



Florida Gold Coast Junior Olympic
Short Course Championships
March 13-15 2020 (25y)



Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG27200730B027**

"In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, City of Coral Springs, Coral Springs Swim Club and Coral Springs Booster Club shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."

Hosted By: Coral Springs Swim Club

Location: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge; continue south to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

Parking: The act of drivers parking vehicles in an illegal or restricted area such as, but not limited to, a fire zone, where signs are posted, in crosswalks, on sidewalks, double parking, or blocking a fire hydrant as dictated by area traffic laws. Illegal acts of parking may result in a violation, fee or towing at the owners' expense. The Coral Springs Swim Club, Coral Springs Booster Club or the City of Coral Springs are **NOT** responsible for fines.

Dates & Times: Session I – Prelims - Friday – March 13, 2020. Warm-up 7:30 am. Meet starts 9:00 am. West/East Pool
Session II –Finals – Friday – March 13, 2020. Warm-up 3:30 pm. Finals Start 4:30 pm. – West pool

Session III - Prelims- Saturday – March 14, 2020. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session IV - Finals- Saturday – March 14, 2020. Warm-up 3:30 pm. Meet starts 4:30 pm. West pool

Session V - Prelims- Sunday – March 15, 2020. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session VI –Finals – Sunday – March 15, 2020. Warm-up 3:30 pm. Finals Start 4:30 pm. – West pool

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

Pool/Timing: Two 25-yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided. Competition pool – short course yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. Pools will be assigned based on number of entries received per gender. All finals will be swum in the west pool – 10 lanes. The competition course has been certified in accordance with article 104.2.2C (4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming. Water depth varies from 5.5 feet to 8 feet (west pool) and 6.6 feet across (east pool).

Camera Free Zone: 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 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.

Image Authorization: All participants agree to be filmed and photographed by the official 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 vicinities 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.

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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 coach-member, 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.

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.”
Exceptions may be granted with prior written approval by the Vice President of Program Operations

Eligibility: Athlete Eligibility – The Florida Gold Coast Junior Olympic Championship is a closed meet. To be eligible to swim at the Florida Gold Coast Jr. Olympics, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:

- i. Former permanent FG swimmer who are not registered / re-registered by 120-day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
- ii. Swimmers who legitimately transfer into the LSC within the 120-day window may apply for an exemption to the 120-day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of the two of the following documents:
 1. Florida Driver’s License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by registration chair.

All FGC 14 & under Jr. Olympic swimmers will qualify for the meet by attaining the Jr. Olympic qualifying times during the period 3/07/18 to 3/04/20. The times must be in the SWIMS database, if the time does not exist enter an override time. **Override times must be proven in order to be seeded.**

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.

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. Coaches without credentials will not have access to the closed deck area or the hospitality room. In order to obtain the coaching credential, coaches must sign in into the office and present their deck pass membership information. Coaching credentials must be worn during all sessions. Each coach will receive only one credential for the whole 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.

Disability: FG and host clubs along with their Meet Referees are committed to the FG Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete’s coach) is also responsible for notifying the

session referee of any disability prior to the competition. All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – csscswimentries@gmail.com

Deck Change: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Restrooms: The two main restrooms located near the west pool (50-meter) will be divided in half. One half will be designated to athletes only (14 & under). The other half will be designated to coaches, officials, volunteers and parents. A family restroom located at the far east end of the facility near the east pool (25-meter). Additional restrooms can be found on the upper deck near the fitness center.

Entry Deadline: Entries Open- 06:00 PM EST – Wednesday, February 12, 2020
Entries Close- 06:00 PM EST – Wednesday, March 04, 2020

On-Line Meet Entry: Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries will not be accepted.

OME HELP: Laura Azevedo at csscswimentries@gmail.com

Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. The displayed time must be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an “Override Time”. Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Proof of asterisk (*) submitted times must be provided to the Administrative Official, Laura Azevedo by email (csscswimentries@gmail.com) by 6:00pm – March 06, 2020 in order to be seeded. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date.

ATTENTION TEAMS WITH UNATTACHED ATHLETES: Teams may enter athletes with an Unattached status. When building the roster in OME, select the “Add Unattached Swimmer” link.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”

Entry Limit: **Ind. Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day.
Relays: Two (2) per team per event. 10 and under relays will take place in the Saturday preliminary session. Age 11-12 and 13-14 relays will swim on Friday and Saturday and will take place in the Finals sessions. All Sunday relays will compete in the preliminary session. **“A” relay only for the 800 freestyle relays.**
Over entered swimmers will be scratched from the event that exceeds the entry limit. Over entered relays will be scratched.

