



**Sharks & Piranhas
Long Course Senior Invitational
January 23-25, 2015**

- Sanctioned by:** Florida Gold Coast Swimming, Inc., **Sanction #012315-FGSR-4915**
- Hosted by:** NSU Swim Club & Plantation Swim Team
- 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 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 who have achieved the meet qualifying times.
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
- 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, January 23: Warm-up 4:00 p.m. Meet Starts 5:30 p.m.
Session II. Saturday, January 24: Warm-up 1:00 p.m. Meet Starts 2:00 p.m.
Session III. Sunday, January 25: Warm-up 9:00 a.m. Meet Starts 10:00 a.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: **Nova Southeastern University Aquatic Complex**
Corner of SW 36th Street and SW 75th Ave • Davie, Florida

Directions:

From Florida's Turnpike
Heading North or South
From Florida's Turnpike, Exit at I-595, proceed west to University Drive. Turn left (south) onto University Drive. Proceed approximately 0.75 miles and turn left onto SW 36 St. Continue approximately ½ mile and turn left into the south entrance of the parking lot.

From I-595
Proceed to University Drive. Turn (south) onto University Drive. Proceed approximately 1 ½ miles and turn left onto SW 36th. Continue approximately ½ mile and turn left into the south entrance of the parking lot.

From I-75
Heading North or South
Exit I-595 East, take I-595 East to University Dr. Turn right (South) and proceed approximately 0.75 miles and turn left onto SW 36 St. Continue approximately ½ mile and turn left into the south entrance of the parking lot.

From I-95
Heading North or South
Exit at I-595, proceed west to University Drive. Turn left (south) onto University Drive. Proceed approximately 0.75 miles and turn left onto SW 36 St. Continue approximately ½ mile and turn left into the south entrance of the parking lot.

Entries: Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at jimmypst@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, January 17, 12:00 Noon.
Email entries to jimmypst@aol.com **NO FAX ENTRIES.**

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

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

Please make checks payable to: **FLSWIMMING**
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: Three (3) individual events per day. Maximum event total for meet is 9. Over entered swimmers will be scratched from the event that exceeds the entry limit.

Awards: No Awards

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: Kathleen Fish

Administrative Officials: Cindy Jones

Meet Director: Dennis Lugemwa – dlugemwa@nova.edu

Assistant Meet Director: Terrell Woods – terrellwpst@aim.com

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. Mention January Shark & Piranha Senior Invitational

Order of Events

Friday, January 23, 2015 Warm-up: 4:00 p.m. – Meet Starts at 5:30 p.m.

Event #	Women LCM	Women SCM	Women SCY	EVENT	Men SCY	Men SCM	Men LCM	Event #
1	4:55.29	4:47.29	5:31.59	400 Free	5:09.89	4:30.39	4:38.39	2
3	2:41.89	2:37.89	2:22.49	200 IM	2:10.79	2:24.19	2:28.19	4
5	31.39	30.39	27.89	50 Free	24.79	27.19	28.19	6

- I. **400 Free:** Top 3 heats Women & Top 3 Men heats will swim first. Swimming fastest to Slowest alternating women and men. Any remaining heats will swim immediately following the 50 Free.
- II. **400 Free:** Must supply their own timers.
- III. **400 Free:** We will run a total of 8 heats of Women and 8 heats of men Men Only.

Saturday, January 24, 2015 Warm-up: 1:00 p.m. – Meet Starts 2:00 p.m.

Event #	Women LCM	Women SCM	Women SCY	EVENT	Men SCY	Men SCM	Men LCM	Event #
7	5:42.39	5:34.39	5:02.29	400 IM	4:44.79	5:09.49	5:17.49	8
9	35.39	34.69	31.09	50 Fly	28.09	30.19	30.89	10
11	2:22.49	2:18.49	2:07.29	200 Free	1:54.79	2:07.59	2:11.59	12
13	1:28.79	1:26.79	1:16.89	100 Breast	1:09.09	1:16.49	1:18.49	14
15	2:40.39	2:36.39	2:23.49	200 Fly	2:11.59	2:25.99	2:29.99	16
17	1:18.49	1:16.49	1:08.89	100 Back	1:00.59	1:08.29	1:10.29	18

- IV. **400 IM:** Top 3 heats Women & Top 3 Men heats will swim first. Swimming fastest to Slowest alternating women and men. Any remaining heats will swim immediately following the 100 Back.
- V. **400 IM:** Must supply their own timers.
- VI. **400 IM:** We will run a total of 8 heats of Women and 8 heats of Men Only

Sunday, January 25, 2015 Warm-up: 9:00 a.m. – Meet Starts 10:00 a.m.

Event #	Women LCM	Women SCM	Women SCY	EVENT	Men SCY	Men SCM	Men LCM	Event #
19	10:13.39	10:00.59	11:22.49	800 Free	10:46.39	9:31.19	9:41.89	20
21	41.29	40.29	35.59	50 Breast	32.79	35.99	36.99	22
23	2:46.19	2:42.19	2:27.19	200 Back	2:13.59	2:26.99	2:30.99	24
25	1:07.19	1:05.19	59.79	100 Free	53.79	58.99	1:00.99	26
27	3:11.39	3:07.39	2:47.69	200 Breast	2:33.09	2:51.79	2:55.79	28
29	1:12.89	1:10.89	1:04.59	100 Fly	58.59	1:03.39	1:05.39	30
31	36.99	36.39	31.59	50 Back	29.09	33.49	34.09	32

- VII. **800 Free: Fastest heat of Women & Fastest heat of Men will swim first. Swimming fastest to Slowest alternating women and men. Any remaining heats will swim immediately following the 50 Back.**
- VIII. **800 Free: Must supply their own timers and counters.**
- IX. **800 Free: We will run a total of 4 heats of Women and 4 heats of Men Only**

Hotel Information

Sharks/Piranhas Invitational (Jan. 22-25, 2015)

Renaissance Ft. Lauderdale/Plantation Hotel (Marriott Brand)

1230 S. Pine Island Rd.

Plantation, FL 33324

To make a reservation call (800)316-7708 and ask for the "Sharks/Piranhas Invitational" group rate.

Rates: (Includes internet, comp. parking, and discounted breakfast coupons)

Single King Room \$171/night

Double/Double Room \$171/night

*These rates are valid as long as you book on or before: 1/1/15

Hampton Inn Ft. Lauderdale/Plantation

7801 SW 6th St.

Plantation, FL 33324

To make a reservation call (800)675-2116 and ask for the "Sharks/Piranhas Invitational" group rate.

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

Single w/ pullout couch \$165/night

Double \$165/night

*These rates are valid as long as you book on or before: 1/1/15

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