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**FGC 2019 LCM Silvers Championships North**

[BMSC, BPSA, BRST, ECAC, ESC, FAST, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, BEST, HWST, CSSC, HAFL, HAT, PCS, PST, POMP, SFTL, TSA, WASC]

 **Jul 12-14, 2019**

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction Number #FGD071219POMP-B-20**

 It is understood and agreed that USA Swimming, the facility and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Hosted by:** Pompano Beach Piranhas

**Location:** Pompano Beach Aquatic Center, 820 NE 18th Ave, Pompano Beach FL 33061

**Directions:** Take I-95 towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to NE 8th Street. Turn Right onto to NE 8th Street and follow the 2 road to the Aquatic Center.

**Date & Time:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Session** | **Warm-up** | **Meet Start** |
| Friday, Jul 12  | l | 4:30 pm | 5:30 pm |
| Saturday, Jul 13  | II | 7:00 am | 8:30 am |
| Saturday, Jul 13  | III | 4:30 pm | 5:30 pm |
| Sunday, Jul 14  | IV | 7:00 am | 8:30 am |
| Sunday, Jul 14  | V | 4:30 pm | 5:30 pm |

***The meet director reserves the right to change meet warm-up and start time in order to hold an efficient meet within USA Swimming / FGC guidelines and with FGC Age Group Chairperson approval.***

**Pool/Timing:** 50 meters x 25 yards/meters heated outdoor pool. Eight long course racing lanes with separate warm-up and swim-down pool available. Colorado Timing System® will be used. Water depth at the start is 5’0” in accordance with 202.4.10(C) and 103.2.3.

The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.

**Format:** These championships will be conducted in LCM. Events 200M and longer, all 7-10 events, and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 8 swimmers in each of the following age groups: 11-12, 13-14, 15-18 advancing to finals.

Breaks between events may be inserted at Meet Director and Meet Referee discretion.

**Rules:** Current USA Swimming Rules will govern this meet. Safety rules as 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.

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.

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.

**Deck Changing:** Deck changes are prohibited.

**Camera Free Zone:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at thismeet. No person may use a camera or any other device capable of recording stillor 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 governmentalauthorities and/or may be barred from the facility during the sanctioned event.

**Image** All participants agree to be filmed and photographed by the official

**Authorization:** photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

**Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity 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.

**Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are currently registered and in good standing with USA Swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.

 **Coaches:** You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials, and do not interfere with those conducting the meet.

**Warm-up:** Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Depending upon the number of swimmers entered, teams may be assigned to specific warm-up times and lanes Saturday and Sunday morning. Teams assigned to an early warm-up on one day will be assigned to a late warm-up period on the other day. More detailed warm-up procedures will be distributed to registered coaches prior to the competition.

**Eligibility:** Open to all 7-18 year old 2019 USA Swimming registered athletes affiliated with teams assigned to FGC North - [BMSC, BPSA, BRST, ECAC, ESC, FAST, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, BEST, HWST, CSSC, HAFL, HAT, PCS, PST, POMP, SFTL, TSA, WASC] who have achieved the published time standard in one or more events during the qualifying period.

 Qualifying time standards are USA Swimming National Age Group Motivational “BB” times for all individual events. There is no qualifying time standard for relays and these events may be entered with no time. Athletes who have achieved a qualifying time for the 2019 Summer FGC Junior Olympics (7-14 year old athletes) or 2019 Summer FGC Senior Championships (15-18 year old athletes) within the qualifying period may not enter that event in these championships.

 The qualifying period is Jul 12, 2017 through the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a

member of USA Swimming as provided in Article 302.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet.

**Disability Athletes:** Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the pool office ahead of time to allow for preparations – Meet@pompanopiranhas.com or (954) 401-0045 or (787) 315-1529

**Entry:** All entries must be finalized by **3:59pm Monday Jul 8, 2019.**

Enter through USA Swimming Online Meet Entry (OME) at [**www.usaswimming.org/ome**](file:///C%3A%5CUsers%5CAllan%5CDesktop%5CSwim%5CMeets%5C2019%5CMar%20-%20BB%20South%5CMeet%20announcement%5Cwww.usaswimming.org%5Come). The name of the meet in OME is “FGC 2019 LCM Silvers Championship”.

Unregistered swimmers and relay-only swimmers cannot be added to a team’s roster.

