



**2023 FGC Senior Championships (LCM)**  
**Coral Springs, FL – July 21 – July 23, 2023**



**Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG2R232020B061**

"In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, Coral Springs Swim Club, Coral Springs Booster Club, City of Plantation, Plantation Swim Team and 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:** Plantation Aquatic Complex 9151 NW 2nd Street • Plantation, Florida 33324

**Directions:** Plantation Aquatic Complex is located in Central Park. From I-95 go West on 595. Exit North on Pine Island to Broward Blvd. On Broward Blvd. head West approximately ¾ of a mile to Central Park Drive. On Central Park Drive make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right-hand side.

**Dates & Times:**

Session		Date		Warm up/ Start times			
				Prelims' warm-up	Prelims 'start	Finals warm up	Finals 'start
<b>Session I</b>	Prelims	Friday	July 21	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session II</b>	Finals	Friday	July 21	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session III</b>	Prelims	Saturday	July 22	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session IV</b>	Finals	Saturday	July 22	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session V</b>	Prelims	Sunday	July 23	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session VI</b>	Finals	Sunday	July 23	7:00 am	8:30 am	3:30 pm	5:00 pm

**Type of Meet:** 50-meter Long Course: Timed Finals. Prelims/ Consolation and Championship Finals; Championship Final will follow the Consolation Final.

**Pool/ Timing:** One eight-lane 50-meter course. Continuous warm-up and warm-down area will be available in a second 25-yard x 50-meter course. Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System will be utilized. The competition course has been certified in accordance with 104.2.2(C).

**Format:** These championships will be conducted in LCM. The 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to A, B, C, and D finals. The D final will be limited to the top 16-under athletes that do not qualify for the A, B, or C final.

**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, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

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.

**Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the roped off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the event.

**Eligibility:** This meet is open to all athletes who:

1. Will be 15 years of age or over on the first day of the meet, with exception of relay only swimmers.
2. Are 2023 registered athlete members of USA Swimming as provided by article 302.
3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
4. Foreign athletes that have achieved the meet qualifying time standards and with proper travel credentials who have been invited by USA Swimming.
5. Have achieved one or more qualifying times within the qualifying period.
6. Up to 100 athletes registered in LSCs other than Florida Gold Coast Swimming may be accepted on a first come first served basis.
7. The Meet Host WILL NOT be accepting New or Renewing USA Swimming registrations at the meet. FLEX and SEASONAL members are not eligible for this meet. The meet is only open to year-round members.

The qualifying period shall be Jul 12, 2021 through the entry deadline (July 12, 2023).

**Disability Athletes:** FGC and host clubs along with their Meet Referees are committed to the FGC 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 – [cscswimentries@gmail.com](mailto:cscswimentries@gmail.com)

**Entry:** Entries will only be accepted through USA Swimming Online Meet Entry (OME).

OME Opens: 12:00 am EST June 27, 2023

OME Closes: 11:59 pm EST July 12, 2023

**Online payment must be done**

**Late Entries:** Late entries will be accepted through a secondary Late Entry OME, provided the entry cap has not been reached.

OME for Late Entries Opens: 12:00 am EST July 13, 2023

OME for Late Entries Closes: 11:59 pm EST July 15, 2023

Entry fees for late entries will be twice the standard entry fee.

No entries will be accepted after the late entry OME closes.

**Entry Limit:** *Individual events:* Three (3) individual events per swimmer per day and a total of eight (8) individual events during the meet.

*Relay events:* Teams may enter "A" & "B" relay teams only

**Over entered swimmers will be scratched from the event that exceeds the entry limit. Over entered relays will be scratched and will not be allowed to swim. Teams will be charged for over entered entries even after the swimmers are scratched from the selected events.**

**OME Help:** 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. If you need assistance doing your entries using OME, please contact Bruno Darzi at [cscswimentries@gmail.com](mailto:cscswimentries@gmail.com).

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. Override times may be used to enter relays and do not require proof.

Override times for all other events not proven through SWIMS by the scratch deadline for the event in question will be scratched. CONVERTED TIMES ARE NOT PERMITTED.

