

29th Annual Speedo Winter Championships
December 12-15, 2019
Hosted by the City of Plantation and the Plantation Swim Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGI121219PST-B-31**

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."

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

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.

Dates & Times: Thursday, 12/12: Timed Finals - Warm-up - 3pm; Start – 4:30pm

Friday, 12/13: Prelims - Warm-up - 7am; Start - 8:30am
Finals - Warm-up - 3pm Start – 4:30pm

Saturday, 12/14: Prelims - Warm-up - 7am; Start - 8:30am
Finals - Warm-up - 3pm; Start – 4:30pm

Sunday, 12/15: Prelims - Warm-up - 7am; Start - 8:30am
Finals - Warm-up - 3pm; Start – 4:30pm

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

General Info: Coaches Meeting: Thursday, December 12 at 4:30pm Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each coach to be aware of any changes.

Pool/Timing: Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 9 lanes. Finals will be held in one 10 lane course (East). Continuous warm-up and warm-down area will be available in both courses. 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 to 7'0" depending on the lane assignment accordance with 202.3.7 (C).

- Rules:** 2019 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.
- All applicable adults participating in or associated with this meet, acknowledge that they Are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- 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, show-ers 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.
- Admission:** \$5.00 per session – Special all session passes will be offered. Heat sheets will be available online at www.swimpst.com and on Meet Mobile. Parking will be free.
- Eligibility:** Open to all current 2019 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming and 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 re-newing 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 athlete is 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 – Terrell Woods by email (terrellwpst@aim.com)

On-Line Meet Entry (OME) – Send your request Terrell Woods email: terrellwpst@aim.com
The following must be included in the email.

Team Name:
Club Code:
LSC:
Coach Name:
Coach Email:
Mobile Number:
Total Number of Athletes:

Once your team has been accepted into the meet, your team will be added into OME. Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) only. Access this system from USA Swimming's website at <http://www.usaswimming.org.ome>. Any team coach may initialize the entry. The account that initializes the entry will be the only account that has access to that team's entries for this meet. That account must login and select "Enter Team". Paper, Fax and Email entries will not be accepted.

OME Opens: 12:01am EST Tuesday, November 12, 2019

OME Closes: 8:59am EST Tuesday December 3, 2019

OME Help: Terrell Woods (Terrellwpst@aim.com - 954-452-2526)
Athletes may enter the meet using conforming and non-conforming times in this order: Short Course Yards (SCY) then Long Course Meters (LCM). Converted times are not permitted. **ENSURE "RELAY ONLY" SWIMMERS ARE INCLUDED IN THE TEAM ENTRY ROSTER.** Since there are no time Standards for relays, it is acceptable to use an override time to enter these events. This will require an entry "Meet Location" and "Meet Date" fields. Please put the word "Entry" in the Field and the current date in the Meet Date Field.

Entry Fees: Entry Fee: \$8.00 Individual Events
\$12.00 Relays
\$15.00 Individual Surcharge

Once a team or individual entry has been received and processed, there will be no refunds in full or in part, unless FGC rule 1.17a.i.v applies. Entry fees will be paid by credit card using USA Swimming's OME checkout.

Late Entries: Late entries will be accepted through a secondary late entry OME, provided the entry cap of 1200 swimmers has not been reached.

OME for Late Entries Open: 9am EST Tuesday December 3, 2019

OME For Late Entries Closes: 11:59pm EST Thursday December 5, 2019

Late Entry: \$16.00 Individual Events
\$24.00 Relays
\$30.00 Individual Surcharge

Entry Limit: 8 individual events for the meet, plus relays. No more than 3 individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit.

Relays: Timed Finals. “A” and “B” Relay Teams only. Over entered relay teams will be scratched. 10 & Under Relays will all swim in the Prelim Session. **Top 10 seeded relays will swim in the Final Session. All other relays will swim in the Preliminary Session.**

Seeding: Short Course Yards (SCY) and Long Course Meters (LCM) times only.

