

## 2012 4<sup>th</sup> Annual NPB Long Course Summer Kickoff! June 9-10, 2012- Plantation, Florida

**Sanctioned By:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, Sanction #

**Sponsored By:** North Palm Beach Swim Club.

**Location:** Plantation Central Park 9141 NW 2<sup>nd</sup> Street; Plantation, FL - 954-452-2524

**Rules:** Current 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.

**Pool:** 50 Meters by 25 Yards outdoor pool, 8 long-course racing lanes, with a separate 50m x 25 yd pool for warm-up and swim-down pool. Colorado Timing will be used. The depth is 5feet at the starting end.  
**The competition course has not been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book.**

**Dates & Times:** Session I – Open Age Group- Saturday- June 9, 2012. Warm-up 7:30 a.m. Meet starts 9:00 a.m.  
Session II – 12 & Under Age Group- Saturday – June 9, 2012. Warm-up 12:00p.m. Meet Starts 1:30 p.m.  
Session III – Open Age Group- Sunday – June 10, 2012. Warm-up 7:30a.m. Meet Starts 9:00 a.m.  
Session IV –12 & Under Age Group- Sunday- June 10, 2012. Warm-up 12:00pm. Meet Starts 1:30 p.m.

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

**Eligibility** Open to all **2012** USA Swimming registered athlete and foreign athletes with proper travel credential that have been invited by USA swimming. Athletes who are not registered with USA Swimming may register on deck. Deck Entries will be accepted as per the policy listed on the FGC website.

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

**Entry Deadline:** Entries Open- Wednesday May 2, 2012. Entries Close- Sunday June 3, 2012.

*Host will NOTIFY teams being turned away due to the meet being entry capped by phone, fax or e-mail, within 48-hours of receipt of the entry.*

**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.

**Entry Limit:** **Individual Events:** Four (4) individual events per day.

**Entry Procedure:** **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.** Entries should be sent via email to: [NPBcoach4@aol.com](mailto:NPBcoach4@aol.com). Mailed and hand delivered disks will be accepted. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered. Entry fees for non-electronic entries are double the regular fees.**

**NON Electronic Entries** – Must be submitted with Valid USA Swimming numbers, Swimmers name, age, sex, event numbers and times.

Suggested Express Mail Address: North Palm Beach Swim Club  
951 U.S. Hwy #1  
North Palm Beach, FL 33408

**Entry Fees:** \$3.25 – Individual Event \$5.00 – per swimmer surcharge  
Please make checks payable to: **North Palm Beach Swim Club**  
**Entry fees for non-electronic entries are double the regular fees.**

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

**2012 4<sup>th</sup> Annual NPB Long Course Summer Kickoff!**  
**June 9-10, 2012- Plantation, Florida**

**Seeding:** Long Course Meter Times will be used for seeding. All events are Timed Finals.

**Deck Seed:** The FGC deck seed policy will be in effect for this meet

**Positive**

**Check In:**

Events

**400 Individual Medley**

Day

**Saturday**

Check-In Time

**10:00am**

**400 Freestyle**

**Sunday**

**10:00am**

**Swimmers who fail to check-in may swim if a lane is available without creating an additional heat.**

**Awards:** Medals 1<sup>st</sup>-3<sup>rd</sup> Ribbons 4<sup>th</sup> – 16<sup>th</sup> (Age Group 8 & under (50's); 10 & under, 11-12, 14 & under (open events), 15 & Over)

**Admission:** \$3.00 each session. Heat Sheet -\$2.00 each session

**Concessions:** Concession stand will be open for all sessions.

**Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet

**Meet Info:** Updates to meet information as well as Time Lines, Psyche Sheets and Results for the meet will be posted on: [www.npbswimming.com](http://www.npbswimming.com)

**Referee:** Scott Boggs

**Starter:** Jan Vandersluis

**Stroke/Turns** Tina Ladd, Marcy Hocking, Mark Brockman

**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 sanction event.

**Meet Director:** Alf Aguirre

**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

**Hotel**

**Information:** Sheraton Suites- 311 University Drive, Plantation, FL (954)424-3300

**Hyatt Place- 8530 Broward Blvd, Plantation, FL (954)370-2220**

**Renaissance- 1230 South Pine Island, Plantation, FL (954) 308-4600**

# 2012 4<sup>th</sup> Annual NPB Long Course Summer Kickoff!

## June 9-10, 2012- Plantation, Florida

### Order of Events

Girls-Odd / Boys-Even

**Session I      Saturday – June 9, 2012    Warm-up: 7:30am      Meet Starts: 9:00am**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1-2	Open	200 Freestyle
3-4	Open	100 Breaststroke
5-6	Open	200 Backstroke
7-8	Open	100 Butterfly
9-10	Open	50 Freestyle
11-12	Open	400 Individual Medley*

**Session II      Saturday-June 9, 2012    Warm-up: 12:00pm      Meet Starts: 1:30 pm**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
13-14	10 & Under	200 Freestyle
15-16	11-12	200 Freestyle
17-18	10 & Under	100 Breaststroke
19-20	11-12	100 Breaststroke
21-22	10 & Under	100 Backstroke
23-24	11-12	100 Backstroke
25-26	10 & Under	50 Butterfly
27-28	11-12	50 Butterfly
29-30	10 & under	50 Freestyle
31-32	11-12	50 Freestyle

**Session III      Sunday- June 10, 2012    Warm-up 7:30am      Meet Starts: 9:00am**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
33-34	Open	200 Individual Medley
35-36	Open	100 Freestyle
37-38	Open	200 Breaststroke
39-40	Open	100 Backstroke
41-42	Open	200 Butterfly
43-44	Open	400 Freestyle*

**Session IV      Sunday- June 10, 2012    Warm-up 12:00pm      Meet Starts: 1:30pm**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
45-46	10 & Under	200 Individual Medley
47-48	11-12	200 Individual Medley
49-50	10 & Under	100 Freestyle
51-52	11-12	100 Freestyle
53-54	10 & Under	100 Butterfly
55-56	11-12	100 Butterfly
57-58	10 & Under	50 Breaststroke
59-60	11-12	50 Breaststroke
61-62	10 & Under	50 Backstroke
63-64	11-12	50 Backstroke

\*400 Individual Medley and 400 Freestyle are positive check-in events. Swum fastest to slowest, alternating girls, boys.