

21st Annual

2011 Speedo Winter Championships

Same Meet **NEW** Format



Hosted by

Plantation Swim Team



2011 Speedo Winter Championships
 Plantation Aquatic Complex, Florida
 November 17-20, 2011

Sanctioned By: Florida Gold Coast Swimming and USA Swimming, Sanction # 111711-FG1

Sponsored By: The City of Plantation, Plantation Swim Team and PST Booster Club.

Location: Plantation Swim Team
 9151 NW 2nd Street
 Plantation, Florida 33324

Time:

| Date | Warm-up | Prelims Start Time | Warm-up | Finals Start Time |
|----------------------|-----------|--------------------|-----------|-------------------|
| 11-17-11 Thursday | | | 3:00 p.m. | 4:30 p.m. |
| 11-18-11 Friday | 7:00 a.m. | 8:30 a.m. | 3:30 p.m. | 5:00 p.m. |
| 11-19-11 Saturday | 7:00 a.m. | 8:30 a.m. | 3:30 p.m. | 5:00 p.m. |
| 11-20-11 Sunday | 7:00 a.m. | 8:30 a.m. | 3:30 p.m. | 5:00 p.m. |

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

Pool: 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. The water depth at starting end of east course varies from 4ft to 12feet and water depth in west course start end is 5 ft across. **Both competition courses have been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.**

Eligibility: Open to all 2011 USA Swimming registered athletes and foreign athletes that have been invited by USA Swimming, who achieve the time standard. All swimmers must be in good standing with USA Swimming. Registration must be completed and confirmed prior to race day. **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 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 requirement – USA Swimming Rule 202.3.3.** PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer's disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards, score points for their team in the same manner as able bodied swimmers. Such swimmers need not achieve the including qualifying time for this meet.

Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athlete are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.

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.

Meet Referee: Larry Fons

Entries: Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at JimmyPPST@aol.com. Entries must be in "Zipped COMMLINK" format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or annotated as relay only in the body of the email. List swimmer, sex, age and USS#. Event # not required. List all attending coaches and contact phone numbers in the body of the 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 Limit: Individual: Limited 3 individual events per day plus relays.
Relays: **800 Free Relay – A relay Teams only.**
Teams may enter "A" and "B" relays for all 200 & 400 relays.

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

Over entered relay teams will be scratched

Entry Fees: \$4.00 Individual Event
\$8.00 Relays
\$7.50 per athlete meet surcharge

Please make checks payable to: Plantation Swim Team

NOTE: One check only per Team.

THERE WILL BE NO REFUNDS

Deck Entries:

The FGC Deck Seed Policy Will Be In Effect
The policy can be seen at www.fgcswim.org

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

Deck Entry Fee: \$8.00 Individual Event
\$16.00 Relay
\$15.00 Surcharge

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

Entry Deadline:

All entries must be received by **Wednesday, November 10, 2011 by 6:00 p.m.**

Email entries to: JimmyPPST@aol.com

NO FAX ENTRIES

Seeding:

Conforming and Non-Conforming Times: Enter SCY,SCM, then LCM. Eligible entries shall be seeded in the following order –Short Course Yards, then Short Course Meters then Long Course Meters.

- **All relays are timed finals.**
12 & under relays will all be swum in prelims.
13-14 & Open relays will all be swum in finals.
- **400 IM** – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. **Check-in Deadline 3:45 p.m.**
Open 400 IM Only Top 40 Women & Top 40 Men will swim.
15-16 400 IM Only Top 40 Girls & Top 40 Boys will swim.
13-14 400 IM Only Top 40 Girls & Top 40 Boys will swim.
11-12 400 IM Only Top 40 Girls & Top 40 Boys will swim.
- **800 Free Relays – Positive Check-in Deadline 4:00 p.m.**
- **1000 Free** – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. Only Top 120 will swim. **Check-in Deadline 4:30p.m.**
- **500 Free** – is a positive check-in event swum as timed finals. 13 & over Top 10 swimmers will be swum in finals night. **Check-in Deadline 9:00 a.m.**
The swimmer has the right to swim in prelims, but he/she must be entered at the meet qualify time.
12 & under 500's will be swum as a timed final swum in prelims.
- **1650 Free** – The 1650 Free is a positive check-in and swum as timed finals, all age groups will be swum together and scored separately, swum fastest to slowest alternating girls, boys. All heats of 1650 Freestyles will start 10 minutes following the East pool session. Two pools may be used for this event. **Check-in Deadline 9:00 a.m.**
- 1650 swimmers must supply their own counters and timers.
- “Failure to swim” a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No Payment, No swimming, including relays.
- “Failure to swim” in finals will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No Payment, No swimming, including relays.