Prelims: 10 & Under, 11-12, 13-14, 15-16, and 17 & Over age groups. **15/16 and 17 & Over age groups will swim together in Prelims and be separated in Finals (one heat of each age group/gender).** All events will be swum fastest to slowest.

Finals: Finals will consist of one heat of women and one heat of men, (top 10 swimmers in each event/age group). 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. 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.

Scratches must be done individually, by event; “team scratches” are not accepted. Swimmers are required to scratch if they are not going to swim in finals. Swimmers who finish the preliminary events in places 11 – 20 are strongly urged to scratch if they do not intend to compete in the Final. Swimmers scratched into finals after 30 minutes of the conclusion of prelims will not be penalized.

- “Failure to swim” in final/checked in timed final will result in the swimmer being fined \$25.00 cash and will be unable to continue competing in the meet until the fine is paid. Upon receiving payment of the fine, the swimmer will be eligible to compete in the meet.

Distance: - Thursday: 1650 Free is a timed final/positive check-in event. Positive Check-in deadline is Thursday, December 12, 4:20 pm. The fastest 48 females and fastest 48 males that check-in will swim regardless of age (6 Heats of women and 6 Heats of men.) This event will be swum together and scored separately by age and gender. **All 1650 competitors must supply their own timer and counter.**

- Friday 500 Free - 11-12 Age Group will be timed finals. Top 10 seeds will swim with finals. 13/14, 15/16 and 17 & Over will be a prelim/final event. 15 & Over will swim together in Prelims. Positive check in deadline will be Friday, December 13 at 8am. **All 500 Free competitors must supply their own timer and counter in the preliminary session and their own counter in the Final Session.**

-Saturday 400 IM - 11-12 Age Group will be timed finals. Top 10 seeds will swim with finals. 13-14, 15-16 and 17 & Over will be a prelim/final event. 15 & Over will swim together in Prelims. Positive check in deadline will be Saturday, December 14 at 8am.

Awards: Individual Events: Medals 1st-3rd
Relays: Medals 1st - 3rd Place Team
Individual High Point: Top 3 in each age group & gender
Team Awards: Women’s Top 3, Men’s Top 3, 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

Information:

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. Information at will be available www.swimpst.com. Meet results will be available on your smart phone and at swimpst.com. Download Meet Mobile from the app store and get results and splits by team, swimmers or events.

Head Referee: Jose Carrion (jrcarrionf@gmail.com)
Meet Director: Terrell Woods (terrellwpst@aim.com)

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.



Thursday Timed Finals Girls Pool TBA, Boys Pool TBA - Warm Up @ 3pm, Start @ 4:30pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev#
1	NT	NT	11/12 200 Medley Relay*	NT	NT	2
3	NT	NT	13/14 200 Medley Relay*	NT	NT	4
5	NT	NT	Open 200 Medley Relay*	NT	NT	6
			5 Min. Break			
7	22:34.99	21:59.99	11/12 1650 Free*	21:59.99	22:34.99	8
9	19:48.09	19:21.69	13/14 1650 Free*	19:15.69	19:55.69	10
11	19:48.09	19:21.69	15 & Over 1650 Free*	19:15.69	19:55.69	12
			5 Min. Break			
13	NT	NT	11/12 200 Free Relay*	NT	NT	14
15	NT	NT	13/14 200 Free Relay*	NT	NT	16
17	NT	NT	Open 200 Free Relay*	NT	NT	18

