

33rd Annual Speedo Winter Championships
December 7 – December 10, 2023
Hosted by The City of Plantation and The Plantation Swim Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FG23233410E047**

Condition of Sanction: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: “In granting this approval it is understood and agreed that USA Swimming, FGC Inc., 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.” The competition course has been certified in accordance with 104.2c. The copy of such certification is on file with USA Swimming.

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

MAAP: 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.

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.

Dates & Times: Thursday: Timed Finals - Warm-up - 3:30pm; Start - 5pm

Friday, Saturday and Sunday: Prelims - Warm-up - 7am; Start - 8:30am; Finals - Warm-up - 3:30pm; Start - 5pm

Meet director reserves the right to change meet warm-up, start times, or drop/move events in order to hold an efficient meet within USA Swimming/FGC guidelines.

General Info: Coaches Meeting: Wednesday, December 6 at TBA via Zoom. Details will be emailed to entered teams. Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each coach to be aware of any changes.

Pool/Timing: Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 9 lanes. Finals will be held in one 10 lane course (East). Continuous warm-up and warm-down area will be available in both courses. Colorado Timing System will be used. Fly-over starts will possibly be used.

The competition course has been certified in accordance with 104.2.2 (C). Water depth at East pool start varies from 4’5” to 12’00” depending on the lane assignment accordance with 202.3.7 (C). Water Depth at the West pool start varies from 5’0” to to 7’0” depending on the lane assignment accordance with 202.3.7 (C).

Rules: 2023 USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.

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

- Camera Free:** 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 conditions authorized by USA Swimming, allow event organizers the right to use names, pictures, likeness, biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- 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.
- 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.
- Medical Supervision:** Plantation Aquatic Complex staffs Red Cross Certified Lifeguards who's training includes, but are not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training
- Admission:** \$5.00 per session – Special all session passes will be offered. Heat sheets will be available online at www.swimpst.com and on Meet Mobile. Parking will be free.
- Eligibility:** Open to all current 2023 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming and who have achieved the meet time standards. 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 legal guardian to ensure compliance with this requirement –USA Swimming Rule 202.3.3 The meet host WILL NOT be accepting new or renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.
- Disability Athletes:** All swimmers are welcome at this meet. Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athlete is responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4, Please contact the pool office ahead of time to allow for preparations – Terrell Woods - (terrellwpst@aim.com).
- Entry Info:** Entries must be received by Wednesday, November 29. All teams entering swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manger or Team Unify software. Email entries to Terrell Woods (terrellwpst@aim.com). Email confirmation will be sent within 48 hours after receipt of file. If you do not receive an email confirmation, your entries were not received.

Entry Fees: \$12.00 Individual Events
\$20.00 Relays
\$15.00 Individual Surcharge

Entry Limit: 7 individual events for the meet, plus relays. No more than 3 individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit. The meet will be capped at 1000 athletes. **Relay only swimmers will be allowed on your roster.**

Relays: Timed Finals. "A" and "B" Relay Teams only. Over entered relay teams will be scratched. 10 & Under Relays will all swim in their Prelim Session. **Top 10 seeded relays in 11/12, 13/14 and 19 & Under age groups will swim in the final session. All other relays will swim in the preliminary session. Relay only swimmers will be allowed on your roster.**

Seeding: Short Course Yards (SCY) and Long Course Meters (LCM) times only.

Scratch Deadline:

Thursday Events	30 Minutes after conclusion of the Technical Meeting
Friday Events	5:30pm, Thursday
Saturday Events	5:30pm, Friday
Sunday Events	5:30pm, Saturday

Prelims: Friday – 11/12, 13/14, 15/16 and 17 & Over will swim together in Prelims and be separated in Finals (one heat of each age group/gender). Saturday and Sunday – 13/14, 15/16 and 17 & Over age groups will swim together in Prelims and be separated in Finals (one heat of each age group/gender). All events will be swum fastest to slowest. See below for "Timed Final" events.

Finals: Finals will consist of one heat of women and one heat of men, (top 10 swimmers in each event/age group). 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 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 preliminary results maintained at the Announcers' table at the East Pool. 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 alternate.

Scratches must be done individually, by event. "Team scratches" are not accepted. Swimmers are required to scratch if they are not going to swim in finals. Swimmers who finish the preliminary events in places 11 – 20 are strongly urged to scratch if they do not intend to compete in the Final. Swimmers scratched into finals after 30 minutes of the conclusion of prelims will not be penalized. Scratches MAY be processed by text. A physical scratch book MAY not be kept. The scratch book MAY be kept electronically.