Unregistered swimmers may not be added to a team's roster.

Relay-only swimmers may be added to a team's roster.

Entry Chair: Christine Palumbo email: [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

OME Help: Bruno Darzi email: [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

**Deck Passes:** Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:

1-7 Swimmers; 2 deck passes  
8-15 Swimmers; 3 deck passes  
16-23 Swimmers; 4 deck passes  
24- 32 Swimmers; 6 deck passes  
Over 32 Swimmers; 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. There is no cost for coaches' deck pass. Coaches that have not purchased their deck pass prior to the entry deadline will not be allowed to enter the facility unless they can provide proof of up-to-date membership in good standing with USA Swimming.

**Entry fees:** \$15.00 per individual event  
\$20.00 per relay team  
\$20.00 per swimmer surcharge

**Late fees:** \$30.00 per individual event  
\$40.00 per relay team  
\$40.00 per swimmer surcharge

**Coach Deck Pass:** \$0.00 per pass

NOTE: Entry fee payment will be collected through OME at the time of Check Out.

**Deck Changing:** 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.

**Psych Sheet:** Once the psych sheet has been posted, no changes to the entries will be allowed. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

**Deck Entries:** The FGC Deck Seed policy will be NOT in effect.

**Seeding:** All preliminary heats and timed finals events will be seeded fastest to slowest in order of LCM then SCM, then SCY except as otherwise noted in this meet announcement. The order of the final heats will be D, C, B and A.

**Responsibility Clause:** The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. 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.

**1500 Free:** Positive check-in by the scratch deadline for Sunday's 1500 free is required to compete. Sunday's 1500 free events will be swum as timed finals. The Top 8 swimmers will swim in finals at night.

Swimmers achieving the Senior Championships qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard.

At prelims, all distance events will be seeded fastest to slowest, alternating women and men. 1500 Freestyle swimmers must supply their own counters and timers.

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

**Positive Check in and Scratch Deadline**

Friday, July 21 events	5:30 PM Thursday
Saturday, July 22 events	5:30 PM Friday
Sunday, July 23 events	5:30 PM Saturday

These Championships will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:

1. In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

2. Any swimmer qualifying for a championship final in an individual event who fails to compete in said final, or who fails to compete in any timed final event for which the swimmer has been positively checked in, shall be barred from their next individual swim (which may be a final or a preliminary). Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. In the event that the missed event is the swimmer's last individual event of the meet, the team or individual submitting the swimmer's entries shall be fined \$25 by the Florida Gold Coast LSC.

A virtual scratch system may be used at this meet. Further details on scratch procedures will be presented at the technical meeting.

**Awards:**     **Individuals Events & Relays:**     Ind. 1<sup>st</sup> – 3<sup>rd</sup>  
                  **Individual High Point:**            Women & Men High Point – 1<sup>st</sup> – 3<sup>rd</sup> (Open/ 15-16)  
                  **Age Group Team awards:**         1<sup>st</sup>-3<sup>rd</sup> place for each age group and gender (Open/ 15-16)  
                  **Team Awards:**                        Overall Girls/ Boys Team 1<sup>st</sup> - 3<sup>rd</sup>  
                  **Overall Team Award:**            Combined 1<sup>st</sup> – 3<sup>rd</sup>

**Scoring:**     Top 24 of each event will be scored.  
                  **Individual:**         **1-8 Place:** 32, 28, 27, 26, 25, 24, 23, 22  
                                  **9-16 Place:** 20, 17, 16, 15, 14, 13, 12, 11  
                                  **17-24 Place:** 9, 7, 6, 5, 4, 3, 2, 1  
                  **Relays:**            **1-8 Place:** 64, 56, 54, 52, 50, 48, 46, 44  
                                  **9-16 Place:** 40, 34, 32, 30, 28, 26, 24, 22  
                                  **17-24 Place:** 18, 14, 12, 10, 8, 6, 4, 2