Psych Sheet: Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

Deck Entries: **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** All entries must be received through OME as described above.

Late entries: Late entries will be accepted through a secondary late entry OME.

Late entry OME opens: 06:01PM EST – Wednesday, March 04, 2020

Entries Close- 6:00PM EST – Thursday, March 05, 2020

Late Entry Fees: \$16.00 – Individual Event \$24.00 – Relay Event \$24.00 – per swimmer surcharge

Entry Fees: **Entry Fees:** \$8.00 – Individual Event; \$12.00 – Relay Event

Facility Surcharge: \$12.00 per swimmer

The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club.**

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

Seeding: Entries shall be seeded fastest to slowest in the following order- Short Course Yards, Long Course Meters, and Short Course Meters. We will follow current USA Swimming Rules for seeding except as noted below. All 10 & under events will be seeded slowest to fastest with the exception of the 500 freestyle.

Distance Events:

1. Friday's 500 Free, Saturday's 400 IM and Sunday's 1650 Freestyle are timed final events, swum together and scored separately for the following age groups 11-12 & 13-14. The 10 & under 500 free will be swum in the preliminaries seeded fastest to slowest.
2. The 500 Freestyle and 400 IM's top 10 swimmers in the following age groups (11-12, 13-14) will swim at night, all others will swim in the preliminaries, alternating women and men, unless two courses are being used.
3. The 1650 Freestyle's top 10 swimmers in the combined age group (11-14) will swim at night, all others will swim in the preliminaries, alternating women and men, unless two courses are being used. Swimmers may indicate their preference to swim in the preliminary (morning) session. The top 10 swimmers who state no preference shall be seeded to compete in the finals. **The swimmers or coach should CLEARLY write "AM" next to their name when they check-in if they desire to swim in preliminaries.**
4. Swimmers achieving the JO qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1650-yard freestyle. Seeding will be done in this order: 1650-yard, 1500-meter, 1000-yard then 800-meter.
5. NOTE: 1650 swimmers must supply their own counters and timers.
6. All 10 and under individual events will be seeded slowest to fastest, with the exception of the 500 free, which will be seeded fastest to slowest.
7. All 11-12 and 13-14 individual events will be seeded fastest to slowest.
8. All relays for all age groups will be seeded fastest to slowest.

Check In: Positive check in for the 500 Freestyle, 400 IM and 1650 will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat on a first come first served basis.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
500 Free	10 & Under/11-12/13-14	Friday	09:30 AM
400 IM	11-12/13-14	Saturday	09:30 AM
1650 Free	11-12/13-14	Sunday	09:30 AM

Finals: Finals will consist of one heat of girls and one heat of boys for the 11-12 and 13-14 age groups - top 10 swimmers per individual event. All 10 and under events will be time finals.

Scratches: 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 announcer's table. ***NOTE: "Failure to swim" in finals or positive check in events (500 free, 400 IM and 1650 free) 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. Swimmers may not compete in further individual events or relays until all fines are paid. In the case of missing a Sunday night final, payment of \$25.00 must be made in order to compete in future FGC Championship meets.***

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 alternates.

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 finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 9th – 20th.

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

Awards: Individual Events: Medals 1st – 10th
Relay Events: Medals 1st -3rd
Team Awards: Overall Team Championship 1st – 3rd
Age Group Team awards: 1st-3rd place for each age group and gender
Overall Girls/ Boys Team Awards – 1st – 3rd
Individual High Point Awards: Top 3 in each age group & gender

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

Admission: \$5.00 per session (CASH ONLY)
Heat Sheet – **FREE - you can find the heat sheet posted online at www.csscswim.com**

Concessions: Concession stand will be open for all sessions.

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

Meet Info: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.csscswim.com

Identification: Coaches and officials shall wear their 2020 USA Swimming registration card in a visible location at the meet at all times during this meet.