If a valid time does not exist in the SWIMS database, enter an override time. Valid times shall be those achieved in competition sanctioned, approved or observed by USA Swimming or competition sanctioned by another FINA member. All override times must be proven by the OME closing time/date. Override times that are not proven by OME closing will be considered false times and will be scratched.

Send proof of override times from USA Swimming sanctioned, approved or observed competition to David Hammond (**fgntv@gmail.com**) so the time can be entered into the SWIMS database and/or to Allan Golding (**allan.c.golding@comcast.net**).

Send proof of times from competition sanctioned by other FINA members to Allan Golding (**allan.c.golding@comcast.net**).

OME Help: Allan Golding (**allan.c.golding@comcast.net**)

Paper, Fax Email and Hytek entries will not be accepted.

OME Opens: 12:01am Monday Jun 3, 2019

OME Closes: 3:59pm Monday Jul 8, 2019

**Entry Fees:**  $6.00 per individual event

**Relay Fees:** $10.00 per relay

**Facility Surcharge:** $10.00 per swimmer

**\*Entry fees are made payable to: Pompano Piranhas**

**(note: one check per team) If meet fees are paid by credit card there will be a 2% surcharge**

**Late Entries:** Late entries will not be accepted.

**Deck Entries: THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT**.

All entries must be checked-out through OME by the deadline specified above. No entries will be accepted other than through OME.

**Responsibility**  The coach, swimmer or swimmer representative who enters these

**Clause:** championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2019 FGC Junior Olympic or 2019 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a $50 penalty for each such time entered.

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

**Entry Limit:** Swimmers may swim a maximum of three (3) individual events per day.

**Seeding:** All events will be seeded in order of LCM then SCM then SCY. All events will be seeded fast to slow. Timed final events and preliminary heats for 11-12, 13-14 and 15-18 age groups may be swum combined. If so, they will be resulted and scored separately. Finals events will be swum in the following order: 11-12, 13-14, 15-18 girls, then 11-12, 13-14, 15-18 boys.

Friday evening’s 400 freestyle and 400 IM will be seeded in event order without alternating heats. Positive check-in is NOT required.

**Relays:** Teams are limited to no more than two entries per relay event. All relays will swim in the preliminary sessions.

Relay only swimmers are not permitted in these championships. All relay team members must be properly entered in at least one individual event.

**1500 Freestyle:** The top eight entries in the women’s and men’s 1500 Freestyle will be seeded to swim in Sunday’s finals session. Additional heats, if any, will be swum following the relays at the end of the preliminaries session and will be seeded fast to slow, alternating heats of women, then men. Positive check-in is required in order to be seeded. The positive check-in deadline is 6:00pm on Saturday, Jul 13. An option to swim in the preliminary session regardless of seed time shall not be offered.

**Scratches:** Scratches from timed final events and preliminaries will be accepted until the deadlines listed below.

Friday Jul 12 events 6:00pm Thursday Jul 11

Saturday Jul 13 events 6:00pm Friday Jul 12

 Sunday Jul 14 events 6:00pm Saturday Jul 13

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 of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Scratches must be done individually. Team scratches will not be accepted.

Failure to compete in finals will result in the swimmer being fined $25.00 cash. Swimmers may not compete in further individual events or relays until all fines are paid.

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

**Awards:** Individual Events: Medals: 1st – 3rd Ribbons: 4th – 8th

Relay Events: Ribbons: 1st – 3rd

Teams: Top 3 Girls, Top 3 Boys, Top 3 Combined

**Scoring:** Individual events: 11-9-8-7-6-5-4-3-2-1

 Relays: 22-18-16-14-12-10-8-6-4-2

**Meet Director:** Jesse Vassallo

**Head Referee:** Dee Hurferth (cha63chi@bellsouth.net)

**Officials**: If you know that you will be attending this meet and will be available, please email the meet referee ([Meet Referee Contact Info]), and let him/her know your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter’s tent 60 minutes before the start of the session.

**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:** $5.00 per person per session.

Heat Sheets will be available free of charge online and on Meet Mobile. Printed Heat sheets will be available for coaches in the swim office.