- 400 IM, 1000 Free, 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 fax 954-452-2519 or by email to JimmyPPST@aol.com no later than Wednesday, November 10, 2011 by 6:00 p.m.
- Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

Finals: Finals will consist of one heat of girls and one heat of boys (top 10 swimmers in each event by age groups).

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 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.
- 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.
 - IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Scoring: Individual: 11-9-8-7-6-5-4-3-2-1
Relays: 22-18-16-14-12-10-8-6-4-2

Awards: Individual Events: Medals 1st-3rd Relays: Medals 1st place team.
Individual High Point: Top 3 in each age group & sex.
Team Awards: Women's, Men's and Combined Top 5 Teams.

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

Concessions: Concession stand will be open for all sessions.

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

Identification: Coaches and Officials shall wear their 2011 USA registration card in a visible location at the meet at all times during this meet.

Meet Information: Real Time results and updates to meet information as well as time lines, 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 Director: Jimmy Parmenter – JimmyPPST@aol.com – Office 954-452-2526

Assistant Meet Director: Terrell Woods – TerrellWPST@aol.com – Office 954-452-2526
Pre-meet - Please direct all questions to Terrell Woods.

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff.

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 ¼ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Hotels:

Holiday Inn Express & Suites
1701 N. University Drive
Plantation, Fl 33322
954-472-5600

La Quinta Inn & Suites
7901 SW 6 Street
Plantation, Fl 33324
954-473-8257

Staybridge Suites
410 N. Pine Island Rd.
Plantation, Fl 33324
954-577-9696

Courtyard By Marriott
7780 SW 6th Street
Plantation, Fl 33324
954-475-110

Hyatt Place Plantatio
8530 W Broward Blvd.
Plantation, Fl 33322
954-370-2220

Sheraton Suites
311 N. University Drive
Plantation, Fl 33324
954-424-3300

Marriott Residence Inn
130 N. University Drive
Plantation, Fl 33324
954-723-0300

Quality Inn Sawgrass
1711 N. University Drive
Plantation, Fl 33322
954-556-8200

Renaissance Plantation
1230 S. Pine Island Rd.
Plantation, Fl 33324
954-472-2252

Hampton Inn Plantation
7801 SW 6th Street
Plantation, Fl 33324
954-382-4500

Thursday, November 17, 2011 GIRLS POOL (Course TBA) 4:30 p.m. Start

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY |
|---------------------------------|-----------|----------------|-----------|-----------|-----------|
| 1 | Open | 400 IM | 5:46.39 | 5:38.39 | 5:06.29 |
| 3 | 15-16 | 400 IM | 5:46.39 | 5:38.39 | 5:06.29 |
| 5 | 14 yr old | 400 IM | 6:03.19 | 5:53.79 | 5:20.49 |
| 7 | 13 yr old | 400 IM | 6:03.19 | 5:53.79 | 5:20.49 |
| 9 | 12 yr old | 400 IM | 6:35.99 | 6:23.49 | 5:42.59 |
| 11 | 11 yr old | 400 IM | 6:35.99 | 6:23.49 | 5:42.59 |
| 13 | Open | 800 Free Relay | NT | NT | NT |
| 15 | 13-14 | 800 Free Relay | NT | NT | NT |
| **** 10 Minute Break**** | | | | | |
| 17 | Open | 1000 Free | 10:21.39 | 10:08.59 | 11:32.49 |
| 19 | 15-16 | 1000 Free | 10:21.39 | 10:08.59 | 11:32.49 |
| 21 | 14 yr old | 1000 Free | 10:20.99 | 10:10.29 | 11:37.29 |
| 23 | 13 yr old | 1000 Free | 10:20.99 | 10:10.29 | 11:37.29 |

