \$102/night

Double /Double \$102/night

****These rates are valid as long as you book on or before: 7/1/14***

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

LONG COURSE

JUNIOR OLYMPICS

HOSTED BY: PLANTATION SWIM TEAM

JULY 18-20

Time Trials

Sanction # FGJO071814PST-B-19

NOTE: Time Trials will be run on Saturday night after finals. Only if time and weather permits.

We will run through the order of events only once.

Date: Saturday, July 19, 2014 – 10 minutes after the conclusion of finals.
(Must supply own timers for all events. Distance event must supply own counters)

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in the Jr. Olympics. Swimmers not in Jr. Olympics can swim 3 events per day.

Entry Fee: \$20.00 per Individual Event
\$40.00 Relay
\$15.00 Surcharge for athletes not already entered in the meet

Athletes not entered in meet must supply proof of USA registration.

Deadline: Saturday, July 19, at 5:30 p.m.

Referee: Pending on FGC

Order of Events

- 201-202 50 Free
- 203-204 100 Free
- 205-206 200 Free
- 207-208 400 Free
- 209-210 800/1500 Free
- 211-212 50 Back
- 213-214 100 Back
- 215-216 200 Back
- 217-218 50 Breast
- 219-220 100 Breast
- 221-222 200 Breast
- 223-224 50 Fly
- 225-226 100 Fly
- 227-228 200 Fly
- 229-230 200 IM
- 231-232 400 IM