**Information:** Meet@pompanopiranhas.com or (954) 401-0045 or (787) 315-1529

**Order of Events**

**Friday Timed Finals**

[Warm up 4:30pm – Meet start 5:30pm]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | **Event** | **Description** | **Event** | **Boys** |
| **SCY** | **SCM** | **LCM** | **LCM** | **SCM** | **SCY** |
| ≤ 2:57.39 | ≤ 3:15.99 | ≤ 3:20.99 | 1 | 7-10 200 Free  | 2 | ≤ 3:12.09 | ≤ 3:05.69 | ≤ 2:47.99 |
| > 2:35.59 | > 2:51.99 | > 2:56.29 | > 2:54.79 | > 2:48.99 | > 2:33.39 |
| ≤ 2:29.69 | ≤ 2:45.39 | ≤ 2:50.39 | 3 | 11-12 200 Free  | 4 | ≤ 2:45.19 | ≤ 2:39.79 | ≤ 2:24.59 |
| > 2:15.29 | > 2:29.49 | > 2:34.09 | > 2:32.49 | > 2:27.49 | > 2:13.49 |
| ≤ 2:22.19 | ≤ 2:37.19 | ≤ 2:42.59 | 5 | 13-14 200 Free  | 6 | ≤ 2:32.29 | ≤ 2:26.69 | ≤ 2:12.79 |
| > 2:05.79 | > 2:18.99 | > 2:23.89 | > 2:14.79 | > 2:09.79 | > 1:57.49 |
| ≤ 2:19.19 | ≤ 2:33.79 | ≤ 2:38.69 | 7 | 15-18 200 Free  | 8 | ≤ 2:26.09 | ≤ 2:20.89 | ≤ 2:07.49 |
| > 2:05.59 | > 2:18.49 | > 2:22.49 | > 2:11.59 | > 2:07.59 | > 1:54.79 |
| ≤ 3:15.59 | ≤ 3:36.19 | ≤ 3:43.19 | 9 | 7-10 200 IM  | 10 | ≤ 3:40.79 | ≤ 3:33.49 | ≤ 3:13.19 |
| > 2:52.69 | > 3:10.79 | > 3:17.09 | > 3:19.39 | > 3:12.89 | > 2:54.99 |
| ≤ 2:47.79 | ≤ 3:05.39 | ≤ 3:11.49 | 11 | 11-12 200 IM  | 12 | ≤ 3:09.29 | ≤ 3:01.49 | ≤ 2:44.19 |
| > 2:31.69 | > 2:47.59 | > 2:53.09 | > 2:53.89 | > 2:46.69 | > 2:30.89 |
| ≤ 2:39.19 | ≤ 2:55.89 | ≤ 3:03.39 | 13 | 13-14 200 IM  | 14 | ≤ 2:51.99 | ≤ 2:44.19 | ≤ 2:28.59 |
| > 2:20.89 | > 2:35.59 | > 2:42.19 | > 2:38.79 | > 2:31.59 | > 2:17.19 |
| ≤ 2:36.19 | ≤ 2:52.59 | ≤ 2:59.69 | 15 | 15-18 200 IM  | 16 | ≤ 2:43.99 | ≤ 2:36.69 | ≤ 2:21.79 |
| > 2:20.69 | > 2:35.39 | > 2:41.89 | > 2:28.19 | > 2:24.19 | > 2:10.79 |
| ≤ 7:35.49 | ≤ 6:38.59 | ≤ 6:51.09 | 17 | 7-10 400 Free  | 18 | ≤ 6:44.59 | ≤ 6:31.19 | ≤ 7:26.99 |
| > 6:44.89 | > 5:54.29 | > 6:05.39 | > 6:07.59 | > 5:55.79 | > 6:45.39 |
| ≤ 6:38.39 | ≤ 5:48.69 | ≤ 5:56.49 | 19 | 11-12 400 Free  | 20 | ≤ 5:48.69 | ≤ 5:39.09 | ≤ 6:27.49 |
| > 6:00.19 | > 5:15.19 | > 5:22.29 | > 5:21.89 | > 5:12.99 | > 5:57.69 |
| ≤ 6:20.09 | ≤ 5:32.69 | ≤ 5:40.89 | 21 | 13-14 400 Free  | 22 | ≤ 5:24.09 | ≤ 5:41.19 | ≤ 5:58.99 |
| > 5:36.29 | > 4:54.29 | > 5:01.59 | > 4:46.69 | > 4:37.89 | > 5:17.59 |
| ≤ 6:12.09 | ≤ 5:25.59 | ≤ 5:32.89 | 23 | 15-18 400 Free  | 24 | ≤ 5:09.89 | ≤ 5:02.79 | ≤ 5:45.99 |
| > 5:31.59 | > 4:47.29 | > 4:55.29 | > 4:38.39 | > 4:30.39 | > 5:09.89 |
| ≤ 5:56.79 | ≤ 6:34.19 | ≤ 6:48.29 | 25 | 11-12 400 IM  | 26 | ≤ 6:39.39 | ≤ 6:22.79 | ≤ 5:46.39 |
| > 5:22.49 | > 5:56.29 | > 6:09.09 | > 6:08.69 | > 5:53.39 | > 5:19.79 |
| ≤ 5:39.69 | ≤ 6:15.39 | ≤ 6:27.59 | 27 | 13-14 400 IM  | 28 | ≤ 6:04.69 | ≤ 5:50.69 | ≤ 5:17.39 |
| > 5:00.49 | > 5:31.99 | > 5:42.89 | > 5:22.59 | > 5:10.29 | > 4:40.79 |
| ≤ 5:31.99 | ≤ 6:06.89 | ≤ 6:18.79 | 29 | 15-18 400 IM  | 30 | ≤ 5:47.29 | ≤ 5:37.69 | ≤ 5:05.59 |
| > 5:00.29 | > 5:31.79 | > 5:42.39 | > 5:17.49 | > 5:09.49 | > 4:40.59 |