Thursday, November 17, 2011 BOYS POOL (Course TBA) 4:30 p.m. Start

| Event # | Age | Event | Boys LCM | Boys SCM | Boys SCY |
|---------------------------------|-----------|----------------|----------|----------|----------|
| 2 | Open | 400 IM | 5:21.49 | 5:13.49 | 4:48.79 |
| 4 | 15-16 | 400 IM | 5:21.49 | 5:13.49 | 4:48.79 |
| 6 | 14 yr old | 400 IM | 5:46.79 | 5:34.69 | 5:02.89 |
| 8 | 13 yr old | 400 IM | 5:46.79 | 5:34.69 | 5:02.89 |
| 10 | 12 yr old | 400 IM | 6:35.99 | 6:23.49 | 5:42.59 |
| 12 | 11 yr old | 400 IM | 6:35.99 | 6:23.49 | 5:42.59 |
| 14 | Open | 800 Free Relay | NT | NT | NT |
| 16 | Open | 800 Free Relay | NT | NT | NT |
| **** 10 Minute Break**** | | | | | |
| 18 | Open | 1000 Free | 10:56.39 | 9:39.19 | 9:51.89 |
| 20 | 15-16 | 1000 Free | 10:56.39 | 9:39.19 | 9:51.89 |
| 22 | 14 yr old | 1000 Free | 10:20.99 | 10:10.29 | 11:37.29 |
| 24 | 13 yr old | 1000 Free | 10:20.99 | 10:10.29 | 11:37.29 |

Friday, November 18, 2011 Pool 2

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY | Boys LCM | Boys SCM | Boys SCY |
|-------------------------|-----------|----------------|-----------|-----------|-----------|----------|----------|----------|
| 25-26 | 11 yr old | 200 Back | 3:02.69 | 2:55.59 | 2:39.09 | 3:07.79 | 2:57.09 | 2:40.19 |
| 27-28 | 12 yr old | 200 Back | 3:02.69 | 2:55.59 | 2:39.09 | 3:07.79 | 2:57.09 | 2:40.19 |
| 37-38 | 9 & under | 50 Free | 37.49 | 36.79 | 33.39 | 38.29 | 37.29 | 33.79 |
| 39-40 | 10 yr old | 50 Free | 37.49 | 36.79 | 33.39 | 38.29 | 37.29 | 33.79 |
| 41-42 | 11 yr old | 50 Free | 34.69 | 33.99 | 30.89 | 34.49 | 32.99 | 29.89 |
| 43-44 | 12 yr old | 50 Free | 34.69 | 33.99 | 30.89 | 34.49 | 32.99 | 29.89 |
| 53-54 | 9 & under | 100 Breast | 1:49.49 | 1:45.19 | 1:35.39 | 1:52.89 | 1:49.19 | 1:38.89 |
| 55-56 | 10 yr old | 100 Breast | 1:49.49 | 1:45.19 | 1:35.39 | 1:52.89 | 1:49.19 | 1:38.89 |
| 57-58 | 11 yr old | 100 Breast | 1:37.39 | 1:32.79 | 1:24.19 | 1:38.09 | 1:33.89 | 1:24.99 |
| 59-60 | 12 yr old | 100 Breast | 1:37.39 | 1:32.79 | 1:24.19 | 1:38.09 | 1:33.89 | 1:24.99 |
| 69-70 | 9 & under | 100 Fly | 1:44.69 | 1:37.79 | 1:33.29 | 1:45.59 | 1:42.89 | 1:33.19 |
| 71-72 | 10 yr old | 100 Fly | 1:44.69 | 1:37.79 | 1:33.29 | 1:45.59 | 1:42.89 | 1:33.19 |
| 73-74 | 11 yr old | 100 Fly | 1:26.09 | 1:23.89 | 1:16.09 | 1:26.69 | 1:24.09 | 1:16.09 |
| 75-76 | 12 yr old | 100 Fly | 1:26.09 | 1:23.89 | 1:16.09 | 1:26.69 | 1:24.09 | 1:16.09 |
| 85-86 | 11-12 | 400 Free Relay | NT | NT | NT | NT | NT | NT |
| **** 5 Minute Break**** | | | | | | | | |
| 87-88 | 9 & Under | 500 Free | 6:25.69 | 6:12.29 | 7:05.89 | 6:29.69 | 6:16.29 | 7:09.89 |
| 89-90 | 10 yr old | 500 Free | 6:25.69 | 6:12.29 | 7:05.89 | 6:29.69 | 6:16.29 | 7:09.89 |
| 91-92 | 11 yr old | 500 Free | 5:36.39 | 5:27.19 | 6:14.29 | 5:44.69 | 5:33.69 | 6:21.29 |
| 93-94 | 12 yr old | 500 Free | 5:36.39 | 5:27.19 | 6:14.29 | 5:44.69 | 5:33.69 | 6:21.29 |