* - Timed Final

Friday Timed Final/Prelims Girls Pool TBA, Boys Pool TBA - Warm Up @ 7am, Start @ 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
19	1:23.89	1:14.49	11/12 100 Fly	1:14.59	1:24.39	20
21	1:15.49	1:06.59	13/14 100 Fly	1:01.89	1:10.39	22
23	1:12.89	1:04.59	15 & Over 100 Fly	58.59	1:05.39	24
25	3:25.09	3:00.39	11/12 200 Breast	2:57.39	3:25.09	26
27	3:10.79	2:46.29	13/14 200 Breast	2:34.69	2:59.49	28
29	3:11.39	2:47.69	15 & Over 200 Breast	2:33.09	2:55.79	30
31	39.49	34.29	11/12 50 Back	35.09	39.99	32
33	36.59	31.49	13/14 50 Back	29.49	34.39	34
35	36.99	31.59	15 & Over 50 Back	29.09	34.09	36
37	3:02.59	2:40.39	11/12 200 IM	2:37.79	3:03.89	38
39	2:50.99	2:28.49	13/14 200 IM	2:18.79	2:40.39	40
41	2:41.89	2:22.49	15 & Over 200 IM	2:10.79	2:28.19	42
43	34.39	30.39	11/12 50 Free	29.39	33.49	44
45	30.89	26.99	13/14 50 Free	25.99	29.49	46
47	31.39	27.89	15 & Over 50 Free	24.79	28.19	48
49	5:37.09	6:17.99	11/12 500 Free*	6:12.59	5:29.89	50
51	5:01.79	5:38.29	13/14 500 Free	5:33.89	5:02.69	52
53	4:55.29	5:31.59	15 & Over 500 Free	5:09.89	4:38.39	54

* - Timed Final, Top Ten Seeds swim with Finals

Friday Finals Order of Events - East Pool Warm Up @ 3:30pm, Start @ 5pm

Female Ev #	Event Title	Male Ev #
19	11/12 100 Fly	20
21	13/14 100 Fly	22
23A	15/16 100 Fly	24A
23B	17 & Over 100 Fly	24B
25	11/12 200 Breast	26
27	13/14 200 Breast	28
29A	15/16 Over 200 Breast	30A
29B	17 & Over 200 Breast	30B
31	11/12 50 Back	32
33	13/14 50 Back	34
35A	15/16 Over 50 Back	36A
35B	17 & Over 50 Back	36B
37	11/12 200 IM	38
39	13/14 200 IM	40
41A	15/16 200 IM	42A
41B	17 & Over 200 IM	42B
43	11/12 50 Free	44
45	13/14 50 Free	46
47A	15/16 50 Free	48A
47B	17 & Over 50 Free	48B
49	11/12 500 Free*	50
51	13/14 500 Free	52
53A	15 & Over 500 Free	54A
53B	17 & Over 500 Free	54B

* - Timed Final, Top Ten Seeds swim with Finals

Saturday Timed Final/Prelims 10 & Under and 11/12 - TBA Pool - Warm Up @ 7am, Start @ 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
55	NT	NT	10 & U 200 Medley Relay^	NT	NT	56
59	NT	NT	11/12 400 Medley Relay*	NT	NT	60
			5 Min. Break			
61	1:36.79	1:23.79	10 & U 100 Back	1:24.09	1:35.69	62
63	3:01.99	2:37.79	11/12 200 Back	2:38.29	3:01.79	64
69	49.09	42.99	10 & U 50 Breast	44.89	51.19	70
71	43.09	38.49	11/12 50 Breast	38.89	43.99	72
77	1:23.19	1:13.39	10 & U 100 Free	1:14.19	1:24.39	78
79	1:14.89	1:05.09	11/12 100 Free	1:03.89	1:12.49	80
85	3:21.59	2:58.19	10 & U 200 IM	3:01.69	3:24.89	86
87	6:28.39	5:41.09	11/12 400 IM*	5:41.79	6:27.49	88
93	42.49	37.69	10 & U 50 Fly	38.19	42.89	94
95	36.79	32.89	11/12 50 Fly	33.69	37.89	96
57	3:02.39	2:40.39	10 & U 200 Free	2:39.39	2:59.89	58

