

**Florida Gold Coast Junior Olympic
Short Course Championships
February 28 – March 2, 2008**

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction# 022808-FGC1**

Sponsored By: Coral Springs Swim Club

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

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.

Pool: Two 25 yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided.
Competition – Short Course Yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. 12&under swimmers will compete in the east pool – 8 lanes, 13&over swimmers will compete in the west pool – 10 lanes. All finals will be swum in the west pool – 10 lanes.

Dates & Times: Session I – Timed Finals- Thursday – February 28, 2008. Warm-up 3:30pm . Meet starts 5:00pm

Session II – Prelims - Friday – February 29, 2008. Warm-up 7:00 am. Meet starts 8:30 am. – west pool

Session III - Prelims -Friday – February 29, 2008. Warm-up 7:30 am. Meet starts 9:00am.- east pool

Session IV –Finals - Friday – February 29, 2008. Warm-up 3:30 pm. Finals Start 5:00 pm.- west pool

Session V - Prelims- Saturday – March 1, 2008. Warm-up 7:00 am. Meet starts 8:30 am. –west pool

Session VI - Prelims- Saturday – March 1, 2008. Warm-up 7:30 am. Meet starts 9:00 am. – east pool

Session VII –Finals - Saturday – March 1, 2008. Warm-up 3:30 pm. Finals Start 5:00 pm. – west pool

Session VIII - Prelims- Sunday – March 2, 2008. Warm-up 7:00 am. Meet starts 8:30 am. –west pool

Session IX - Prelims- Sunday – March 2, 2008. Warm-up 7:30 am. Meet starts 9:00 am. – east pool

Session X –Finals – Sunday – March 2, 2008. Warm-up 3:00 pm. Finals Start 4:15 pm. – west pool (1650)

Session X –Finals – Sunday – March 2, 2008. Warm-up 3:30 pm. Finals Start 5:10 pm. – west pool

NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.

Eligibility: Open to all 2008 Florida Gold Coast registered athletes who achieved the Qualifying times.
Swimmers will qualify for the meet by attaining the Junior Olympic Qualifying times during the period 2/28/06- 2/28/08. The time must be in the SWIMS database, if not time exists enter an override time. All swimmers must have achieved the qualifying time to be eligible for the meet with the following exceptions:

10&U – Achieve Q-time in the 200 Free may swim the 500 Free

10&U and 11-12 – Achieve the Q time in the 100 of an event may swim the 50 or 200 of that event.

In OME – enter these events as bonus events using the fastest conforming time in the SWIMS database.

Disability: 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.

Entry Deadline: Entries Open- 12:00PM EST – Monday – February 11, 2008

Entries Close- 12:00PM EST - Monday – February 25, 2008

Entry Limit: **Individual Events:** Six (6) individual events for the meet but and no more than Three (3) individual events per day.

Relays: Two (2) per team per event

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Entry Procedure: SEE OME HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION

On-Line Meet Entry (OME) – 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 OPENS: 12:00PM EST – Monday – February 11, 2008

OME CLOSES: 12:00PM EST - Monday – February 25, 2008

OME HELP: Jay Thomas FG Swimming 954-873-3370 – jayfthomas@comcast.net

Conforming and Non Conforming times will be used for entry – Short Course Yards then Short Course Meters then Long Course Meters- HY-TEK – YSL

Individual Entries: The fastest time in national database for in the qualifying window will be displayed and must be used for entry. Swimmers may enter times that are faster than displayed in the database by using an “Override Time” for times. Override times must include the meet name and date. Override times that cannot be proven by the National Times Coordinator during the entry process 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 by 5:00pm – February 27 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. If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**). The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay. There are 3 acceptable times for all relay entries. 1. The best eligible time achieved. 2. Aggregate Time (Best Time for any 4 athletes on the team – Athletes may - but do not have to be entered in the meet). 3. The entry cutoff time (In this case NT).

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.”

NO LATE ENTRIES ACCEPTED. NO DECK ENTRIES.

Entry Fees: **Entry Fees:** \$3.00 – Individual Event \$6.00 – Relay Event \$5.00 – per swimmer surcharge
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club**. Teams that will be paying via check or cash must contact Jay Thomas- Entry Coordinator by phone 954-873-3370 or email jayfthomas@comcast.net in order for the entries to be accepted.

Seeding: Eligible entries shall be seeded in the following order- Short Course Yards, followed by Short Course Meters, followed by Long Course Meters

Finals: Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event. The 15-16 will be separated from the open category for each event swum in finals, except the 1650 Freestyle.

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Distance Events: Thursday's 1000 Freestyle (Open/13-14) and the 500 Freestyle (11-12/10 & Under) are swum as timed finals, each age group swum together, scored separately, swum fastest to slowest alternating girls and boys. The 500 Free will be super seeded. So that the top ten 10 & under and top ten 11-12 compete against each other. Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.