Friday, November 18, 2011 Pool 1 – Finals Course

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY | Boys LCM | Boys SCM | Boys SCY |
|---------|-----------|----------------|-----------|-----------|-----------|----------|----------|----------|
| 29-30 | 13 yr old | 200 Back | 2:51.99 | 2:45.39 | 2:29.69 | 2:42.09 | 2:34.19 | 2:19.49 |
| 31-32 | 14 yr old | 200 Back | 2:51.99 | 2:45.39 | 2:29.69 | 2:42.09 | 2:34.19 | 2:19.49 |
| 33-34 | 15-16 | 200 Back | 2:48.19 | 2:44.19 | 2:29.19 | 2:32.99 | 2:28.99 | 2:15.59 |
| 35-36 | Open | 200 Back | 2:48.19 | 2:44.19 | 2:29.19 | 2:32.99 | 2:28.99 | 2:15.59 |
| 45-46 | 13 yr old | 50 Free | 31.49 | 30.39 | 27.59 | 30.69 | 29.39 | 26.59 |
| 47-48 | 14 yr old | 50 Free | 31.49 | 30.39 | 27.59 | 30.69 | 29.39 | 26.59 |
| 49-50 | 15-16 | 50 Free | 31.89 | 30.89 | 28.39 | 28.69 | 27.69 | 25.29 |
| 51-52 | Open | 50 Free | 31.89 | 30.89 | 28.39 | 28.69 | 27.69 | 25.29 |
| 61-62 | 13 yr | 100 Breast | 1:29.09 | 1:26.19 | 1:17.99 | 1:23.59 | 1:19.89 | 1:12.29 |
| 63-64 | 14 yr | 100 Breast | 1:29.09 | 1:26.19 | 1:17.99 | 1:23.59 | 1:19.89 | 1:12.29 |
| 65-66 | 15-16 | 100 Breast | 1:30.79 | 1:28.79 | 1:18.89 | 1:20.49 | 1:18.49 | 1:11.09 |
| 67-68 | Open | 100 Breast | 1:30.79 | 1:28.79 | 1:18.89 | 1:20.49 | 1:18.49 | 1:11.09 |
| 77-78 | 13 yr old | 100 Fly | 1:17.59 | 1:15.59 | 1:08.29 | 1:12.69 | 1:10.79 | 1:04.09 |
| 79-80 | 14 yr old | 100 Fly | 1:17.59 | 1:15.59 | 1:08.29 | 1:12.69 | 1:10.79 | 1:04.09 |
| 81-82 | 15-16 | 100 Fly | 1:14.89 | 1:12.89 | 1:06.59 | 1:07.39 | 1:05.39 | 1:00.59 |
| 83-84 | Open | 100 Fly | 1:14.89 | 1:12.89 | 1:06.59 | 1:07.39 | 1:05.39 | 1:00.59 |
| 95-96 | 13 yr old | 500 Free | 5:03.49 | 4:55.99 | 5:38.29 | 5:05.59 | 4:57.69 | 5:40.09 |
| 97-98 | 14 yr old | 500 Free | 5:03.49 | 4:55.99 | 5:38.29 | 5:05.59 | 4:57.69 | 5:40.09 |
| 99-100 | 15-16 | 500 Free | 4:59.29 | 4:51.29 | 5:36.59 | 4:42.39 | 4:34.39 | 5:14.89 |
| 101-102 | Open | 500 Free | 4:59.29 | 4:51.29 | 5:36.59 | 4:42.39 | 4:34.39 | 5:14.89 |
| 103-104 | 13-14 | 200 Free Relay | NT | NT | NT | NT | NT | NT |
| 105-106 | Open | 200 Free Relay | NT | NT | NT | NT | NT | NT |