**Saturday Prelims**

[Warm up 7:00am – Meet start 8:30am]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | **Event** | **Description** | **Event** | **Boys** |
| **SCY** | **SCM** | **LCM** | **LCM** | **SCM** | **SCY** |
| ≤ 2:47.89 | ≤ 3:05.59 | ≤ 3:10.19 | 31 | 11-12 200 Fly  | 32 | ≤ 3:07.69 | ≤ 3:01.19 | ≤ 2:43.99 |
| > 2:38.99 | > 2:55.29 | > 2:59.59 | > 3:01.19 | > 2:55.29 | > 2:39.39 |
| ≤ 2:37.89 | ≤ 2:54.49 | ≤ 2:59.49 | 33 | 13-14 200 Fly  | 34 | ≤ 2:49.19 | ≤ 2:42.49 | ≤ 2:26.99 |
| > 2:25.79 | > 2:41.09 | > 2:45.69 | > 2:36.19 | > 2:29.99 | > 2:15.69 |
| ≤ 2:34.89 | ≤ 2:51.09 | ≤ 2:54.79 | 35 | 15-18 200 Fly  | 36 | ≤ 2:40.39 | ≤ 2:35.39 | ≤ 2:20.59 |
| > 2:23.49 | > 2:36.39 | > 2:40.39 | > 2:29.99 | > 2:25.99 | > 2:11.59 |
| ≤ 1:30.69 | ≤ 1:40.19 | ≤ 1:45.99 | 37 | 7-10 100 Back  | 38 | ≤ 1:43.59 | ≤ 1:39.09 | ≤ 1:29.69 |
| > 1:21.29 | > 1:29.69 | > 1:34.69 | > 1:35.49 | > 1:31.49 | > 1:23.19 |
| ≤ 1:18.49 | ≤ 1:26.69 | ≤ 1:31.09 | 39 | 11-12 100 Back  | 40 | ≤ 1:29.09 | ≤ 1:23.69 | ≤ 1:15.79 |
| > 1:13.79 | > 1:21.29 | > 1:25.29 | > 1:25.49 | > 1:20.59 | > 1:13.29 |
| ≤ 1:11.69 | ≤ 1:19.19 | ≤ 1:23.59 | 41 | 13-14 100 Back  | 42 | ≤ 1:18.29 | ≤ 1:13.89 | ≤ 1:06.89 |
| > 1:06.19 | > 1:13.09 | > 1:17.09 | > 1:12.29 | > 1:08.19 | > 1:01.79 |
| ≤ 1:10.09 | ≤ 1:17.39 | ≤ 1:21.99 | 43 | 15-18 100 Back  | 44 | ≤ 1:14.69 | ≤ 1:10.19 | ≤ 1:03.49 |
| > 1:05.99 | > 1:12.89 | > 1:16.89 | > 1:10.29 | > 1:07.99 | > 1:00.59 |
| ≤ 41.79 | ≤ 46.19 | ≤ 47.29 | 45 | 7-10 50 Fly  | 46 | ≤ 45.99 | ≤ 44.79 | ≤ 40.49 |
| > 37.19 | > 40.99 | > 41.99 | > 42.19 | > 41.09 | > 37.39 |
| ≤ 34.09 | ≤ 37.69 | ≤ 38.29 | 47 | 11-12 50 Fly  | 48 | ≤ 38.69 | ≤ 37.79 | ≤ 34.19 |
| > 32.49 | > 35.79 | > 36.39 | > 37.29 | > 36.49 | > 33.19 |
| ≤ 32.69 | ≤ 36.19 | ≤ 36.79 | 49 | 13-14 50 Fly  | 50 | ≤ 34.69 | ≤ 33.79 | ≤ 30.59 |
| > 30.19 | > 33.39 | > 33.89 | > 31.99 | > 31.19 | > 28.19 |
| ≤ 32.49 | ≤ 36.19 | ≤ 36.79 | 51 | 15-18 50 Fly  | 52 | ≤ 33.99 | ≤ 33.39 | ≤ 30.29 |
| > 29.99 | > 33.19 | > 33.69 | > 30.89 | > 30.19 | > 27.99 |
| ≤ 1:44.99 | ≤ 1:55.99 | ≤ 2:01.49 | 53 | 7-10 100 Breast  | 54 | ≤ 1:57.69 | ≤ 1:52.59 | ≤ 1:41.89 |
| > 1:33.89 | > 1:43.49 | > 1:48.29 | > 1:48.19 | > 1:43.59 | > 1:34.19 |