Friday's 400 IM and Saturday's 500 Free are swum as timed finals. The top 10 swimmers in each age group (13-14/15-16/Open) will swim at night. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Sunday's 1650 Free is swum as timed finals, swum together and scored separately. The overall top 10 female and male swimmers will swim on Sunday night starting at 4:00 PM before the rest of the finals, which will start at 5:10pm. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Check In: Positive check in for the 1000 Freestyle, 500 Freestyle, 400 IM and 1650 Freestyle 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.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
1000 Free	15-16/Open	Thursday	4:30 PM
500 Free	10 & Under/11-12	Thursday	5:00 PM
400 IM	13 & Over	Friday	9:30 AM
500 Free	13 & Over	Saturday	9:30 AM
1650 Free	Open	Sunday	9:30 AM

Relays: All relays will be swum at night on Thursday, Friday and Saturday. Sunday's relays will all be swum in the prelims. "A" and "B" relays only, in each relay event.

NEW! All 10 & under relays will be swum during finals on Saturday.

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

NOTE: Age Group swimmers who choose to swim in Open events and score in those events will carry those points towards the age group individual high point award

Awards: Individual Events: Medals 1st – 10th
 Relay Events: Medals 1st
 Team Awards: Overall Team Championship 1st – 3rd
 Senior Team Champion (Ages 15 & Over) 1st- 3rd
 Age Group Team Champion (Ages 14 & Under) 1st-3rd
 Age Group Team awards: 1st place for each age group and sex
 Individual High Point Awards: Top 3 in each age group & sex

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Admission: \$2.00 each session. Heat Sheet -\$2.00 each session

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 Psyche 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

Referee: **Beth Wilkerson**

Meet Marshall: TBA

Meet Director: Please call Michael Lohberg at 954-684-1835.

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)

Hotels:

La Quinta Inns and Suites (two hotels) – Coral Springs

3100 N. University, Coral Springs, Fl. 33065 954-344-2200
3701 N. University, Coral Springs, FL. 33065 954-753-9000
Contact: Lourdes Robitaille – 954-344-2200
Rate of \$126.00

Studio 6 – Coral Springs

5645 University Drive, Coral Springs, Fl. 33065
Contact: Yann Le Bohec – 954-796-0011
Email: 6027b@staystudio6.com
Rooms with 2 beds: \$78.30 + tax per night

Hampton Inn – Tamarac

4499 W. Commercial Blvd, Tamarac, Fl. 33319
Contact: Maria Alvarado – 954-735-7575
Email: Maria.Alvarado@hilton.com
Rate of \$169

Howard Johnson – Deerfield Beach

2096 N.E. 2nd Street, Deerfield Beach, Fl 33441
Contact: Margie Osborn – 954-428-2850
Rate of \$145

Plantation Hotel and Conference Center

1711 N. University Drive, Plantation, Fl 33322
Contact: Norma Alcahae – 954-556-8200
Email: sales@plantationhotelcc.com
Rate of 119.00 for Double

Holiday Inn Hotel & Suites – Sunrise

3003 N.W. University Drive, Sunrise, 33322
Contact: Lissette Montanez - 954-748-7000
Email: lmontanez@hhsunrise.com
Rate of \$137.00

Holiday Inn Express - Plantation

1701 N. University Drive, Plantation, Fl. 33322
Contact: Bertha Morales – 954-472-5600
Email: b.morales@expressplantation.com
Rate of \$139

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Order of Events

KEY – P – Positive Check-in
S – Special Seeding–All ages seeded and swum together - scored separately
T – Timed Final –
F – Swum Fastest to Slowest alternating women and men.

Thursday February 28- East and West Pool – Timed Finals: Warm-up 3:00pm Meet Starts 4:30 pm

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
1	10:15.19	10:00.39	11:25.99	Open/15-16	1000 Free - P/S/T/F	11:12.19	9:48.29	10:04.59	2
3	10:20.99	10:10.29	11:37.29	13-14	1000 Free - P/S/T/F	11:37.29	10:10.29	10:20.99	4
5	5:32.39	5:23.19	6:09.29	11-12	500 Free - P/S/T/F	6:21.29	5:33.69	5:44.69	6
7	6:09.69	5:57.39	6:48.39	10 & Under	500 Free - P/S/T/F	7:09.89	6:16.29	6:29.69	8
9	--	--	NT	13-14	800 Fr Relay - P/T	NT	--	--	10
11	--	--	NT	Open	800 Fr Relay - P/T	NT	--	--	12