Saturday, November 19, 2011 Pool 2

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY | Boys LCM | Boys SCM | Boys SCY |
|---------|------------|------------------|-----------|-----------|-----------|----------|----------|----------|
| 107-108 | 10 & under | 200 Medley Relay | NT | NT | NT | NT | NT | NT |
| 109-110 | 11-12 | 200 Medley Relay | NT | NT | NT | NT | NT | NT |
| 115-116 | 9 & under | 200 Free | 3:01.89 | 2:54.79 | 2:38.39 | 3:03.19 | 2:58.79 | 2:41.39 |
| 117-118 | 10 yr old | 200 Free | 3:01.89 | 2:54.79 | 2:38.39 | 3:03.19 | 2:58.79 | 2:41.39 |
| 119-120 | 11 yr old | 200 Free | 2:41.69 | 2:36.89 | 2:22.19 | 2:42.79 | 2:37.49 | 2:22.59 |
| 121-122 | 12 yr old | 200 Free | 2:41.69 | 2:36.89 | 2:22.19 | 2:42.79 | 2:37.49 | 2:22.59 |
| 131-132 | 9 & under | 50 Fly | 43.09 | 42.19 | 37.99 | 43.99 | 43.49 | 39.39 |
| 133-134 | 10 yr old | 50 Fly | 43.09 | 42.19 | 37.99 | 43.99 | 43.49 | 39.39 |
| 135-136 | 11 yr old | 50 Fly | 37.79 | 37.19 | 32.69 | 37.99 | 37.49 | 32.39 |
| 137-138 | 12 yr old | 50 Fly | 37.79 | 37.19 | 32.69 | 37.99 | 37.49 | 32.39 |
| 147-148 | 11 yr old | 200 Breast | 3:25.69 | 3:18.29 | 2:59.69 | 3:29.59 | 3:19.09 | 3:00.19 |
| 149-150 | 12 yr old | 200 Breast | 3:25.69 | 3:18.29 | 2:59.69 | 3:29.59 | 3:19.09 | 3:00.19 |
| 159-160 | 9 yr old | 100 Back | 1:37.29 | 1:32.89 | 1:26.49 | 1:39.89 | 1:36.19 | 1:27.09 |
| 161-162 | 10 yr old | 100 Back | 1:37.29 | 1:32.89 | 1:26.49 | 1:39.89 | 1:36.19 | 1:27.09 |
| 163-164 | 11 yr old | 100 Back | 1:28.29 | 1:24.79 | 1:15.29 | 1:26.19 | 1:24.49 | 1:15.29 |
| 165-166 | 12 yr old | 100 Back | 1:28.29 | 1:24.79 | 1:15.29 | 1:26.19 | 1:24.49 | 1:15.29 |
| 175-176 | 9 yr old | 100 IM | X | 1:33.89 | 1:25.19 | X | 1:34.39 | 1:26.39 |
| 177-178 | 10 yr old | 100 IM | X | 1:33.89 | 1:25.19 | X | 1:34.39 | 1:26.39 |
| 179-180 | 11 yr old | 100 IM | X | 1:24.19 | 1:13.29 | X | 1:23.79 | 1:13.79 |
| 181-182 | 12 yr old | 100 IM | X | 1:24.19 | 1:13.29 | X | 1:23.79 | 1:13.79 |
| 191-192 | 10 & Under | 200 Free Relay | NT | NT | NT | NT | NT | NT |
| 193-194 | 11-12 | 200 Free Relay | NT | NT | NT | NT | NT | NT |