| ≤ 1:27.39 | ≤ 1:36.59 | ≤ 1:41.39 | 55 | 11-12 100 Breast  | 56 | ≤ 1:38.49 | ≤ 1:34.39 | ≤ 1:25.49 |
| > 1:22.39 | > 1:30.89 | > 1:35.39 | > 1:34.39 | > 1:30.59 | > 1:22.39 |
| ≤ 1:22.39 | ≤ 1:30.99 | ≤ 1:34.99 | 57 | 13-14 100 Breast  | 58 | ≤ 1:28.09 | ≤ 1:23.49 | ≤ 1:15.59 |
| > 1:15.99 | > 1:23.99 | > 1:27.69 | > 1:21.29 | > 1:17.09 | > 1:09.79 |
| ≤ 1:20.69 | ≤ 1:29.19 | ≤ 1:32.49 | 59 | 15-18 100 Breast  | 60 | ≤ 1:23.49 | ≤ 1:19.59 | ≤ 1:12.09 |
| > 1:15.79 | > 1:23.79 | > 1:27.49 | > 1:18.49 | > 1:16.49 | > 1:09.09 |
| ≤ 35.19 | ≤ 38.89 | ≤ 39.89 | 61 | 7-10 50 Free  | 62 | ≤ 39.49 | ≤ 38.09 | ≤ 34.49 |
| > 32.39 | > 35.69 | > 36.59 | > 36.49 | > 35.19 | > 31.99 |
| ≤ 31.49 | ≤ 34.69 | ≤ 35.79 | 63 | 11-12 50 Free  | 64 | ≤ 34.69 | ≤ 33.39 | ≤ 30.29 |
| > 29.09 | > 32.19 | > 33.19 | > 32.09 | > 30.89 | > 27.89 |
| ≤ 30.29 | ≤ 33.49 | ≤ 34.59 | 65 | 13-14 50 Free  | 66 | ≤ 31.99 | ≤ 30.79 | ≤ 27.89 |
| > 26.79 | > 29.59 | > 30.69 | > 28.29 | > 27.29 | > 24.69 |
| ≤ 29.79 | ≤ 32.89 | ≤ 33.79 | 67 | 15-18 50 Free  | 68 | ≤ 30.19 | ≤ 29.59 | ≤ 26.79 |
| > 26.59 | > 29.39 | > 30.49 | > 28.09 | > 27.09 | > 24.49 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | **Event** | **Description** | **Event** | **Boys** |
| **SCY** | **SCM** | **LCM** | **LCM** | **SCM** | **SCY** |
| ≤ 2:43.99 | ≤ 3:01.29 | ≤ 3:10.19 | 69 | 11-12 200 Back  | 70 | ≤ 3:06.49 | ≤ 2:57.19 | ≤ 2:40.29 |
| > 2:35.39 | > 2:51.29 | > 2:59.59 | > 3:00.19 | > 2:51.49 | > 2:35.99 |
| ≤ 2:35.39 | ≤ 2:51.69 | ≤ 2:59.39 | 71 | 13-14 200 Back  | 72 | ≤ 2:49.69 | ≤ 2:41.19 | ≤ 2:25.89 |
| > 2:23.39 | > 2:38.49 | > 2:45.59 | > 2:36.59 | > 2:28.79 | > 2:14.69 |
| ≤ 2:32.39 | ≤ 2:48.39 | ≤ 2:55.59 | 73 | 15-18 200 Back  | 74 | ≤ 2:41.39 | ≤ 2:33.79 | ≤ 2:19.19 |
| > 2:23.19 | > 2:38.29 | > 2:45.39 | > 2:30.99 | > 2:26.99 | > 2:13.59 |
|   |   |   | 75 | 7-10 200 Free Relay  | 76 |   |   |   |
|   |   |   |   |   |   |
|   |   |   | 77 | 11-12 200 Free Relay  | 78 |   |   |   |
|   |   |   |   |   |   |
|   |   |   | 79 | 13-14 200 Free Relay  | 80 |   |   |   |
|   |   |   |   |   |   |
|   |   |   | 81 | 15-18 200 Free Relay  | 82 |   |   |   |
|   |   |   |   |   |   |

