



Florida Gold Coast Junior Olympic
Short Course Championships
March 15-17 2019(25y)



- Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FGJO031519CSSC-B-09**
"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."
- Condition of sanction:** The competition course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet must be certified by a USA-S 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.
- Sponsored By:** Coral Springs Swim Club/ Coral Springs Booster 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)
- Two courses may be used depending on the number of entries received.**
- Dates & Times:** Session I – Prelims - Friday – March 15, 2019. Warm-up 7:30 am. Meet starts 9:00 am. West/East Pool
Session II – Finals – Friday – March 15, 2019. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool
Session III - Prelims- Saturday – March 16, 2019. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session IV - Finals- Saturday – March 16, 2019. Warm-up 3:30 pm. Meet starts 5:00 pm. West pool
Session V - Prelims- Sunday – March 17, 2019. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session VI– Finals – Sunday – March 17, 2019. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool
NOTE: With the approval of the Age Group Chair, 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.

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 3/08/17 to 3/06/19. 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.

Closed Deck: This is an optional section and can be determined by meet host. 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. Coaches are requested to wear their coaching credentials at all times.

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: 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.

Entry Deadline: Entries Open- 06:00AM EST – Wednesday, February 06, 2019
Entries Close- 11:59PM EST – Wednesday, March 06, 2019

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 or Jaime Lewis – USA Swimming - jlewis@usaswimming.org

Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. Any of the times displayed may 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 National Times Coordinator David Hammond- by phone (908-208-7120) or by email (fgcntv@gmail.com) in order for the entries to be accepted by 6:00pm – March 08, 2019 in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. 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 OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

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 free relays.
Over entered swimmers will be scratched from the event that exceeds the entry limit. Over entered relays will be scratched. Over entered relays will not be allowed to swim.

Deck Entries: Deck entries will be accepted for this meet for swimmers / relays which otherwise meets all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Deck entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. **Swimmers must be prepared to provide proof of submitted time for all deck entries.** Entry fees for deck entries will be double entry fee and double the athlete surcharge. Teams wishing to add a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$24.00. Coaches and swimmers are strongly encouraged to process deck entries as early as possible in the registration process. The deadline for any deck entry is 30 minutes before the session. CASH ONLY for ALL DECK ENTRIES. Fee must be paid at the time of the deck entry.

Entry Fees: **Entry Fees:** \$8.00 – Individual Event; \$12.00 – Relay Event
Facility Surcharge: \$12.00 per swimmer
Deck Entry Fees: \$16.00 – Individual Event \$24.00 – Relay Event \$24.00 – per swimmer surcharge
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club.**

Non-registered or nonexistent teams must submit entries for swim meets by email with the information about the athletes (date of birth, name, USA-S ID#, events and entry times). The entries are considered deck entries since they have to be entered manually and they will be charged accordingly, which currently is double the stated amount in the meet announcement.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part, unless FGC rule 1. 17a.i-v applies.

Seeding: Entries shall be seeded in the following order- Short Course Yards, Long Course Meters, and Short Course Meters. We will follow the 2019 USA Swimming Rules for seeding except as noted below.

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. NOTE: 1650 swimmers must supply their own counters and timers.
5. 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.
6. All 11-12 and 13-14 individual events will be seeded fastest to slowest.
7. All relays for all age groups will be seeded slowest to fastest.

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 - top 10 swimmers per individual event.

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 1 st – 10 th
Relay Events:	Medals 1 st -3 rd
Team Awards:	Overall Team Championship 1 st – 3 rd
	Age Group Team awards: 1 st -3 rd place for each age group and gender
	Overall Girls/ Boys Team Awards – 1 st – 3 rd
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 for prelims; \$3.00 for finals
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 2019 USA Swimming registration card in a visible location at the meet at all times during this meet.

Meet Referee: Mike Nagy

Meet Marshall: City of Coral Springs Lifeguards

Administrative Official: Danica Schimansky

Meet Director: Marc Aran

DAY ONE – Prelims - Friday, March 15, 2019

Prelims' warm-up: 7:30am

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
10 minute break									
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 15, 2019

Finals' warm-up: 3:30pm

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
10 minute break			
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 16, 2019

Prelims' warm-up: 7:30am

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
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 16, 2019

Finals' warm-up: 3:30pm

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
10 minute break			
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 11-12and 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 17, 2019

Prelims' warm-up: 7:30am

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	43.89	41.59	37.69	10 & Under	50 Back	39.09	42.99	44.99	86
87	38.99	37.29	33.89	11-12	50 Back	34.29	37.69	39.49	88
89	36.39	34.79	31.49	13-14	50 Back	29.39	32.49	34.09	90
91	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	92
93	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	94
95	40.19	39.09	35.39	13-14	50 Breast	32.79	36.19	37.69	96
97	2:59.59	2:55.29	2:38.99	11-12	200 Fly	2:39.39	2:55.29	3:01.19	98
99	2:45.69	2:41.09	2:25.79	13-14	200 Fly	2:15.69	2:29.99	2:36.19	100
101	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	102
103	1:10.99	1:08.29	1:01.79	11-12	100 Free	1:00.89	1:07.29	1:09.89	104
105	1:06.69	1:04.29	58.19	13-14	100 Free	53.89	59.59	1:01.99	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
10 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.

The top 10 swimmers of the combined 11-14 age group will swim together at finals.

DAY THREE – Finals - Sunday, March 17, 2019

Finals' warm-up: 3:30pm

Girls #	Age Group	Event	Boys #
111/113	11-12/13-14	1650 Free	
79	11-12	200 IM	80
81	13-14	200 IM	82
87	11-12	50 Back	88
89	13-14	50 Back	90
	11-12/13-14	1650 Free	112-114
93	11-12	50 Breast	94
95	13-14	50 Breast	96
97	11-12	200 Fly	98
99	13-14	200 Fly	100
103	11-12	100 Free	104
105	13-14	100 Free	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.

2019 - 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.

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

Dates/Time: Friday - March 15, 2019 - 15 minutes after the conclusion of prelims.
Saturday - March 16, 2019 - 15 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m. The west pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

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: \$16.00 per Individual Event/ \$24.00 per Relay/\$24.00 Surcharge if not entered in the 2019 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 (other than fast times and satisfaction).

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: Mike Nagy

Meet Marshall: City of Coral Springs Lifeguards

Administrative Official: Danica Schimansky

Meet Director: Marc Aran

Information: Bruno Darzi – 954-340-5032

2019 Florida Gold Coast Junior Olympic Time Trials Short Course (25y)

Sanction#

ORDER OF EVENTS

Day 1 Events – 200 Series Event Numbers

Day 2 Events – 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 (Saturday 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 Saturday and Sunday. 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

Rachel Duewer - 954-227-4120

La Quinta Inn and Suites - 3701 North University Drive, Coral Springs, FL 33065

Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites - 3100 North University Drive, Coral Springs, FL 33065

Lynne Lulfs – Area Director of Sales – 954-591-5353

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