- "Failure to swim" in final/timed final event where Top 10 Swim in Finals will result in the swimmer being fined \$25.00 cash and will be unable to continue competing in the meet until the fine is paid. Upon receiving payment of the fine, the swimmer will be eligible to resume competition in the meet. Swimmers scratched into finals after 30 minutes of the conclusion of prelims will not be penalized.

Distance: - Thursday's 1650 Free is a timed final event. The 1650 Free will be seeded fastest to slowest. **All 1650 competitors must supply their own counter.**

- Friday's 500 Free – 11-12 Age Group will be timed finals, with the top 10 seeds swimming in Finals. 13/14, 15/16 and 17 & Over will be a prelim/final event. **All 500 Free competitors must supply their own counter in both the preliminary and final session.**

-Saturday's 400 IM – 11-12 Age Group will be timed finals, with the top 10 seeds swimming in Finals. 13-14, 15-16 and 17 & Over will be a prelim/final event.

Awards:

Individual Events: Medals 1st-3rd
Relays: Medals 1st – 3rd Place Team
Individual High Point: Top 3 in each age group & gender
Team Awards: Women's Top 3, Men's Top 3, and Combined Top 5 Teams

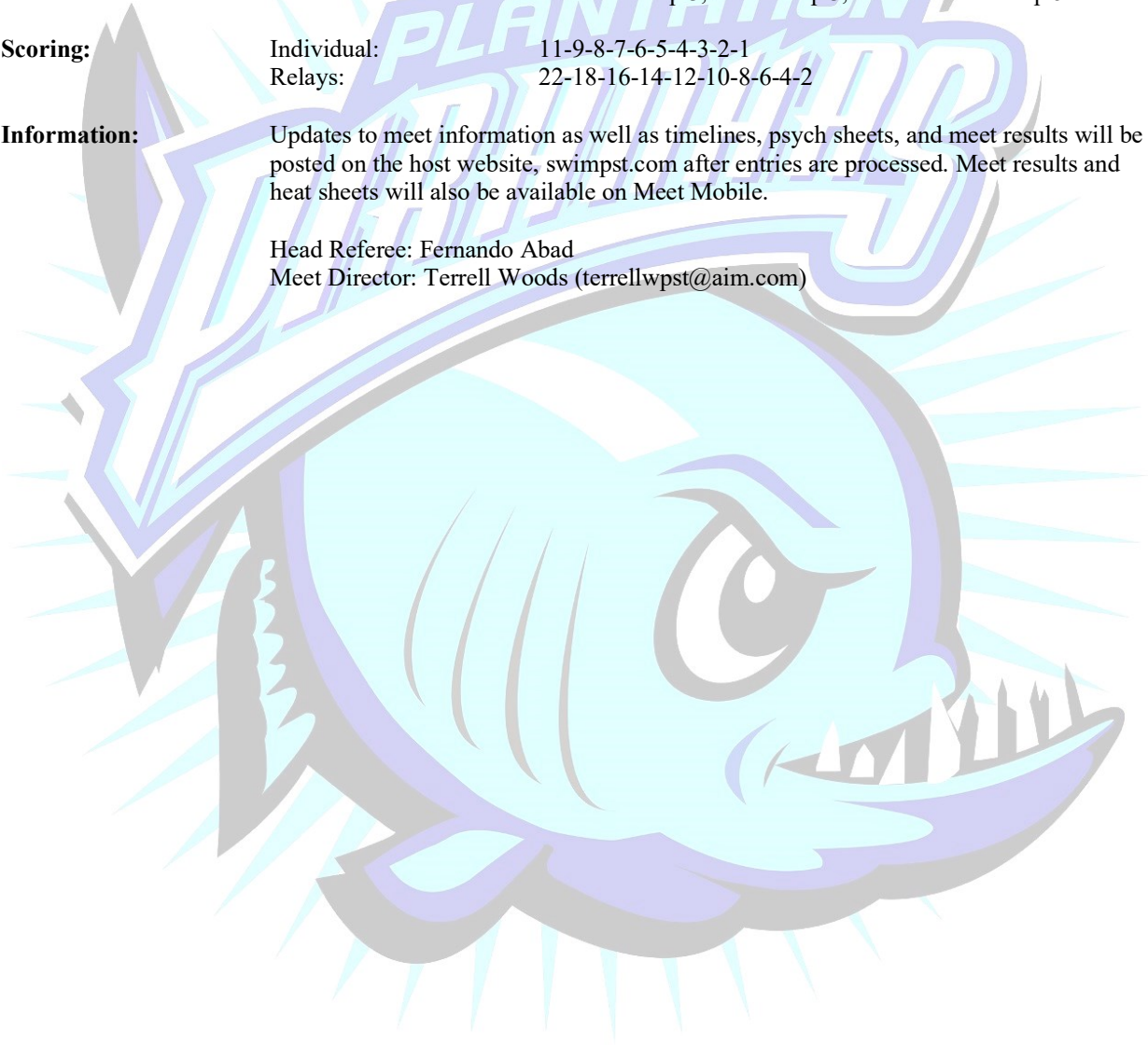
Scoring:

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

Information:

Updates to meet information as well as timelines, psych sheets, and meet results will be posted on the host website, swimpst.com after entries are processed. Meet results and heat sheets will also be available on Meet Mobile.

Head Referee: Fernando Abad
Meet Director: Terrell Woods (terrellwpst@aim.com)



PLANTATION!

Thursday Timed Finals - Girls Pool TBA, Boys Pool TBA – Warm Up 3:30pm, Start 5pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev#
1	NT	NT	11/12 200 Medley Relay *	NT	NT	2
3	NT	NT	13/14 200 Medley Relay *	NT	NT	4
5	NT	NT	19 & Under 200 Medley Relay *	NT	NT	6
5 Min. Break						
7	22:34.99	21:59.99	11/12 1650 Free *	21:44.79	21:16.39	8
9	19:48.09	19:21.69	13/14 1650 Free *	19:15.69	19:55.69	10
11	19:43.09	19:21.79	15 & Over 1650 Free *	18:29.99	18:10.99	12
5 Min. Break						
13	NT	NT	11/12 200 Free Relay *	NT	NT	14
15	NT	NT	13/14 200 Free Relay *	NT	NT	16
17	NT	NT	19 & Under 200 Free Relay *	NT	NT	18

* - Timed Final

Friday Timed Final/Prelims - Girls Pool TBA, Boys Pool TBA – Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
19A	39.49	34.29	11/12 50 Back	35.09	39.99	20A
19B	36.59	31.49	13/14 50 Back	29.49	34.39	20B
19C/D	36.99	31.59	15/16 and 17 & Over 50 Back	29.09	34.09	20C/D
21A	3:02.59	2:40.39	11/12 200 IM	2:37.79	3:03.89	22A
21B	2:50.99	2:28.49	13/14 200 IM	2:18.79	2:40.39	22B
21C/D	2:41.89	2:22.49	15/16 and 17 & Over 200 IM	2:10.79	2:28.19	22C/D
23A	1:23.89	1:14.49	11/12 100 Fly	1:14.59	1:24.39	24A
23B	1:15.49	1:06.59	13/14 100 Fly	1:01.89	1:10.39	24B
23C/D	1:12.89	1:04.59	15/16 and 17 & Over 100 Fly	58.59	1:05.39	24C/D
25	5:37.09	6:17.99	11/12 500 Free *	6:12.59	5:29.89	26
27A	5:01.79	5:38.29	13/14 500 Free	5:33.89	5:02.69	28A
27B/C	4:55.29	5:31.59	15/16 17 & Over 500 Free	5:09.89	4:38.39	28A/B
29A	3:25.09	3:00.39	11/12 200 Breast	2:57.39	3:25.09	30A
29B	3:10.79	2:46.29	13/14 200 Breast	2:34.69	2:59.49	30B
29C/D	3:11.39	2:47.69	15/16 and 17 & Over 200 Breast	2:33.09	2:55.79	30C/D
31A	34.39	30.39	11/12 50 Free	29.39	33.49	32A
31B	30.89	26.99	13/14 50 Free	25.99	29.49	32B
31C/D	31.39	27.89	15/16 and 17 & Over 50 Free	24.79	28.19	32C/D
			5 Min Break			
33	NT	NT	11/12 4 x 100 IM Relay *	NT	NT	34
35	NT	NT	13/14 4 x 100 IM Relay *	NT	NT	36
37	NT	NT	19 & Under 4 x 100 IM Relay *	NT	NT	38