**Saturday Finals**

[Warm up 4:30pm – Meet start 5:30pm]

|  |
| --- |
| 100 Back |
| 50 Fly |
| 100 Breast |
| 50 Free |
|  |

**Sunday Prelims**

[Warm up 7:00am – Meet start 8:30am]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | **Event** | **Description** | **Event** | **Boys** |
| **SCY** | **SCM** | **LCM** | **LCM** | **SCM** | **SCY** |
| ≤ 3:08.59 | ≤ 3:28.39 | ≤ 3:36.09 | 83 | 11-12 200 Breast  | 84 | ≤ 3:28.69 | ≤ 3:19.99 | ≤ 3:00.99 |
| > 2:58.09 | > 3:16.39 | > 3:23.49 | > 3:20.59 | > 3:12.59 | > 2:55.09 |
| ≤ 2:58.29 | ≤ 3:16.99 | ≤ 3:25.59 | 85 | 13-14 200 Breast  | 86 | ≤ 3:11.59 | ≤ 3:02.99 | ≤ 2:45.59 |
| > 2:44.59 | > 3:01.89 | > 3:09.79 | > 2:56.79 | > 2:48.89 | > 2:32.89 |
| ≤ 2:54.69 | ≤ 3:13.09 | ≤ 3:20.79 | 87 | 15-18 200 Breast  | 88 | ≤ 3:02.49 | ≤ 2:53.09 | ≤ 2:36.59 |
| > 2:44.39 | > 3:01.69 | > 3:09.59 | > 2:55.79 | > 2:48.69 | > 2:32.69 |
| ≤ 1:19.99 | ≤ 1:28.39 | ≤ 1:31.49 | 89 | 7-10 100 Free  | 90 | ≤ 1:30.29 | ≤ 1:26.99 | ≤ 1:18.79 |
| > 1:10.49 | > 1:17.89 | > 1:20.59 | > 1:21.89 | > 1:18.99 | > 1:11.69 |
| ≤ 1:08.29 | ≤ 1:15.49 | ≤ 1:18.49 | 91 | 11-12 100 Free  | 92 | ≤ 1:15.69 | ≤ 1:12.89 | ≤ 1:05.89 |
| > 1:01.79 | > 1:08.29 | > 1:10.99 | > 1:09.89 | > 1:07.29 | > 1:00.89 |
| ≤ 1:05.79 | ≤ 1:12.69 | ≤ 1:15.39 | 93 | 13-14 100 Free  | 94 | ≤ 1:09.99 | ≤ 1:07.29 | ≤ 1:00.89 |
| > 58.19 | > 1:04.29 | > 1:06.69 | > 1:01.99 | > 59.59 | > 53.89 |
| ≤ 1:04.59 | ≤ 1:11.39 | ≤ 1:13.59 | 95 | 15-18 100 Free  | 96 | ≤ 1:07.09 | ≤ 1:04.49 | ≤ 58.39 |
| > 57.99 | > 1:04.09 | > 1:06.49 | > 1:00.99 | > 58.99 | > 53.69 |
| ≤ 41.89 | ≤ 46.29 | ≤ 48.89 | 97 | 7-10 50 Back  | 98 | ≤ 49.19 | ≤ 46.79 | ≤ 42.39 |
| > 37.69 | > 41.59 | > 43.89 | > 44.99 | > 42.99 | > 39.09 |
| ≤ 35.59 | ≤ 39.29 | ≤ 41.19 | 99 | 11-12 50 Back  | 100 | ≤ 40.89 | ≤ 38.99 | ≤ 35.29 |
| > 33.89 | > 37.29 | > 38.99 | > 39.49 | > 37.69 | > 34.29 |
| ≤ 34.19 | ≤ 37.69 | ≤ 39.49 | 101 | 13-14 50 Back  | 102 | ≤ 36.99 | ≤ 35.29 | ≤ 31.89 |
| > 31.49 | > 34.79 | > 36.39 | > 34.09 | > 32.49 | > 29.39 |
| ≤ 33.29 | ≤ 36.79 | ≤ 38.59 | 103 | 15-18 50 Back  | 104 | ≤ 36.09 | ≤ 33.39 | ≤ 30.49 |
| > 31.29 | > 34.59 | > 36.19 | > 33.89 | > 32.29 | > 29.09 |
| ≤ 1:39.09 | ≤ 1:49.49 | ≤ 1:52.99 | 105 | 7-10 100 Fly  | 106 | ≤ 1:51.39 | ≤ 1:48.29 | ≤ 1:37.99 |