**Admission:** \$5.00 per session for prelims and finals.

**Concession:** Concession stand will be available.

**Hospitality:** Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

**Meet Information:** Updates to meet information as well as timelines, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as [www.swimcssc.com](http://www.swimcssc.com)

**Head Referee:** Allan Golding

**Administrative Official:** Christine Palumbo

**Application to Officiate:** <https://rb.gy/2wg02>

**Meet Director:** Cesar Montes

**Meet Marshall:** City of Plantation Lifeguard Staff

**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.

**Information:** Office (954-340-5032)

**Warm-up Procedure:** **NO Equipment Permitted. Swimmers Must Enter the Water Feet First.**

**If needed, Meet Director reserves the right to assign warm up times.**

7:00 a.m. – 7:35 a.m. (“A” warm up) / 7:35 a.m. – 8:10 a.m. (“B” warm up) - General Warm Up Swimming and Pulling Only, Push Off

No Racing Starts, No Sprinting or Pace Work

**Controlled Warm Up – 8:10 a.m. – 8:30 a.m.** Open to all athletes

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 meters One Length.

Lane 3 Swimming and Push Off

Lane 4 Swimming and Push Off

Lane 5 Swimming and Push Off

Lane 6 Swimming and Push Off

Lane 7 Racing Starts, 50 meters One Length

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

**Finals Warm-up:** 3:30 pm – 4:15 pm / General Warm-up - See Above.

4:15 pm – 4:55 pm / Controlled Warm-up – See Above

4:25 pm - 4:55pm / Sprint lanes

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes - Circle swimming only (counter clockwise only).

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**NOTE:** Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

## ORDER OF EVENTS

Girls odd#, Boys even# **DAY ONE – Prelims - Friday, July 21, 2023**

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

### **FRIDAY PRELIMS – ORDER OF EVENTS**

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
1	2:40.79	2:23.19	<b>15 &amp; Over 200 Backstroke</b>	2:13.59	2:29.29	2
3	1:05.59	57.19	<b>15 &amp; Over 100 Freestyle</b>	50.69	57.59	4
5	2:38.29	2:23.49	<b>15 &amp; Over 200 Butterfly</b>	2:11.59	2:23.79	6
7	4:53.79	5:31.59	<b>15 &amp; Over 400 Freestyle</b>	5:09.89	4:31.09	8

Girls odd#, Boys even# **DAY ONE – Finals - Friday, July 21, 2023**

Finals: Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.

### **FRIDAY FINALS – ORDER OF EVENTS**

Event #	Event	Event #
1	<b>15 &amp; Over 200 Backstroke</b>	2
3	<b>15 &amp; Over 100 Freestyle</b>	4
5	<b>15 &amp; Over 200 Butterfly</b>	6
7	<b>15 &amp; Over 400 Freestyle</b>	8
9	<b>Open 200 Freestyle Relay</b>	10
11	<b>Open 200 Medley Relay</b>	12

Girls odd#, Boys even# **DAY TWO – Prelims - Saturday, July 22, 2023**

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

### **SATURDAY PRELIMS – ORDER OF EVENTS**

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
13	2:19.39	2:05.59	<b>15 &amp; Over 200 Freestyle</b>	1:52.59	2:07.89	14
15	3:05.39	2:44.39	<b>15 &amp; Over 200 Breaststroke</b>	2:32.69	2:49.39	16
17	1:11.19	1:04.59	<b>15 &amp; Over 100 Butterfly</b>	56.99	1:03.69	18
19	5:42.39	5:00.29	<b>15 &amp; Over 400 IM</b>	4:40.59	5:17.49	20

Girls odd#, Boys even# **DAY TWO – Finals - Saturday, July 22, 2023**

Finals: Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.