Saturday, November 19, 2011 Pool 1 – Finals Course

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY | Boys LCM | Boys SCM | Boys SCY |
|---------|-----------|------------------|-----------|-----------|-----------|----------|----------|----------|
| 111-112 | 13-14 | 200 Medley Relay | NT | NT | NT | NT | NT | NT |
| 113-114 | Open | 200 Medley Relay | NT | NT | NT | NT | NT | NT |
| 123-124 | 13 yr old | 200 Free | 2:26.19 | 2:22.09 | 2:08.59 | 2:24.99 | 2:19.99 | 2:06.69 |
| 125-126 | 14 yr old | 200 Free | 2:26.19 | 2:22.09 | 2:08.59 | 2:24.99 | 2:19.99 | 2:06.69 |
| 127-128 | 15-16 | 200 Free | 2:24.49 | 2:20.49 | 2:09.29 | 2:13.59 | 2:09.59 | 1:56.79 |
| 129-130 | Open | 200 Free | 2:24.49 | 2:20.49 | 2:09.29 | 2:13.59 | 2:09.59 | 1:56.79 |
| 139-140 | 13 yr old | 50 Fly | 36.59 | 35.59 | 32.39 | 34.69 | 33.79 | 30.09 |
| 141-142 | 14 yr old | 50 Fly | 36.59 | 35.59 | 32.39 | 34.69 | 33.79 | 30.09 |
| 143-144 | 15-16 | 50 Fly | 35.89 | 35.19 | 31.59 | 31.39 | 30.69 | 28.59 |
| 145-146 | Open | 50 Fly | 35.89 | 35.19 | 31.59 | 31.39 | 30.69 | 28.59 |
| 151-152 | 13 yr old | 200 Breast | 3:11.99 | 3:05.69 | 2:47.99 | 3:02.39 | 2:52.69 | 2:36.29 |
| 153-154 | 14 yr old | 200 Breast | 3:11.99 | 3:05.69 | 2:47.99 | 3:02.39 | 2:52.69 | 2:36.29 |
| 155-156 | 15-16 | 200 Breast | 3:13.39 | 3:09.39 | 2:49.69 | 2:57.79 | 2:53.79 | 2:35.09 |
| 157-158 | Open | 200 Breast | 3:13.39 | 3:09.39 | 2:49.69 | 2:57.79 | 2:53.79 | 2:35.09 |
| 167-168 | 13 yr old | 100 Back | 1:20.49 | 1:17.09 | 1:09.79 | 1:15.59 | 1:11.69 | 1:04.89 |
| 169-170 | 14 yr old | 100 Back | 1:20.49 | 1:17.09 | 1:09.79 | 1:15.59 | 1:11.69 | 1:04.89 |
| 171-172 | 15-16 | 100 Back | 1:19.49 | 1:17.49 | 1:09.89 | 1:11.29 | 1:09.29 | 1:01.59 |
| 173-174 | Open | 100 Back | 1:19.49 | 1:17.49 | 1:09.89 | 1:11.29 | 1:09.29 | 1:01.59 |
| 183-184 | 13 yr old | 100 IM | X | 1:20.69 | 1:11.99 | X | 1:18.29 | 1:09.99 |
| 185-186 | 14 yr old | 100 IM | X | 1:20.69 | 1:11.99 | X | 1:18.29 | 1:09.99 |
| 187-188 | 15-16 | 100 IM | X | 1:17.69 | 1:09.99 | X | 1:11.09 | 1:03.99 |
| 189-190 | Open | 100 IM | X | 1:17.69 | 1:09.99 | X | 1:11.09 | 1:03.99 |
| 195-196 | 13-14 | 400 Medley Relay | NT | NT | NT | NT | NT | NT |
| 197-198 | Open | 400 Medley Relay | NT | NT | NT | NT | NT | NT |