| > 1:26.09 | > 1:34.99 | > 1:37.99 | > 1:38.99 | > 1:36.29 | > 1:27.29 |
| ≤ 1:18.29 | ≤ 1:26.49 | ≤ 1:28.49 | 107 | 11-12 100 Fly  | 108 | ≤ 1:26.29 | ≤ 1:24.49 | ≤ 1:16.49 |
| > 1:13.49 | > 1:20.99 | > 1:22.79 | > 1:22.59 | > 1:20.89 | > 1:13.59 |
| ≤ 1:11.39 | ≤ 1:18.89 | ≤ 1:21.09 | 109 | 13-14 100 Fly  | 110 | ≤ 1:15.49 | ≤ 1:13.29 | ≤ 1:06.39 |
| > 1:05.99 | > 1:12.89 | > 1:14.79 | > 1:09.69 | > 1:07.69 | > 1:01.29 |
| ≤ 1:09.99 | ≤ 1:17.29 | ≤ 1:19.49 | 111 | 15-18 100 Fly  | 112 | ≤ 1:11.79 | ≤ 1:10.09 | ≤ 1:03.39 |
| > 1:04.59 | > 1:10.89 | > 1:12.89 | > 1:05.39 | > 1:03.39 | > 58.59 |
| ≤ 47.49 | ≤ 52.49 | ≤ 53.99 | 113 | 7-10 50 Breast  | 114 | ≤ 53.29 | ≤ 51.39 | ≤ 46.59 |
| > 42.79 | > 47.19 | > 48.49 | > 48.99 | > 47.29 | > 42.99 |
| ≤ 39.99 | ≤ 44.19 | ≤ 45.49 | 115 | 11-12 50 Breast  | 116 | ≤ 45.39 | ≤ 43.69 | ≤ 39.59 |
| > 37.89 | > 41.79 | > 42.99 | > 43.59 | > 41.99 | > 38.19 |
| ≤ 38.39 | ≤ 42.39 | ≤ 43.59 | 117 | 13-14 50 Breast  | 118 | ≤ 40.89 | ≤ 39.19 | ≤ 35.59 |
| > 35.39 | > 39.09 | > 40.19 | > 37.69 | > 36.19 | > 32.79 |
| ≤ 37.49 | ≤ 41.39 | ≤ 42.29 | 119 | 15-18 50 Breast  | 120 | ≤ 39.39 | ≤ 37.49 | ≤ 34.09 |
| > 35.19 | > 38.89 | > 39.99 | > 36.99 | > 35.99 | > 32.59 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | **Event** | **Description** | **Event** | **Boys** |
| **SCY** | **SCM** | **LCM** | **LCM** | **SCM** | **SCY** |
|   |   |   | 121 | 7-10 200 Medley Relay  | 122 |   |   |   |
|   |   |   |   |   |   |
|   |   |   | 123 | 11-12 200 Medley Relay  | 124 |   |   |   |
|   |   |   |   |   |   |
|   |   |   | 125 | 13-14 200 Medley Relay  | 126 |   |   |   |
|   |   |   |   |   |   |
|   |   |   | 127 | 15-18 200 Medley Relay  | 128 |   |   |   |
|   |   |   |   |   |   |
| ≤ 23:07.29 | ≤ 22:59.19 | ≤ 23:55.39 | 129 | 11-12 1500 Free  | 130 | ≤ 23:25.49 | ≤ 22:29.59 | ≤ 23:37.49 |
| > 20:53.89 | > 20:46.59 | > 21:37.39 | > 21:37.39 | > 20:45.69 | > 20:52.99 |
| ≤ 21:43.19 | ≤ 21:35.69 | ≤ 22:23.09 | 131 | 13-14 1500 Free  | 132 | ≤ 21:27.39 | ≤ 20:35.99 | ≤ 20:43.19 |
| > 19:12.89 | > 19:06.19 | > 19:48.09 | > 18:58.89 | > 18:13.39 | > 18:19.79 |
| ≤ 21:26.19 | ≤ 21:18.69 | ≤ 22:02.19 | 133 | 15-18 1500 Free  | 134 | ≤ 20:33.99 | ≤ 19:55.89 | ≤ 20:02.89 |
| > 19:12.69 | > 19:05.99 | > 19:43.09 | > 18:29.99 | > 17:59.99 | > 18:10.99 |