### **SATURDAY FINALS – ORDER OF EVENTS**

Event #	Event	Event #
13	<b>15 &amp; Over 200 Freestyle</b>	14
15	<b>15 &amp; Over 200 Breaststroke</b>	16
17	<b>15 &amp; Over 100 Butterfly</b>	18
19	<b>15 &amp; Over 400 IM</b>	20
21	<b>Open 400 Free Relay</b>	22

Girls odd#, Boys even# **DAY THREE – Prelims - Sunday, July 23, 2023**

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

**SUNDAY PRELIMS – ORDER OF EVENTS**

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
23	1:14.49	1:05.99	<b>15 &amp; Over 100 Backstroke</b>	1:00.59	1:09.19	24
25	1:25.69	1:15.79	<b>15 &amp; Over 100 Breaststroke</b>	1:09.09	1:17.19	26
27	30.19	26.29	<b>15 &amp; Over 50 Freestyle</b>	23.49	26.99	28
29	2:40.99	2:20.69	<b>15 &amp; Over 200 IM</b>	2:10.79	2:27.19	30
31	19:43.09	19:12.69	<b>15 &amp; Over 1500 Freestyle</b>	18:10.99	18:29.99	32

Girls odd#, Boys even# **DAY THREE – Finals - Sunday, July 23, 2023**

Finals: Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.

**SUNDAY FINALS – ORDER OF EVENTS**

Event #	Event	Event #
23	<b>15 &amp; Over 100 Backstroke</b>	24
31	<b>Women 15 &amp; Over 1500 Freestyle</b>	
25	<b>15 &amp; Over 100 Breaststroke</b>	26
	<b>Men 15 &amp; Over 1500 Freestyle***</b>	32
27	<b>15 &amp; Over 50 Freestyle</b>	28
29	<b>15 &amp; Over 200 IM</b>	30
33	<b>Open 400 Medley Relay</b>	34

Women 800 LCM	Women 1000 SCY	Event	Men 1000 SCY	Men 800 LCM
10:13.39	11:22.49	<b>800 Meter Freestyle/ 1000 Yard Freestyle ***</b>	10:46.39	9:41.89
Women Relay LCM	Women Relay SCY	Event	Men SCY	Men Relay LCM
2:02.59	1:45.19	<b>Open 200 Free Relay</b>	1:32.29	1:49.79
4:30.79	3:53.19	<b>Open 400 Free Relay</b>	3:19.69	3:58.19
2:17.69	2:00.69	<b>Open 200 Medley Relay</b>	1:41.79	2:04.39
4:59.29	4:13.69	<b>Open 400 Medley Relay</b>	3:45.79	4:26.49

\*\*\* Swimmers achieving the Senior Championships qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard.



## 2023 – Senior Championships Time Trials - Long Course \*

**Sanctioned by:** This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

**Sponsored by:** Coral Springs Swim Club

**Dates and Time:** Friday – July 21, 2023 - 10 minutes after the conclusion of prelims.  
Saturday - July 22, 2023 - 10 minutes after the conclusion of prelims.  
Sunday, July 23, 2023 – NO time trials

**Course/Timing:** One eight-lane 50-meter course. Continuous warm-up and warm-down area will be available in a second 25-yard x 50-meter course. Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System will be utilized. The competition course has been certified in accordance with 104.2.2(C).

**Entry deadline:** All entries must be received by 10:00 am.

**Entry Limit:** Swimmers are limited to no more than 3 events per day including the events they participated in at the 2023 Senior Championships. Swimmers not in the 2023 Senior Championships can swim 3 events per day.

**Entry Fees:** **\$15.00 per individual event**  
**\$20.00 per relay team**  
**\$20.00 per swimmer surcharge**

**Eligibility:** Open to all current registered USA Swimming athletes. (And swimmers entered in the 2023 Senior Championships who do not exceed the event entry limit for the day).

**Awards:** None (other than fast times and satisfaction).

**Location:** Plantation Aquatic Complex 9151 NW 2nd Street • Plantation, Florida 33324

**Directions:** Plantation Aquatic Complex is located in Central Park. From I-95 go West on 595. Exit North on Pine Island to Broward Blvd. On Broward Blvd. head West approximately  $\frac{3}{4}$  of a mile to Central Park Drive. On Central Park Drive make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right-hand side.

**Referee:** Allan Golding

**Information:** Christine Palumbo – e-mail: [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)/ phone: 954-340-5032