Meet Referee: **Alvaro Vasquez**

Meet Marshall: **City of Coral Springs Lifeguard Staff**

Administrative Official: **Danica Schimansky/ Laura Azevedo**

Meet Director: **Marc Aran**

DAY ONE – Prelims - Friday, March 13, 2020

Prelims' warm-up: 7:30 am

Prelims start: 9:00 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
3	2:59.59	2:51.29	2:35.39	11-12	200 Back	2:35.99	2:51.49	3:00.19	4
5	2:45.59	2:38.49	2:23.39	13-14	200 Back	2:14.69	2:28.79	2:36.59	6
7	36.59	35.69	32.39	10 & Under	50 Free	31.99	35.19	36.49	8
9	33.19	32.19	29.09	11-12	50 Free	27.89	30.89	32.09	10
11	30.69	29.59	26.79	13-14	50 Free	24.69	27.29	28.29	12
13	1:48.29	1:43.49	1:33.89	10 & Under	100 Breast	1:34.19	1:43.59	1:48.19	14
15	1:35.39	1:30.89	1:22.39	11-12	100 Breast	1:22.39	1:30.59	1:34.39	16
17	1:27.69	1:23.99	1:15.99	13-14	100 Breast	1:09.79	1:17.09	1:21.29	18
19	1:37.99	1:34.99	1:26.09	10 & Under	100 Fly	1:27.29	1:36.29	1:38.99	20
21	1:22.79	1:20.99	1:13.49	11-12	100 Fly	1:13.59	1:20.89	1:22.59	22
23	1:14.79	1:12.89	1:05.99	13-14	100 Fly	1:01.29	1:07.69	1:09.69	24
25	-	1:29.19	1:22.79	10 & Under	100 IM	1:23.39	1:29.89	-	26
27	-	1:18.29	1:10.79	11-12	100 IM	1:09.09	1:16.39	-	28
29	-	1:16.59	1:09.29	13-14	100 IM	1:03.29	1:09.89	-	30
31	6:05.39	5:54.29	6:44.89	10 & Under	500 Free P/T	6:45.39	5:55.79	6:07.59	32
33	5:22.29	5:15.19	6:00.19	11-12	500 Free P/SS/T/F1	5:57.69	5:12.99	5:21.89	34
35	5:01.59	4:54.29	5:36.29	13-14	500 Free P/SS/T/F1	5:17.59	4:37.89	4:46.69	36

DAY ONE – Finals - Friday, March 13, 2020

Finals' warm-up: 3:30 pm

Finals start: 4:30 pm

Girls #	Age Group	Event	Boys #
1	13-14	200 Free Relay-T*	2
5-minute break			
3	11-12	200 Back	4
5	13-14	200 Back	6
9	11-12	50 Free	10
11	13-14	50 Free	12
15	11-12	100 Breast	16
17	13-14	100 Breast	18
21	11-12	100 Fly	22
23	13-14	100 Fly	24
27	11-12	100 IM	28
29	13-14	100 IM	30
33	11-12	500 Free P/SS/T/F	34
35	13-14	500 Free P/SS/T/F	36
5-minute break			
37	11-12	400 Free Relay-T*	38
39	13-14	800 Free Relay-T*	40

KEY – P – Positive Check-in

S – Special Seeding–All ages seeded and swum together - scored separately

SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.

T – Timed Final –

F - Fastest 10 swimmers will compete in finals.

* 11-12 and 13-14 Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

DAY TWO – Prelims -Saturday, March 14, 2020

Prelims' warm-up: 7:30 am

Prelims start: 9:00 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
41	NT	NT	NT	10 & Under	200 Medley Relay-T*	NT	NT	NT	42
47	3:23.49	3:16.39	2:58.09	11-12	200 Breast	2:55.09	3:12.59	3:20.59	48
49	3:09.79	3:01.89	2:44.59	13-14	200 Breast	2:32.89	2:48.89	2:56.79	50
51	2:56.29	2:51.99	2:35.59	10 & Under	200 Free	2:33.39	2:48.99	2:54.79	52
53	2:34.09	2:29.49	2:15.29	11-12	200 Free	2:13.49	2:27.49	2:32.49	54
55	2:23.89	2:18.99	2:05.79	13-14	200 Free	1:57.49	2:09.79	2:14.79	56
57	41.99	40.99	37.19	10 & Under	50 Fly	37.39	41.09	42.19	58
59	36.39	35.79	32.49	11-12	50 Fly	33.19	36.49	37.29	60
61	33.89	33.39	30.19	13-14	50 Fly	28.19	31.19	31.99	62
63	1:34.69	1:29.69	1:21.29	10 & Under	100 Back	1:23.19	1:31.49	1:35.49	64
65	1:25.29	1:21.29	1:13.79	11-12	100 Back	1:13.29	1:20.59	1:25.49	66
67	1:17.09	1:13.09	1:06.19	13-14	100 Back	1:01.79	1:08.19	1:12.29	68
5-minute break									
69	NT	NT	NT	10 & Under	200 Free Relay-T*	NT	NT	NT	70
71	6:09.09	5:56.29	5:22.49	11-12	400 IM P/SS/T/F	5:19.79	5:53.39	6:08.69	72
73	5:42.89	5:31.99	5:00.49	13-14	400 IM P/SS/T/F	4:40.79	5:10.29	5:22.59	74