Friday February 29- West Pool – Prelims: Warm-up 7:00am Meet Start 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
17	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	18
19	2:23.19	2:20.29	2:06.99	Open	200 Free	1:55.79	2:07.89	2:13.39	20
25	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	26
27	2:47.59	2:41.99	2:26.59	Open	200 Back	2:12.69	2:26.59	2:34.89	28
33	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	34
35	1:16.09	1:14.29	1:07.29	Open	100 Fly	1:00.79	1:07.19	1:09.09	36
39	6:03.19	5:53.79	5:20.19	13-14	400 IM-P/T/F	5:02.89	5:34.69	5:46.79	40
41	5:57.59	5:47.09	5:14.09	Open	400 IM-P/T/F	4:49.09	5:19.49	5:29.99	42

Friday February 29- East Pool – Prelims: Warm-up 7:30am Meet Starts 9:00am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
13	2:39.69	2:34.89	2:20.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	14
15	2:59.89	2:52.79	2:36.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	16
21	1:26.29	1:22.79	1:14.89	11-12	100 Back	1:16.49	1:24.49	1:27.49	22
23	1:35.29	1:30.89	1:22.19	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	24
29	36.79	36.19	32.69	11-12	50 Fly	33.99	37.49	38.49	30
31	42.09	41.19	37.29	10 & Under	50 Fly	39.39	43.49	43.99	32
37	3:23.69	3:16.29	2:57.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	38
43	-	1:31.89	1:23.19	10 & Under	100 IM	1:26.39	1:34.39	-	44
45	-	1:22.19	1:14.39	11-12	100 IM	1:15.89	1:23.79	-	46

Friday February 29- West Pool- Finals: Warm-up 3:30pm Meet Starts 5:00pm

Event #	Age Group	Event	Event #	Age Group	Event
13-14	11-12	200 Free	33-34	13-14	100 Fly
15-16	10 & Under	200 Free	35-36	15-16	100 Fly
17-18	13-14	200 Free	35-36	Open	100 Fly
19-20	15-16	200 Free	37-38	11-12	200 Breast
19-20	Open	200 Free	39-40	13-14	400 IM
21-22	11-12	100 Back	41-42	15-16	400 IM
23-24	10 & Under	100 Back	41-42	Open	400 IM
25-26	13-14	200 Back	43-44	10 & Under	100 IM
27-28	15-16	200 Back	45-46	11-12	100 IM
27-28	Open	200 Back	47-48	13-14	400 Free Relay
29-30	11-12	50 Fly	49-50	Open	400 Free Relay
31-32	10 & Under	50 Fly	51-52	11-12	400 Free Relay

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Order of Events

Saturday March 1- West Pool- Prelims: Warm-up 7:00am Meet Start 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
59	3:11.99	3:05.69	2:47.99	13-14	200Breast	2:36.29	2:52.69	3:02.39	60
61	3:08.49	3:05.59	2:45.29	Open	200Breast	2:30.09	2:45.89	2:54.29	62
67	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	68
69	30.99	29.99	27.19	Open	50 Free	24.49	26.99	28.09	70
75	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	76
77	1:18.69	1:15.29	1:08.09	Open	100 Back	1:01.79	1:08.29	1:11.99	78
83	5:03.49	4:55.99	5:38.29	13-14	500 Free P/T/F	5:40.09	4:57.69	5:05.59	84
85	4:59.79	4:53.49	5:35.39	Open	500 Free P/T/F	5:11.69	4:32.79	4:41.09	86

Saturday March 1- East Pool- Prelims: Warm-up 7:30am Meet Start 9:00am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
57	3:02.59	2:56.49	2:39.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	58
63	1:47.49	1:43.19	1:33.39	10&Uner	100 Breast	1:38.89	1:49.19	1:52.89	64
65	1:33.79	1:30.79	1:22.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	66
71	36.49	35.79	32.39	10&Under	50 Free	33.79	37.29	38.29	72
73	33.69	32.99	29.89	11-12	50 Free	29.89	32.99	34.49	76
79	43.69	46.49	38.19	10&Under	50 Back	41.29	45.59	47.39	80
81	39.19	37.89	34.29	11-12	50 Back	35.59	39.29	40.59	82
87	3:20.59	3:14.49	2:55.99	10&Under	200 IM	3:06.69	3:26.39	3:31.89	88
89	3:00.19	2:55.59	2:38.89	11-12	200 IM	2:43.59	3:00.69	3:05.99	90