^ - Timed Final, All Heats swim with Prelims

* - Timed Final, Top Ten Seeds swim with Finals

Saturday Timed Final/Prelims 13/14 and 15 & Over - TBA Pool - Warm Up @ 7am, Start @ 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
65	2:45.59	2:24.29	13/14 200 Back	2:15.79	2:36.79	66
67	2:46.19	2:27.19	15 & Over 200 Back	2:13.59	2:30.99	68
73	42.09	36.29	13/14 50 Breast	33.39	38.59	74
75	41.29	35.59	15 & Over 50 Breast	32.79	36.99	76
81	1:06.79	58.69	13/14 100 Free	56.89	1:05.29	82
83	1:07.19	59.79	15 & Over 100 Free	53.79	1:00.99	84
89	6:00.39	5:15.89	13/14 400 IM	4:55.69	5:40.39	90
91	5:42.39	5:02.29	15 & Over 400 IM	4:44.79	5:17.49	92
97	35.69	31.39	13/14 50 Fly	28.89	33.19	98
99	35.39	31.09	15 & Over 50 Fly	28.09	30.89	100
			5 Min. Break			
101	NT	NT	13/14 400 Medley Relay*	NT	NT	102
103	NT	NT	Open 400 Medley Relay*	NT	NT	104

* - Timed Final, Top Ten Seeds swim with Finals

Saturday Finals Order of Events - East Pool - Warm Up @ 3pm, Start @ 4:30pm

Female Ev #	Event Title	Male Ev #
57	10 & Under 200 Free	58
59	11/12 400 Medley Relay*	60
	5 Min. Break	
61	10 & Under 100 Back	62
63	11/12 200 Back	64
65	13/14 200 Back	66
67A	15/16 200 Back	68A
67B	17 & Over 200 Back	68B
69	10 & Under 50 Breast	70
71	11/12 50 Breast	72
73	13/14 50 Breast	74
75A	15/16 50 Breast	76A
75B	17 & Over 50 Breast	76B
77	10 & Under 100 Free	78
79	11/12 100 Free	80
81	13/14 100 Free	82
83A	15/16 100 Free	84A
83B	17 & Over 100 Free	84B
85	10 & Under 200 IM	86
87	11/12 400 IM*	88
89	13/14 400 IM	90
91A	15/16 400 IM	92A
91B	17 & Over 400 IM	92B
93	10 & Under 50 Fly	94
95	11/12 50 Fly	96
97	13/14 50 Fly	98
99A	15/16 50 Fly	100A
99B	17 & Over 50 Fly	100B
	5 Min. Break	
101	13/14 400 Medley Relay*	102
103	Open 400 Medley Relay*	104

* - Timed Final, Top Ten Seeds swim with Finals

Sunday Timed Final/Prelims 10 & Under and 11/12 - TBA Pool - Warm Up @ 7am, Start @ 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
105	NT	NT	10 & Under 200 Free Relay^	NT	NT	106
107	NT	NT	11/12 400 Free Relay*	NT	NT	108
			5 Min			
109	1:40.79	1:27.29	10 & Under 100 Fly	1:28.79	1:40.09	110
111	3:03.29	2:40.39	11/12 200 Fly	2:40.69	3:01.59	112
117	1:48.49	1:34.39	10 & Under 100 Breast	1:36.19	1:50.69	118
119	1:35.79	1:23.69	11/12 100 Breast	1:23.29	1:35.69	120
125	37.29	32.89	10 & Under 50 Free	33.39	37.69	126
127	2:41.59	2:22.19	11/12 200 Free	2:18.79	2:37.79	128
133	NT	1:23.39	10 & Under 100 IM	1:24.39	NT	134
135	NT	1:15.09	11/12 100 IM	1:13.09	NT	136
141	44.49	38.99	10 & Under 50 Back	39.79	45.29	142
143	1:25.29	1:14.69	11/12 100 Back	1:14.79	1:26.39	144