*- Timed Final, top ten seeds swim with Finals

Friday Finals Order of Events – East Pool – Warm Up 3:30pm, Start 5pm

Female Ev #	Event Title	Male Ev #
19A	11/12 50 Back	20A
19B	13/14 50 Back	20B
19C	15/16 Over 50 Back	20C
19D	17 & Over 50 Back	20D
21A	11/12 200 IM	22A
21B	13/14 200 IM	22B
21C	15/16 200 IM	22C
21D	17 & Over 200 IM	22D
23A	11/12 100 Fly	23A
23B	13/14 100 Fly	23B
23C	15/16 100 Fly	23C
23D	17 & Over 100 Fly	23D
25	11/12 500 Free *	26
27A	13/14 500 Free	28A
27B	15/16 500 Free	28B
27C	17 & Over 500 Free	28C
29A	11/12 200 Breast	30A
29B	13/14 200 Breast	30B
29C	15/16 Over 200 Breast	30C
29D	17 & Over 200 Breast	30D
31A	11/12 50 Free	32A
31B	13/14 50 Free	32B
31C	15/16 50 Free	32C
31D	17 & Over 50 Free	32D
	5 Min Break	
33	11/12 4 x 100 IM Relay *	34
35	13/14 4 x 100 IM Relay *	36
37	19 & Under 4 x 100 IM Relay *	38

*- Timed Final, top ten seed swim with Finals

Saturday Timed Final/Prelims - 10 & Under and 11/12 - TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
39	NT	NT	10 & Under 200 Medley Relay ^	NT	NT	40
41	NT	NT	11/12 400 Medley Relay *	NT	NT	42
			5 Min Break			
43	1:36.79	1:23.79	10 & Under 100 Back	1:24.09	1:35.69	44
45	3:01.99	2:37.79	11/12 200 Back	2:38.29	3:01.79	46
49	49.09	42.99	10 & Under 50 Breast	44.89	51.19	50
51	43.09	38.49	11/12 50 Breast	38.89	43.99	52
55	1:23.19	1:13.39	10 & Under 100 Free	1:14.19	1:24.39	56
57	1:14.89	1:05.09	11/12 100 Free	1:03.89	1:12.49	58
61	3:21.59	2:58.19	10 & Under 200 IM ^	3:01.69	3:24.89	62
63	6:28.39	5:41.09	11/12 400 IM *	5:41.79	6:27.49	64
67	42.49	37.69	10 & Under 50 Fly	38.19	42.89	68
69	36.79	32.89	11/12 50 Fly	33.69	37.89	70
73	3:02.39	2:40.39	10 & Under 200 Free ^	2:39.39	2:59.89	74

^ - Timed Final, all heats swim with Prelims

* - Timed Final, top ten seeds swim with Finals

Saturday Timed Final/Prelims - 13/14 and 15 & Over - TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
47A	2:45.59	2:24.29	13/14 200 Back	2:15.79	2:36.79	48A
47B/C	2:46.19	2:27.19	15/16 and 17 & Over 200 Back	2:13.59	2:30.99	48/BC
53A	42.09	36.29	13/14 50 Breast	33.39	38.59	54A
53B/C	41.29	35.59	15/16 and 17 & Over 50 Breast	32.79	36.99	54B/C
59A	1:06.79	58.69	13/14 100 Free	56.89	1:05.29	60A
59B/C	1:07.19	59.79	15/16 and 17 & Over 100 Free	53.79	1:00.99	60B/C
65A	6:00.39	5:15.89	13/14 400 IM	4:55.69	5:40.39	66A
65B/C	5:42.39	5:02.29	15/16 and 17 & Over 400 IM	4:44.79	5:17.49	66B/C
71A	35.69	31.39	13/14 50 Fly	28.89	33.19	72A
71B/C	35.39	31.09	15 & Over 50 Fly	28.09	30.89	72B/C
			5 Min. Break			
75	NT	NT	13/14 400 Medley Relay *	NT	NT	76
77	NT	NT	19 & Under 400 Medley Relay *	NT	NT	78

* - Timed Final, top ten seeds swim with Finals

Saturday Finals Order of Events - East Pool - Warm Up 3:30pm, Start 5pm

Female Ev #	Event Title	Male Ev #
41	11/12 400 Medley Relay *	52
	5 Min. Break	
43	10 & Under 100 Back	44
45	11/12 200 Back	46
47A	13/14 200 Back	48A
47B	15/16 200 Back	48B
47C	17 & Over 200 Back	48C
49	10 & Under 50 Breast	50
51	11/12 50 Breast	52
53A	13/14 50 Breast	54A
53B	15/16 50 Breast	54B
53C	17 & Over 50 Breast	54C
55	10 & Under 100 Free	56
57	11/12 100 Free	58
59A	13/14 100 Free	60A
59B	15/16 100 Free	60B
59C	17 & Over 100 Free	60C
63	11/12 400 IM *	64
65A	13/14 400 IM	66A
65B	15/16 400 IM	66B
65C	17 & Over 400 IM	66C
67	10 & Under 50 Fly	68
69	11/12 50 Fly	70
71A	13/14 50 Fly	72A
71B	15/16 50 Fly	72B
71C	17 & Over 50 Fly	72C
	5 Min. Break	
75	13/14 400 Medley Relay *	76
77	19 & Under 400 Medley Relay *	78

