



*Coral Springs Swim Club
Coral Springs, Florida
January 18 – 20, 2007*

SANCTIONED BY: Florida Gold Coast LSC of United States Swimming, Inc.
Sanction#FGCSR011808

SPONSORED BY: Coral Springs Swim Club, Coral Springs Aquatic Complex

DATE & TIME: Friday, January 18 – Session I
Meet warm up – 4:00pm Start of meet: 5:30pm
Saturday, January 19 – Session II
Meet warm up – 8:00am Start of meet: 9:30am
Sunday, January 20 – Session III
Meet warm up – 8:00am Start of meet: 9:30am

All events are timed finals. The meet director reserves the right to change the start times and set up of the sessions.

**POOL COURSE/
TIMING** 8 lane, 50 meter pool. Separate warm-up area is available during the competition. Daktronics Timing System will be used.

ELIGIBILITY: Open to all registered 2007 USA Swimming athletes in FGC, swimmers outside of the FGC, and foreign athletes with proper travel credentials who have achieved FGC Junior Olympic qualifying time standards for the event in their particular age group.
Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

“Meet Management reserves the right to adjust logistics, with the approval of the FGC Age Group Chairman, in order to run an efficient meet.”

ENTRY LIMIT: 5 individual events per swimmer per day

ENTRY FEES: \$3.00 per individual event.
If entries are not sent electronically, entry fees will be doubled.

**FACILITY
SURCHARGE:** \$3.00 per swimmer
Make check payable to: Coral Springs Swim Club
One check per team, please!!!

 **CORAL SPRINGS Swim Club**

- ADMISSION:** \$2.00 per session. Heat sheets: \$2.00 per session
- ENTRY DEADLINE:** All entries must be received by Wednesday, January 9, 2007. Please enter electronically!
For electronic entries e-mail to Denise Goodwin at:
dlsgoodie@aol.com
Confirmation for electronic entries will be sent via e-mail.
If entries are not sent electronically, entry fees will be doubled.
Mail entries to: Coral Springs Swim Club:
12441 Royal Palm Blvd., Coral Springs, FL 33065
The FGC deck entry policy is in effect. Swimmers who want to
deck-seed and were not entered in the meet before, must show their current USA Swimming card.
Submission of electronic entries states that all entered swimmers are currently USA Swimming registered.
The FGC deck entry policy is in effect. Swimmers who want to deck-seed and were not entered in the meet before, must show their current USA Swimming card.
- AWARDS:** Medals for places 1st – 3rd
- MEET DIRECTOR:** TBA
- REFEREE:** Beth Wilkerson
- SEEDING:** Enter in Long Course meters only
- CHECK IN:** The 400 free, 400 IM, 800 free and 1500 free will be positive check in events. Check in will close 10 minutes prior to the start of each session.



ORDER OF EVENTS

Girls odd#, Boys even#

Friday - Session 1

Warm up – 4:00pm

Start of meet – 5:30pm

Girls Event #	Event	Boys Event #
1	400 IM*	2
3	800 Free*	N/A
N/A	1500 Free*	4

*** Positive check in will close 10 minutes prior to the start of the meet.

The events numbered 3 (Girls 800 Free) & 4 (Boys 1500 Free) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800Free) and fastest 24 male (1500 Free) swimmers.

Saturday – Session 2

Warm-up – 8:00am

Start of meet – 9:30am

Girls Event #	Event	Boys Event #
5	200 Breast	6
7	50 Back	8
9	100 Free	10
11	100 Fly	12
13	50 Breast	14
15	200 Back	16
	5 minute break	
17	400 Free*	18

*** Positive check in will close 10 minutes prior to the start of the meet.

Sunday – Session 3

Warm-up – 8:00am

Start of meet – 9:30am

Girls Event #	Event	Boys Event #
19	200 Free	20
21	100 Breast	22
23	50 Fly	24
25	200 IM	26
27	50 Free	28
29	100 Back	30
31	200 Fly	32

- All distance events (400 IM, 400 Free, 800 Free and 1500 Free) are positive check in. Positive check in will close 10 minutes prior to the start of the session.
- The events numbered 1 & 2 will be swum fastest to slowest, alternating girls and boys.



- The events numbered 3 (Girls 800 Free) & 4 (Boys 1500 Free) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800Free) and fastest 24 male (1500 Free) swimmers.

Florida Senior Circuit

Time Standards

Female		Event	Male	
Yards	Meters		Yards	Meters
28.39	31.89	50 Free	25.29	28.69
1:00.79	1:08.19	100 Free	54.79	1:01.99
2:09.29	2:24.49	200 Free	1:56.79	2:13.59
5:36.59	4:59.29	500/400 Free	5:14.89	4:42.39
11:40.49	10:21.39	1000/800 Free	N/A	N/A
N/A	N/A	1650/1500 Free	18:27.49	18:44.99
34.89	39.69	50 Back	31.79	35.39
1:09.89	1:19.49	100 Back	1:01.59	1:11.29
2:29.19	2:48.19	200 Back	2:15.59	2:32.99
39.39	45.29	50 Breast	35.49	40.19
1:18.89	1:30.79	100 Breast	1:11.09	1:20.49
2:49.69	3:13.39	200 Breast	2:35.09	2:57.79
33.29	37.39	50 Fly	30.29	33.69
1:06.59	1:14.89	100 Fly	1:00.59	1:07.39
2:25.49	2:42.39	200 Fly	2:13.59	2:31.99
2:24.49	2:43.89	200 IM	2:12.79	2:30.19
5:06.29	5:46.39	400 IM	4:48.79	5:21.49