^ - Timed Final, All Heats swim with Prelims

* - Timed Final, Top Ten Seeds swim with Finals

Sunday Timed Final/Prelims 13/14 and 15 & Over TBA Pool - Warm Up @ 7am, Start @ 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
113	2:45.59	2:27.79	13/14 200 Fly	2:17.49	2:36.59	114
115	2:40.39	2:23.49	15 & Over 200 Fly	2:11.59	2:29.99	116
121	1:28.19	1:16.59	13/14 100 Breast	1:10.79	1:21.29	122
123	1:28.79	1:16.89	15 & Over 100 Breast	1:09.09	1:18.49	124
129	2:23.89	2:06.49	13/14 50 200 Free	2:03.89	2:21.99	130
131	2:22.49	2:07.29	15 & Over 200 Free	1:54.79	2:11.59	132
137	NT	1:10.19	13/14 100 100 IM	1:05.39	NT	138
139	NT	1:07.99	15 & Over 100 IM	1:01.99	NT	140
145	1:17.19	1:07.09	13/14 100 Back	1:03.09	1:12.89	146
147	1:18.49	1:08.89	15 & Over 100 Back	1:00.59	1:10.29	148
			5 Min. Break			
149	NT	NT	13/14 400 Free Relay*	NT	NT	150
151	NT	NT	Open 400 Free Relay*	NT	NT	152

* - Timed Final, Top Ten Seeds swim with Finals

Sunday Finals Order of Events - East Pool - Warm Up @ 3pm, Start @ 4:30pm

Female Ev #	Event Title	Male Ev #
107	11/12 400 Free Relay*	108
109	10 & Under 100 Fly	110
111	11/12 200 Fly	112
113	13/14 200 Fly	114
115A	15/16 200 Fly	116A
115B	17 & Over 200 Fly	116B
117	10 & Under 100 Breast	118
119	11/12 100 Breast	120
121	13/14 100 Breast	122
123A	15/16 100 Breast	124A
123B	17 & Over 100 Breast	124B
125	10 & Under 50 Free	126
127	11/12 200 Free	128
129	13/14 200 Free	130
131A	15/16 200 Free	132A
131B	17 & Over 200 Free	132B
133	10 & Under 100 IM	134
135	11/12 100 IM	136
137	13/14 100 IM	138
139A	15/16 100 IM	140A
139B	17 & Over 100 IM	140B
141	10 & Under 50 Back	142
143	11/12 100 Back	144
145	13/14 100 Back	146
147A	15/16 100 Back	148A
147B	17 & Over 100 Back	148B
149	13/14 400 Free Relay*	150
151	Open 400 Free Relay*	152

* - Timed Final, Top Ten Seeds swim with Finals

2019 Winter Championships (Dec. 12-15, 2019)

Hampton Inn Plantation

7801 SW 6th St.

Plantation, FL 33324

https://hamptoninn.hilton.com/en/hp/groups/personalized/F/FLLPTHX-PST-20191212/index.jhtml?WT.mc_id=POG

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

Queen/Queen Room \$155/night

King Room \$155/night

***These rates are valid if you book on or before: 11/21/19**

Renaissance Plantation Hotel

1230 S. Pine Island Rd.

Plantation, FL 33324

<https://book.passkey.com/go/PSTBooster19>

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

Double/Double Room \$152/night

King Room \$152/night

***These rates are valid if you book on or before: 11/21/19**

Holiday Inn Express Plantation

1701 North University Drive

Plantation, FL 33322

To make a reservation call toll free 1-866-285-0961. Please give dates and refer to group code WIC or group name Winter Championship 2019 at time of reservation or click link below.

<https://www.hiexpress.com/redirect?path=hd&brandCode=EX&localeCode=en®ionCode=1&hotelCode=FLLPL&PMID=99801505&GPC=WIC&cn=no&viewfullsite=true>

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

Double/Double Room \$129/night

***These rates are valid if you book on or before: 11/12/19**

*****If you are having problems with any reservations please feel free to contact Marissa Berry at (708)566-0074 or marissa.berry@conferencedirect.com for assistance*****