



2018 FLORIDA GOLD COAST OPEN WATER ALL STAR TEAM

APRIL 14-15, 2018

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 14, 2018!

Saturday, April 14th

10:00am	Check in opens and FGC LSC All-Star Coaches will be lakeside to welcome swimmers & families
10:30am	FGC All-Star Team Meeting on the beach
11:00am	Check in Closes
12:00pm	Start relays and Team Pursuit Events
TBA	Break for lunch/rest
5:00pm	Check in for Buddy Swim/Youth 500 and Crippen Mile
6:15pm	Buddy Swim/Youth 500
6:45pm	Crippen Sunset Mile Benefit Race – Open to All (FGC All Stars will be participating)
7:00PM	POST RACE BUFFET (Included for all All-Stars)

Sunday, April 15th

7:30am	13-14 / 15-18: 5K Race check-in opens
8:30am	13-14 / 15-18: 5K Race check-in closes
9:00am	13-14 / 15-18 Open Men: 5K Race Begins
10:30am	13-14 / 15-18 Open Women: 5K Race Begins
11:15am	11-12 / 10 & Under: 800 Meter Race check-in closes
12:00pm	11-12 Men: 2.5K Race Begins
1:00pm	11-12 Women: 2.5K Race Begins
2:00 pm	10 & Under: 1000 Meter Race Begins
TBA	Awards & Presentation of The Challenge Cup

FGC All-Star Team Selection Criteria

- 10 & under: 1000 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
 - Athletes must be in the designated age group as of April 14, 2018.
 - Selection times must have been achieved between Mar 30, 2017 and April 1, 2018

Upon selection, the athlete must agree to pay a fee of \$50 (to FGC towards cost of competition)

Swimmers will receive two FGC team T-shirts and one team cap. Transportation and Lodging will be the swimmer's responsibility. For Hotel Info, please contact **Lee County Sports Organizing Committee** @ 888.529.6588
FGC Open Water Chair – Sid Cassidy sid.cassidy@saintandrews.net 561-210-2128 (o)
FGC All-Star Team Head Coach – Cathy Silveira fgcopenwater2018@gmail.com 305-467-8094 (c)



2018 APPLICATION FORM – FGC OPEN WATER ALL STAR TEAM

Swimmer Information (PLEASE PRINT CLEARLY)

LAST _____ MI _____ FIRST _____

Date of Birth: _____ M / F (please circle) Age as of April 14, 2018: _____

FGC TEAM _____ USA REGISTRATION# _____

EMAIL _____

ADULTT-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 2018 OPEN WATER ALL STAR COMPETITION in Miramar, Florida, April 14-15, 2018. 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: fgcopenwater2018@gmail.com

APPLICATIONS ARE DUE NO LATER THAN MARCH 25, 2018

QUALIFYING ATHLETES WILL BE NOTIFIED NO LATER THAN APRIL 1, 2018