* - Timed Final, top ten seeds swim with Finals

Sunday Timed Final/Prelims - 10 & Under and 11/12 - TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
79	NT	NT	10 & Under 200 Free Relay ^	NT	NT	80
81	NT	NT	11/12 400 Free Relay *	NT	NT	82
			5 Min Break			
83	44.49	38.99	10 & Under 50 Back	39.79	45.29	84
85	1:25.29	1:14.69	11/12 100 Back	1:14.79	1:26.39	86
89	1:40.79	1:27.29	10 & Under 100 Fly	1:28.79	1:40.09	90
91	3:03.29	2:40.39	11/12 200 Fly	2:40.69	3:01.59	92
95	1:48.49	1:34.39	10 & Under 100 Breast	1:36.19	1:50.69	96
97	1:35.79	1:23.69	11/12 100 Breast	1:23.29	1:35.69	98
101	37.29	32.89	10 & Under 50 Free	33.39	37.69	102
103	2:41.59	2:22.19	11/12 200 Free	2:18.79	2:37.79	104
107	NT	1:23.39	10 & Under 100 IM	1:24.39	NT	108
109	NT	1:15.09	11/12 100 IM	1:13.09	NT	110

^ - Timed Final, All Heats swim with Prelims

* - Timed Final, Top Ten Seeds swim with Finals

Sunday Timed Final/Prelims - 13/14 and 15 & Over TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
87A	1:17.19	1:07.09	13/14 100 Back	1:03.09	1:12.89	88A
87B/C	1:18.49	1:08.89	15/16 and 17 & Over 100 Back	1:00.59	1:10.29	88B/C
93A	2:45.59	2:27.79	13/14 200 Fly	2:17.49	2:36.59	94A
93B/C	2:40.39	2:23.49	15/16 and 17 & Over 200 Fly	2:11.59	2:29.99	94B/C
99A	1:28.19	1:16.59	13/14 100 Breast	1:10.79	1:21.29	100A
99B/C	1:28.79	1:16.89	15/16 and 17 & Over 100 Breast	1:09.09	1:18.49	100B/C
105A	2:23.89	2:06.49	13/14 50 200 Free	2:03.89	2:21.99	106A
105B/C	2:22.49	2:07.29	15/16 and 17 & Over 200 Free	1:54.79	2:11.59	106B/C
111A	NT	1:10.19	13/14 100 100 IM	1:05.39	NT	112A
111B/C	NT	1:07.99	15/16 and 17 & Over 100 IM	1:01.99	NT	112B/C
			5 Min. Break			
113	NT	NT	13/14 400 Free Relay *	NT	NT	114
115	NT	NT	19 & Under 400 Free Relay *	NT	NT	116

* - Timed Final, Top Ten Seeds swim with Finals

Sunday Finals Order of Events - East Pool - Warm Up 3:30pm, Start 5pm

Female Ev #	Event Title	Male Ev #
81	11/12 400 Free Relay*	82
	5 Min Break	
83	10 & Under 50 Back	84
85	11/12 100 Back	86
87A	13/14 100 Back	88A
87B	15/16 100 Back	88B
87C	17 & Over 100 Back	88C
89	10 & Under 100 Fly	90
91	11/12 200 Fly	92
93A	13/14 200 Fly	94A
93B	15/16 200 Fly	94B
93C	17 & Over 200 Fly	94C
95	10 & Under 100 Breast	96
97	11/12 100 Breast	98
99A	13/14 100 Breast	100A
99B	15/16 100 Breast	100B
99C	17 & Over 100 Breast	100C
101	10 & Under 50 Free	102
103	11/12 200 Free	104
105A	13/14 200 Free	106A
105B	15/16 200 Free	106B
105C	17 & Over 200 Free	106C
107	10 & Under 100 IM	108
109	11/12 100 IM	110
111A	13/14 100 IM	112A
111B	15/16 100 IM	112B
111C	17 & Over 100 IM	112C
	5 Min Break	
113	13/14 400 Free Relay*	114
115	Open 400 Free Relay*	116

* - Timed Final, Top Ten Seeds swim with Finals