Sunday, November 20, 2011 Pool 2

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY | Boys LCM | Boys SCM | Boys SCY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------|-----------|-----------|-----------|----------|----------|----------|
| 199-200 | 9 & under | 200 IM | 3:29.89 | 3:24.39 | 3:04.69 | 3:31.89 | 3:26.39 | 3:06.69 |
| 201-202 | 10 yr old | 200 IM | 3:29.89 | 3:24.39 | 3:04.69 | 3:31.89 | 3:26.39 | 3:06.69 |
| 203-204 | 11 yr old | 200 IM | 3:02.19 | 2:57.59 | 2:35.89 | 3:03.29 | 3:00.69 | 2:38.69 |
| 205-206 | 12 yr old | 200 IM | 3:02.19 | 2:57.59 | 2:35.89 | 3:03.29 | 3:00.69 | 2:38.69 |
| 215-216 | 9 & under | 50 Back | 44.69 | 43.19 | 39.19 | 44.89 | 45.59 | 39.59 |
| 217-218 | 10 yr old | 50 Back | 44.69 | 43.19 | 39.19 | 44.89 | 45.59 | 39.59 |
| 219-220 | 11 yr old | 50 Back | 40.19 | 38.89 | 34.79 | 39.99 | 39.29 | 34.59 |
| 221-222 | 12 yr old | 50 Back | 40.19 | 38.89 | 34.79 | 39.99 | 39.29 | 34.59 |
| 231-232 | 9 & under | 50 Breast | 49.29 | 47.49 | 43.49 | 51.79 | 50.09 | 45.39 |
| 233-234 | 10 yr old | 50 Breast | 49.29 | 47.49 | 43.49 | 51.79 | 50.09 | 45.39 |
| 235-236 | 11 yr old | 50 Breast | 44.89 | 42.99 | 38.99 | 45.29 | 43.39 | 39.39 |
| 237-238 | 12 yr old | 50 Breast | 44.89 | 42.99 | 38.99 | 45.29 | 43.39 | 39.39 |
| 247-248 | 11 yr old | 200 Fly | 3:04.59 | 2:58.49 | 2:41.69 | 3:08.39 | 3:02.19 | 2:44.89 |
| 249-250 | 12 yr old | 200 Fly | 3:04.59 | 2:58.49 | 2:41.69 | 3:08.39 | 3:02.19 | 2:44.89 |
| 259-260 | 9 & under | 100 Free | 1:23.89 | 1:21.99 | 1:14.39 | 1:25.89 | 1:23.29 | 1:15.39 |
| 261-262 | 10 yr old | 100 Free | 1:23.89 | 1:21.99 | 1:14.39 | 1:25.89 | 1:23.29 | 1:15.39 |
| 263-264 | 11 yr old | 100 Free | 1:16.19 | 1:13.99 | 1:07.19 | 1:14.59 | 1:12.49 | 1:05.59 |
| 265-266 | 12 yr old | 100 Free | 1:16.19 | 1:13.99 | 1:07.19 | 1:14.59 | 1:12.49 | 1:05.59 |
| **** 5 Minute Break**** | | | | | | | | |
| 275-276 | 11-12 | 400 Medley relay | NT | NT | NT | NT | NT | NT |
| Note: | | | | | | | | |
| The 1650's will start at the completion of Pool 1. The 1650 will be swum together and scored separately alternating girls than boys, swum fastest to slowest. | | | | | | | | |
| 281-282 | 11 yr old | 1650 Free | 23:09.79 | 22:18.09 | 22:17.09 | 23:09.79 | 22:18.09 | 22:17.09 |
| 283-284 | 12 yr old | 1650 Free | 23:09.79 | 22:18.09 | 22:17.09 | 23:09.79 | 22:18.09 | 22:17.09 |

Sunday, November 20, 2011 Pool 1 – Finals Course

| Event # | Age | Event | Girls LCM | Girls SCM | Girls SCY | Boys LCM | Boys SCM | Boys SCY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------|-----------|-----------|-----------|----------|----------|----------|
| 207-208 | 13 yr old | 200 IM | 2:45.19 | 2:40.39 | 2:25.19 | 2:44.59 | 2:37.49 | 2:22.49 |
| 209-210 | 14 yr old | 200 IM | 2:45.19 | 2:40.39 | 2:25.19 | 2:44.59 | 2:37.49 | 2:22.49 |
| 211-212 | 15-16 | 200 IM | 2:43.89 | 2:39.89 | 2:24.49 | 2:30.19 | 2:26.19 | 2:12.79 |
| 213-214 | Open | 200 IM | 2:43.89 | 2:39.89 | 2:24.49 | 2:30.19 | 2:26.19 | 2:12.79 |
| 223-224 | 13 yr old | 50 Back | 38.49 | 36.09 | 32.79 | 35.59 | 33.69 | 30.89 |
| 225-226 | 14 yr old | 50 Back | 38.49 | 36.09 | 32.79 | 35.59 | 33.69 | 30.89 |
| 227-228 | 15-16 | 50 Back | 37.49 | 36.89 | 32.09 | 34.59 | 33.99 | 29.59 |
| 229-230 | Open | 50 Back | 37.49 | 36.89 | 32.09 | 34.59 | 33.99 | 29.59 |
| 239-240 | 13 yr old | 50 Breast | 42.09 | 41.19 | 36.99 | 39.59 | 38.09 | 34.29 |
| 241-242 | 14 yr old | 50 Breast | 42.09 | 41.19 | 36.99 | 39.59 | 38.09 | 34.29 |
| 243-244 | 15-16 | 50 Breast | 41.79 | 40.79 | 36.09 | 37.49 | 36.49 | 33.29 |
| 245-246 | Open | 50 Breast | 41.79 | 40.79 | 36.09 | 37.49 | 36.49 | 33.29 |
| 251-252 | 13 yr old | 200 Fly | 2:49.59 | 2:44.19 | 2:28.59 | 2:41.59 | 2:37.19 | 2:22.29 |
| 253-254 | 14 yr old | 200 Fly | 2:49.59 | 2:44.19 | 2:28.59 | 2:41.59 | 2:37.19 | 2:22.29 |
| 255-256 | 15-16 | 200 Fly | 2:42.39 | 2:38.39 | 2:25.49 | 2:31.99 | 2:27.99 | 2:13.59 |
| 257-258 | Open | 200 Fly | 2:42.39 | 2:38.39 | 2:25.49 | 2:31.99 | 2:27.99 | 2:13.59 |
| 267-268 | 13 yr old | 100 Free | 1:08.39 | 1:06.29 | 59.99 | 1:06.59 | 1:04.19 | 58.09 |
| 269-270 | 14 yr old | 100 Free | 1:08.39 | 1:06.29 | 59.99 | 1:06.59 | 1:04.19 | 58.09 |
| 271-272 | 15-16 | 100 Free | 1:08.19 | 1:06.19 | 1:00.79 | 1:01.99 | 59.99 | 54.79 |
| 273-274 | Open | 100 Free | 1:08.19 | 1:06.19 | 1:00.79 | 1:01.99 | 59.99 | 54.79 |
| **** 5 Minute Break**** | | | | | | | | |
| 277-278 | 13-14 | 400 Free Relay | NT | NT | NT | NT | NT | NT |
| 279-280 | Open | 400 Free Relay | NT | NT | NT | NT | NT | NT |
| **** 10 Minute Break**** | | | | | | | | |
| Note: | | | | | | | | |
| The 1650's will start at the completion of Pool 1. The 1650 will be swum together and scored separately alternating girls than boys, swum fastest to slowest. | | | | | | | | |
| 285-286 | 13-14 | 1650 Free | 19:48.09 | 19:14.89 | 19:21.69 | 19:48.09 | 19:14.89 | 19:21.69 |
| 287-288 | 15-16 | 1650 Free | 19:58.09 | 19:28.09 | 19:38.29 | 18:44.99 | 18:14.99 | 18:27.49 |
| 289-290 | Open | 1650 Free | 19:59.09 | 19:28.09 | 19:38.29 | 18:44.99 | 18:14.99 | 18:27.49 |