Saturday March 1- West Pool- Finals: Warm-up 3:30pm Meet Start 5:00

Event #	Age Group	Event	Event #	Age Group	Event
53-54	11-12	200 Free Relay	77-78	15-16	100 Back
55-56	10 & Under	200 Free Relay	77-78	Open	100 Back
57-58	11-12	200 Fly	79-80	10 & Under	50 Back
59-60	13-14	200 Breast	81-82	11-12	50 Back
61-62	15-16	200 Breast	83-84	13-14	500 Free
61-62	Open	200 Breast	85-86	15-16	500 Free
63-64	10 & Under	100 Breast	85-86	Open	500 Free
65-66	11-12	100 Breast	87-88	10 & Under	200 IM
67-68	13-14	50 Free	89-90	11-12	200 IM
69-70	15-16	50 Free	91-92	10 & Under	200 Medley Relay
69-70	Open	50 Free	93-94	11-12	200 Medley Relay
71-72	10 & Under	50 Free	95-96	13-14	400 Medley Relay
73-74	11-12	50 Free	97-98	Open	400 Medley Relay
75-76	13-14	100 Back			

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Sunday March 2- West Pool- Prelims: Warm-up 7:00am Meet Start 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
99	--	--	NT	13-14	200 Med. Relay-T	NT	--	--	100
101	--	--	NT	Open	200 Med. Relay-T	NT	--	--	102
105	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	106
107	2:41.09	2:37.29	2:22.39	Open	200 IM	2:09.99	2:23.69	2:30.69	108
113	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	114
115	1:07.19	1:05.09	58.89	Open	100 Free	53.09	58.69	1:01.39	116
121	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	122
123	2:44.69	2:42.79	2:27.29	Open	200 Fly	2:14.59	2:28.69	2:32.19	124
129	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	130
131	1:27.79	1:24.79	1:16.79	Open	100 Breast	1:09.09	1:16.49	1:20.59	132
135	--	--	NT	13-14	200 Free Relay-T	NT	--	--	136
137	--	--	NT	Open	200 Free Relay-T	NT	--	--	138
					10 min break				
139	19:37.29	19:02.29	19:08.99	Open	1650 Free P/S/T/F	18:47.99	18:41.39	19:22.99	140
141	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:21.69	19:14.89	19:48.09	142

Event 139-140-141-142 will be combined after entries. The combined top 10 girl and the combined top 10 boys will swim with finals.

Sunday March 2- East Pool- Prelims: Warm-up 7:30am Meet Start 9:00am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
103	3:00.69	2:53.59	2:37.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	104
109	1:21.89	1:19.99	1:12.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	110
111	1:14.19	1:11.89	1:05.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	112
117	1:38.69	1:35.79	1:26.69	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	118
119	1:24.09	1:21.89	1:14.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	120
125	48.29	46.49	41.99	10 & Under	50 Breast	45.39	50.09	51.79	126
127	43.19	41.99	37.99	11-12	50 Breast	39.39	43.39	45.29	128
					5 min break				
133	--	--	NT	11-12	400 Medley Relay - T	NT	--	--	134

Sunday March 2- West Pool- 1500 Free Finals: Warm-up 3:00pm Event Start 4:15pm

Event #	Age Group	Event
139-143	Combined Open/13-14	1650 Free

Sunday March 2- West Pool- Finals: Warm-up 4:00pm Event Start 5:15pm

Event #	Age Group	Event	Event #	Age Group	Event
103-104	11-12	200 Back	119-120	11-12	100 Fly
105-106	13-14	200 IM	121-122	13-14	200 Fly
107-108	15-16	200 IM	123-124	15-16	200 Fly
107-108	Open	200 IM	123-124	Open	200 Fly
109-110	10 & Under	100 Free	125-126	10 & Under	50 Breast
111-112	11-12	100 Free	127-128	11-12	50 Breast
113-114	13-14	100 Free	129-130	13-14	100 Breast
115-116	15-16	100 Free	131-132	15-16	100 Breast
115-116	Open	100 Free	131-132	Open	100 Breast
117-118	10 & Under	100 Fly			

2008
Florida Gold Coast Junior Olympic Time Trials
Short Course
Sanction # 022808-TT3

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 022808-TT3
- Sponsored by: Coral Springs Swim Club
- Dates and Time: Friday February 29, 2008 – 15 minutes after the conclusion of prelims
Saturday March 1, 2008 - 15 minutes after the conclusion of prelims.
Sunday March 2, 2008 - 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: \$5.00 per Individual Event \$10.00 per Relay
- Entries: Entry cards will be filled out on deck.
- Eligibility: Open to all current registered USA Swimming athletes and swimmer entered in the Junior Olympic Championships who do not exceed the event entry limit for the day.
- Distance Events: The 1650/1000 Free will be offered only on Saturday Time Trial Session
- Awards: None (other than fast times and satisfaction).
- Location: Coral Springs Swim Club
- Referee: Beth Wilkerson
- 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)
- Information: Please call Michael Lohberg at 954-684-1835

2008
Florida Gold Coast Junior Olympic Time Trials
Short Course
Sanction# 022808-TT3

ORDER OF EVENTS

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
5-10 Minute Break as needed	

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.