**Sunday Finals**

[Warm up 4:30pm – Meet start 5:30pm]

|  |
| --- |
| Fastest Heat of Girls 1500 Free |
| 100 Free |
| 50 Back |
| Fastest Heat of Boys 1500 Free |
| 100 Fly |
| 50 Breast |

**FGC LCM Silvers Championships**

**Long Course Time Trial**

**Sanctioned by:** USA Swimming and Florida Gold Coast Swimming

Sanction Number [Sanction]

**Sponsored by:** Pompano Beach Piranhas

**Location:** Pompano Beach Aquatic Center, 820 NE 18th Ave, Pompano Beach FL 33061

**Dates and Time:** Jul 13, 2019 – Immediately following the conclusion of the preliminaries session, time permitting.

Jul 14, 2019 – Immediately following the conclusion of the preliminaries session, time permitting. Sunday’s 1500 Freestyle time trial may be swum combined with event 133 or 134 and entries into this event may be limited to available open lanes in event 133 and 134.

**Pool / Timing:**  50 meters x 25 yards/meters heated outdoor pool. Eight long course racing lanes with separate warm-up and swim-down pool available. Colorado Timing System® will be used. Water depth at the start is 5’0” in accordance with 202.4.10(C) and 103.2.3.

The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.

**Eligibility:** Open to all currently registered USA Swimming athletes.

**Entries:** Entry forms will be available at the clerk of course table. Entries will close at 10:00 am each day. Proof of USA Swimming registration will be required for swimmers not entered in the FGC LCM Silvers Championships Meet.

**Entry Limit:** Swimmers are limited to no more than 3 events per day including

 events they participated in at the FGC LCM Silvers Championships

Meet.

**Entry Fees:** $10.00 per individual event; $15.00 athlete surcharge for all swimmers not entered in the FGC LCM Silvers Championships Meet.

**Referee:** TBA

|  |  |  |  |
| --- | --- | --- | --- |
|   | **Saturday Jul 13** |  | **Sunday Jul 14** |
|   | **Event Numbers** |  | **Event Numbers** |
|   | **1st Pass** | **2nd Pass** |  | **1st Pass** | **2nd Pass** |
| **50 Butterfly** | 201 | 251 |   | 301 | 351 |
| **50 Backstroke** | 202 | 252 |   | 302 | 352 |
| **50 Breaststroke** | 203 | 253 |   | 303 | 353 |
| **50 Freestyle** | 204 | 254 |   | 304 | 354 |
| **100 Butterfly** | 205 | 255 |   | 305 | 355 |
| **100 Backstroke** | 206 | 256 |   | 306 | 356 |
| **100 Breaststroke** | 207 | 257 |   | 307 | 357 |
| **100 Freestyle** | 208 | 258 |   | 308 | 358 |
| **200 Butterfly** | 209 | 259 |   | 309 | 359 |
| **200 Backstroke** | 210 | 260 |   | 310 | 360 |
| **200 Breaststroke** | 211 | 261 |   | 311 | 361 |
| **200 Freestyle** | 212 | 262 |   | 312 | 362 |
| **200 Individual Medley** | 213 | 263 |   | 313 | 363 |
| **400 Freestyle** | 214 | 264 |   | 314 | 364 |
| **400 Individual Medley** | 215 | 265 |   | 315 | 365 |
| **1500 Freestyle** | - | - |   | 316 | - |

All time trial events are mixed gender. Events will be run through twice a day and may be swum in an order different than listed above. Event 316 may be combined with events 133 and 134 and entries may be restricted to available open lanes in events 133 and 134.