



**Plantation Swim Team
Long Course Sectional Qualifier
February 20-21, 2015**

- Sanctioned by:** Florida Gold Coast Swimming, Inc., **Sanction # PST022015FG-SR37**
- Hosted by:** The 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 Blvd. to Broward Blvd. On Broward Blvd. Head west approximately $\frac{3}{4}$ of a mile to Central Park. (1st Stop light) On Central Park make a right. Park entrance is located on right hand side.
- All meet information will be posted on the Sr. Invitational Page of Plantation Swim Team website: www.swimpst.com
- Rules:** 2015 USA Swimming and FGC rules will govern this meet. Safety rules as Outlined by USA Swimming and as recommended by the referee, will be in Effect.
- Deck Change:** 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:** Open to all current 2015 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. Any swimmer entered in the meet must be certified by USA Swimming member 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

Disability Athletes: 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

USA Registrations: The meet host (**WILL NOT**) be accepting New or Renewing USA Registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Pool / Timing: 8 lanes, 50 Meter course, with separate warm-up and warm-down pool Available. Colorado Timing System will be used.
The competition course has been certified in accordance with 104.2.2c(4). The Copy of such certification is on file with USA Swimming.

Date & Time: **Session I.** Friday, February 20: Warm-up 4:00 p.m. Meet Starts 5:00 p.m.

Session II. Saturday, February 21: Warm-up 7:30 a.m. Meet Starts 9:00 a.m.

Session III. Saturday, February 21: *Warm-up 3:00 p.m. Meet Starts 4:00 p.m.

Meet director reserves the right to change meet warm-up, start times in order to host an efficient meet with approval of the Sr. Chair.

Location: Plantation Aquatic Complex
9151 NW 2nd Street
Plantation, Florida 33312

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 $\frac{3}{4}$ of a mile to Central Park Drive. On Central Park Drive 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 "Zipped Comlink" format. Free text entries will not be accepted. List all attending coaches and contact phone numbers in body of 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.**

Entry Deadline: All entries must be received by Friday, February 13, 12:00 Noon.
Email entries to jimmyppst@aol.com **NO FAX ENTRIES.**

Entry Limit: Five (5) individual events per day.

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

Entry Fees: \$6.00 – Individual Event
\$10.00 – Swimmer Surcharge

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.

Seeding: Eligible entries shall be seeded in the following order – Long Course Meters, Short Course Meters, Short Course Yards. All Events will be seeded **Fastest to Slowest.**

Awards: No Awards

Distance Events: **1500 Freestyle, 400 IM, and 400 Freestyles are all Positive Check-in events swum fastest to slowest alternating women and men.**
1500 Free Only the fastest Top 40 Checked in Women & Top 40 Checked in Men will swim. Total – 10 Heats, 5 Women & 5 Men.

Positive Check-in Deadline for 1500 Freestyle is 4:30 p.m. day of event.
Positive Check-in Deadline for 400 Free is 9:30 a.m. day of event.
Positive Check-in Deadline for 400 IM is 4:30 p.m. day of event

PLEASE NOTE: 1500 Free, 400 IM, 400 Free Must supply their own timers and lap counters.

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 8:15 am. Policy can be seen at www.fgcswim.org . All deck entered swimmers must present current USA Swimming Card in order to be entered.

Coaches & Athletes will not be allowed to use the host computer to look up information. Please come prepared.

NOTE: Meet host will except CASH Only for Deck entries.

Deck Entry Fee: \$12.00
Swimmer Surcharge: \$20.00

Head Referee: Carlos Hernandez

Administrative Official: Cindy Jones

Meet Director: Jimmy Parmenter
Please direct all questions to Terrell Woods
 Assistant Director: Terrell Woods TerrellWPST@aim.com 954-452-2526

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

Hotel Information: If you or your team needs a hotel for this meet please contact Craig Rehak at (708)-288-1673 or craig.rehak@officedirect.com for assistance.

Order of Events

SESSION I. Friday, February 20, 2015 – Warm-up 4:00 p.m. Starts 5:00 p.m.

Event #	Women LCM	Women SCM	Women SCY	EVENT	Men SCY	Men SCM	Men LCM	Event #
1	19:43.09	19:13.09	19:21.79	1500 Free	18:10.99	17:59.99	18:29.99	2

Session II. Saturday, February 22, 2014 – Warm-up 7:30 a.m. Starts 9:00 a.m.

Event #	Women LCM	Women SCM	Women SCY	EVENT	Men SCY	Men SCM	Men LCM	Event #
3	2:41.89	2:37.89	2:22.49	200IM	2:10.79	2:24.19	2:28.19	4
5	2:22.49	2:18.49	2:07.29	200 Free	1:54.79	2:07.59	2:11.59	6
7	36.99	36.39	31.59	Mixed 50 Back	31.59	36.39	36.99	7
8	41.29	40.29	35.59	Mixed 50 Breast	35.59	40.29	41.29	8
9	1:18.49	1:16.49	1:08.89	100 Back	1:00.59	1:08.29	1:10.29	10
11	1:28.79	1:26.79	1:16.89	100 Breast	1:09.09	1:16.49	1:18.49	12
13	1:12.89	1:10.89	1:04.59	100 Fly	58.59	1:03.39	1:05.39	14
10 Minute Break								
15	4:55.29	4:47.29	5:31.59	400 Free	5:09.89	4:30.39	4:38.39	16

Session III. Saturday, February 21, 2015 – Warm-up 3:00 p.m. Starts 4:00 p.m.

Event #	Women LCM	Women SCM	Women SCY	EVENT	Men SCY	Men SCM	Men LCM	Event #
17	1:07.19	1:05.19	59.79	100 Free	53.79	58.99	1:00.99	18
19	2:40.39	2:36.39	2:23.49	200 Fly	2:11.59	2:25.99	2:29.99	20
21	2:46.19	2:42.19	2:27.19	200 Back	2:13.59	2:26.99	2:30.99	22
23	3:11.39	3:07.39	2:47.69	200 Breast	2:33.09	2:51.79	2:55.79	24
25	35.39	34.69	31.09	Mixed 50 Fly	31.09	34.69	35.39	25
26	31.39	30.39	27.89	Mixed 50 Free	27.89	30.39	31.39	26
10 Minute Break								
27	5:42.39	5:34.39	5:02.29	400 IM	4:44.79	5:09.49	5:17.49	28