DAY TWO – Finals -Saturday, March 14, 2020

Finals' warm-up: 3:30 pm

Finals start: 4:30 pm

Girls #	Age Group	Event	Boys #
43	11-12	200 Medley Relay-T*	44
45	13-14	200 Medley Relay-T*	46
5-minute break			
47	11-12	200 Breast	48
49	13-14	200 Breast	50
53	11-12	200 Free	54
55	13-14	200 Free	56
59	11-12	50 Fly	60
61	13-14	50 Fly	62
65	11-12	100 Back	66
67	13-14	100 Back	68
71	11-12	400 IM P/SS/T/F	72
73	13-14	400 IM P/SS/T/F	74
5-minute break			
75	11-12	400 Medley Relay*	76
77	13-14	400 Medley Relay*	78

KEY – P – Positive Check-in

S – Special Seeding–All ages seeded and swum together - scored separately

SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.

T – Timed Final

F - Fastest 10 swimmers will compete in finals.

*All 11-12 and 13-14 relays on Saturday will take place in Finals / All Relays Sunday are in Preliminaries

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

DAY THREE – Prelims - Sunday, March 15, 2020

Prelims' warm-up: 7:30 am

Prelims start: 9:00 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
79	3:17.09	3:10.79	2:52.69	10 & Under	200 IM	2:54.99	3:12.89	3:19.39	80
81	2:53.09	2:47.59	2:31.69	11-12	200 IM	2:30.89	2:46.69	2:53.89	82
83	2:42.19	2:35.59	2:20.89	13-14	200 IM	2:17.19	2:31.59	2:38.79	84
85	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	86
87	1:10.99	1:08.29	1:01.79	11-12	100 Free	1:00.89	1:07.29	1:09.89	88
89	1:06.69	1:04.29	58.19	13-14	100 Free	53.89	59.59	1:01.99	90
91	43.89	41.59	37.69	10 & Under	50 Back	39.09	42.99	44.99	92
93	38.99	37.29	33.89	11-12	50 Back	34.29	37.69	39.49	94
95	36.39	34.79	31.49	13-14	50 Back	29.39	32.49	34.09	96
97	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	98
99	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	100
101	40.19	39.09	35.39	13-14	50 Breast	32.79	36.19	37.69	102
103	2:59.59	2:55.29	2:38.99	11-12	200 Fly	2:39.39	2:55.29	3:01.19	104
105	2:45.69	2:41.09	2:25.79	13-14	200 Fly	2:15.69	2:29.99	2:36.19	106
5-minute break									
107	NT	NT	NT	11-12	200 Free Relay T*	NT	NT	NT	108
109	NT	NT	NT	13-14	400 Free Relay T*	NT	NT	NT	110
5-minute break									
111	21:37.39	20:46.59	20:53.89	11-12	1650 Free P/S/T/F	20:52.99	20:45.69	21:37.39	112
113	19:48.09	19:06.19	19:12.89	13-14	1650 Free P/S/T/F	18:19.79	18:13.39	18:58.89	114

Note: Events 107-110 will swim in prelims.

Note: Events 111-114: The top 10 swimmers of the combined 11-14 age group will swim together at finals.

