



2017 FLORIDA GOLD COAST OPEN WATER ALL STAR TEAM

APRIL 29-30, 2017

Miromar Lakes Beach & Golf Club

Miromar Lakes Beach & Golf Club is a waterfront resort community, located in Miromar Lakes, FL just north of Naples. There are over 700 acres of sparkling freshwater lakes, three miles of white sandy beach
FOR MORE INFORMATION ABOUT THE OPEN WATER FESTIVAL GO TO: <http://www.openwaterfestival.org>

Swimmers must arrive no later than 10:00am Saturday April 29th, 2017!

Saturday, April 29th

9:30AM	Check in opens and FGC LSC All-Star Coaches will be beachside to welcome swimmers & families
10:00AM	FGC All-Star Team Meeting on the beach
10:30AM	Check in Closes
11:00AM	Start relays and Team Pursuit Events
TBA	Break for lunch/rest
4:00PM	Open Water Clinic
5:00PM	Check in for Buddy Swim/Youth 500 and Crippen Mile
6:30PM	Buddy Swim/Youth 500
6:45PM	<i>Crippen Sunset Mile Benefit Race – Open to All</i>
7:00PM	POST RACE BUFFET (Included for all All-Stars)

Sunday, April 30th

7:00AM	13-14 / 15-18: 5K Race check-in opens
7:45AM	13-14 / 15-18: 5K Race check-in closes
8:00AM	13-14 / 15-18: 5K RACE STARTS
8:30AM	11-12 / 10 & Under: 800 Meter Race check-in opens
9:15AM	11-12 / 10 & Under: 800 Meter Race check-in closes
10:00AM	11-12: 2.5K Race Begins
11:00AM	10 & Under: 800 Meter Starts
11:30AM	Awards & Presentation of The Challenge Cup

FGC All-Star Team Selection Criteria

- 10 & under: 800 Meter Race - FIVE athletes per gender based on performances in the 500yd /400m freestyle.
- 11-12: 2.5K Race - FIVE athletes per gender based on performances in the 500 yard / 400 meter freestyle.
- 13-14: 5K Race - FIVE athletes per gender based on performances in the 1650 yard / 1500 meter freestyle.
- 15-18: 5K Race - FIVE athletes per gender based on performances in the 1650 yard / 1500 meter freestyle.
 - For selection, METER times will be converted to YARDS using Swimming World Time Conversion Utility.
 - Athletes must be in the designated age group as of April 29, 2017.
 - Selection Times will be based on performances between March 1, 2016 and APRIL 1, 2017.

Upon selection, the athlete must agree to pay a fee of \$50 (to FGC toward the cost of the competition). Swimmers will receive two FGC team T-shirts and one team cap. Transportation and Lodging will be each swimmer's responsibility. For Hotel Info, please contact **Lee County Sports Organizing Committee** at 888-529-6588.

FGC All-Star Team Head Coach – Lou Manganiello
FGC Open Water Chair – Sid Cassidy

fgcopenwater2017@gmail.com
sid.cassidy@saintandrews.net 561-210-2128 (o)



2017 APPLICATION FORM – FGC OPEN WATER ALL STAR TEAM

Swimmer Information

LAST _____ MI _____ FIRST _____

Date of Birth: _____ M / F (please circle) Age as of April 29, 2017: _____

FGC TEAM _____ USA REGISTRATION# _____

EMAIL _____

ADULT T-Shirt Size: XS S M L XL

Parent Information

Parents Name: _____

Home Phone: _____ Cell Phone: _____

EMAIL #1 _____ EMAIL#2 _____

I, _____, hereby apply to become a member of the FGC All Star Team that will be competing in the 2017 OPEN WATER ALL STAR COMPETITION in Miramar, Florida, April 29-30, 2017. I understand the expectations and responsibilities that accompany this commitment and I hereby certify that I have read and fully understand the FGC Code of Conduct. I agree that upon selection, there is a \$50 fee that is applied to the cost of the competition.

Swimmers Signature: _____ Date: _____

Parents Signature: _____ Date: _____

Please scan and Submit this application electronically: fgcopenwater2017@gmail.com

APPLICATIONS ARE DUE NO LATER THAN APRIL 3, 2017

QUALIFYING ATHLETES WILL BE NOTIFIED NO LATER THAN APRIL 7, 2017