Time Trials

| | |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SANCTIONED BY: | Florida Gold Coast Swimming |
| SPONSORED BY: | The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club. |
| LOCATION: | Plantation Swim Team 9151 NW 2 nd Street Plantation, Florida 33324 |
| TIME: | 15 MINUTES after the conclusion of PRELIMS on Saturday only. |
| POOL: | Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes. |
| ELIGIBILITY: | Open to all 2011 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming, that have been properly entered in the 2011 in Winter Championships. |
| ENTRY LIMIT: | 3 individual events per day, including events swum in the 2011 Winter Champs. We will go through the order of events two times. |
| ENTRY FEE: | \$15.00 per event. Cash only will be accepted. Swimmers not entered in the Winter Champs must pay \$15.00 meet surcharge. Cash Only. |
| ENTRIES: | Will be in the computer room closes at 10:30 a.m. |
| SEEDING: | 25 – yards short course. |
| SCRATCHES: | No penalty for scratching at the block. |
| RULES: | Current USA Swimming rules will apply. |
| OFFICIALS: | Meet Referee: Larry Fons Starter: TBA Stroke & Turn: TBA |
| Meet Marshall: | Howard Bilger and the City of Plantation Life Guard Staff. |

ORDER OF EVENTS:

Saturday Events

| | |
|------------------|-------------------|
| Event 50 Free | Event # 301 – 302 |
| Event 100 Free | Event # 303 –304 |
| Event 200 Free | Event # 305 –306 |
| Event 500 Free | Event # 307 –308 |
| Event 1650 Free | Event # 309 - 310 |
| Event 50 Back | Event # 311 - 312 |
| Event 100 Back | Event # 313 - 314 |
| Event 200 Back | Event # 315 - 316 |
| Event 50 Breast | Event # 317 – 318 |
| Event 100 Breast | Event # 319 - 320 |
| Event 200 Breast | Event # 321 - 322 |
| Event 50 Fly | Event # 323 - 324 |
| Event 100 Fly | Event # 325 - 326 |
| Event 200 Fly | Event # 327 - 328 |
| Event 100 IM | Event # 329 - 330 |
| Event 200 IM | Event # 331 - 332 |
| Event 400 IM | Event # 333 - 334 |

NOTE: Swimmers not entered in meet may swim a total of 3 events.