DAY THREE – Finals - Sunday, March 15, 2020

Finals' warm-up: 3:30 pm

Finals start: 4:30 pm

Girls #	Age Group	Event	Boys #
111/113	11-12/13-14	1650 Free	
81	11-12	200 IM	82
83	13-14	200 IM	84
87	11-12	100 Free	88
89	13-14	100 Free	90
93	11-12	50 Back	94
95	13-14	50 Back	96
	11-12/13-14	1650 Free	112-114
99	11-12	50 Breast	100
101	13-14	50 Breast	102
103	11-12	200 Fly	104
105	13-14	200 Fly	106

Meet format - 10 & under events will be swum in the preliminaries only.

KEY – P – Positive Check-in

S – Special Seeding–All ages seeded and swum together - scored separately

SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.

T – Timed Final –

F - Fastest 10 swimmers will compete in finals.

***All Relays Sunday are in Preliminaries**

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

2020 - Florida Gold Coast Junior Olympic Time Trials Short Course (25y)

Sanction #

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.
Sanction No. **FG2T200730B027**

Sponsored by: Coral Springs Swim Club, Coral Springs Booster Club and City of Coral Springs

Dates/Time: Friday - March 13, 2020 - 10 minutes after the conclusion of prelims.
Saturday - March 14, 2020 - 10 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m. The west pool will be used for time trials. Competition course 10 lanes 25 yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used. The time trials course has been certified in accordance with article 104.2.2C (4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming. Water depth varies from 5.5 feet to 8 feet (west pool) and 6.6 feet across (east pool).

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Junior Olympic Championship. Swimmers not in the Junior Olympic Championships can swim 3 events per day.

Entry Fees: \$20.00 per Individual Event
\$25.00 per Relay
\$20.00 Surcharge for athletes if not already entered in the 2020 JO Meet.

Entries: Entry cards must be filled out in the office.

Deadline: Entries for time trials will close at 10:30am.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the Junior Olympic Championships who do not exceed the event entry limit for the day).

Distance Events: The 1650/1000 Freestyle will be offered only on Friday Time Trial Session ONLY! Swimmers must provide their own timers.

Awards: None

Location: Coral Springs Swim Club

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge; continue south to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

Meet Referee: Alvaro Vasquez

Meet Marshall: City of Coral Springs Lifeguard Staff

Administrative Official: Danica Schimansky/ Laura Azevedo

Meet Director: Marc Aran

Information: Laura Azevedo – 954-340-5032

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ORDER OF EVENTS

Day 1 Events (Friday) – 200 Series Event Numbers

Day 2 Events (Saturday)– 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free (Friday Only)
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	400 Medley Relay

We will run through the order of events twice a day on Friday and Saturday. The 1000/1650 free will be offered on Friday only. As a reminder, all swimmers who are in the Junior Olympic Championship may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.

HOTELS

CORAL SPRINGS

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076
Shanequa Owens- Director of Sales-954-905-1020

La Quinta Inn and Suites (North) - 3701 North University Drive, Coral Springs, FL 33065
Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites (South) - 3100 North University Drive, Coral Springs, FL 33065
Lynne Lulfs – Area Director of Sales – 954-591-5353

Coral Springs Marriott - 620 N. University Drive, Coral Springs, FL, 33071
Shanequa Owens- Director of Sales-954-905-1020

PLANTATION

Sheraton Suites Fort Lauderdale Plantation - 311 N. University Drive, Plantation, FL 33324
Sharena Powell -Sales Manager-954-424-3300

FORT LAUDERDALE

Holiday Inn Express & Suites – 1500 West Commercial Boulevard, Fort Lauderdale, FL 33309
Glenys Hanna – Director of Sales – 954-772-3032 ext. 200

POMPANO BEACH

Residence Inn Pompano Beach Oceanfront – 1350 North Ocean Boulevard, Pompano Beach, FL 33062
Thomas Miller – Director of Sales & Marketing – 954-590-1000

Marriot Resort Fort Lauderdale Pompano Beach – 1200 North Ocean Blvd, Pompano Beach, FL 33062
Janae Weldon – Sales Manager, Business Development – 954-782-0100

COCONUT CREEK

Hampton Inn & Suites Coconut Creek – 5740 N. State Rd 7, Coconut Creek, FL 33073
Cristina Pavloff – Director of Sales & Marketing – 954-363-3000

TAMARAC

Comfort Suites Sawgrass - 8301 W Commercial Blvd. Tamarac, FL 33351
Laura Estrada – Sales Manager - Main: (954) 343-1322/ Direct: (954) 343 1322 Ext. 503