2018 FGC Senior Championships (LCM)
Coral Springs, FL – July 27 - 29, 2018

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. FGSR072718CS-1

Condition of Sanction: In granting this approval it is understood and agreed that USA Swimming/Florida Gold Coast and the Coral Springs Swim Club and the Coral Springs Swim Club 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 104.2.2(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: **If taking I-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 next light, Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 mile)

Dates & Times:

Session		Date		Warm up/ Start times			
				Prelims 'warm-up	Prelims 'start	Finals' warm up	Finals 'start
Session I	Prelims	Friday	July 27	7:00 am	8:30am	3:30pm	5:00 pm
Session II	Finals	Friday	July 27	7:00 am	8:30am	3:30pm	5:00 pm
Session III	Prelims	Saturday	July 28	7:00 am	8:30am	3:30pm	5:00 pm
Session IV	Finals	Saturday	July 28	7:00 am	8:30am	3:30pm	5:00 pm
Session V	Prelims	Sunday	July 29	7:00am	8:30am	3:30pm	5:00 pm
Session VI	Finals	Sunday	July 29	7:00am	8:30am	3:30pm	5:00 pm

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

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. 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.

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.

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 of 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.

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.

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.

Eligibility: Open to all current 2018 USA swimming registered athletes and foreign athletes that have achieved the meet qualifying time standards and with proper travel credentials who have been invited by USA Swimming. Qualifying times must be achieved between July 17, 2016 and July 18, 2018. The time 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.

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 – csscswimentries@gmail.com

Pool/ Timing: 50 meters x 25 yards heated outdoor pool, 50 long-course racing lanes with separate warm-up and swim down lanes available. Daktronics 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 the start varies from 4'5 to 8'0 depending on lane assignment accordance with 202.3.7 (C).

***Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Senior Chair approval.**

Entries: Online Meet Entry: Entries will be processed using the USA Swimming (OME) only. Access this entry system from the USA Swimming website at the address www.usaswimming.org/ome . Log in, select "Enter Team". Only one account may be used to enter a team. Paper, fax, and email entries will not be accepted.

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 Jaime Lewis from USA Swimming at *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 Bruno Darzi at csscswimentries@gmail.com by 11:59pm – July 18th, 2018 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."

Laura Azevedo – Coral Springs Swim Club – office: 954-340-5032/ email: azevedolaura@hotmail.com

Entry Deadline: Entries Open – 6:00am EST – Wednesday, June 20th, 2018
Entries Close – 6:00pm EST – Wednesday, July 18, 2018
Online payment is not permitted for this meet.
*Entry fees are made payable to "**CSSC"** (note: one check per team)

Entry Limit: Individual events: Three (3) individual events per swimmer per day.
Relay events: 200 & 400 relays, teams may enter "A" & "B" relay teams only/ 800 Free Relay – "A" Team 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.

Seeding: Eligible entries shall be seeded in the following order – Long Course Meters, followed by Short Course Meters, followed by Short Course Yards. All events will be seeded fastest to slowest.

Entry fees:		
	$8.00 per individual event	**Deck entry: $16.00 per individual event**
	$12.00 per relay team	**Deck entry: $24.00 per relay team**
	$12.00 per swimmer surcharge	**Deck entry: $24.00 per swimmer surcharge**

Relay Only: Adding a relay-only swimmer to your entry after the deadline will double swimmer surcharge fee to $24.00. Cash only.

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.

Deck Entries: **The FGC Deck Seed policy will be in effect.** NOTE: A Hard copy of meet results with "proof of times" or a copy of times from the USA Swimming database must be presented with the deck entry. Coaches will not be permitted to use the meet host computers for proof of times. Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. NOTE: CASH ONLY will be accepted for deck seeds. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadlines for deck entries is 30 min. before starts the meet. Policy can be seen at www.fgcswim.org . All deck entered swimmers must present current USA Swimming Card in order to be entered.

Awards: **Individuals Events & Relays:** Ind. 1st – 3rd
Individual High Point: 15-16 Women & Men High Point – 1st – 3rd
Open Women & Men High Point – 1st – 3rd

Team Awards: Overall Girls/ Boys Team 1st - 3rd
Overall Team Award: Combined 1st – 3rd

Distance Events: Friday's 400 free, Saturday's 400 IM and Sunday's 1500 free are positive check-in events swum as timed finals. The Top 8 swimmers checked in will swim in finals at night. **The swimmer or coach should CLEARLY write "AM" next to their name when they check-in if they desire to swim in preliminaries.** The top 8 swimmers who state no preference shall be seeded to compete in the finals.
In the morning, the 400 free, 400 IM and 1500 free will be seeded fastest to slowest, alternating women and men. Any swimmer that is checked-in and does not show up will be fined **$25.00 Cash Only**. Swimmer will be eligible to continue competing in the meet upon payment of the fine. (1500 Freestyles will start 10 minutes following the 200 IM.) For the 1500 free, all age groups will swim together and scored separately.

NOTE: 1500 Freestyle swimmers must supply their own counters and timers.

Finals: Any swimmer who competes in a preliminary heat and qualifies to the Consolation Final or Championship Final, must declare his/her possible intention to scratch within thirty (30) minutes of announcement or posting of the preliminary results of that event and further declare their final intentions 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 by the Clerk of Course. "Failure to Swim" Consolation or Championship Finals or positive check-in event will result in the swimmer being fined **$25.00 (cash only)**. Upon payment of fine, the swimmer will be eligible to continue competing in the meet. In case of missing a Sunday night final, payment of **$25.00** (cash only) must be made in order to compete in future FGC Senior Championship meets.

A swimmer not in originally announced or posted in Consolation Final or Championship Finals is moved into final due to the scratch of another swimmer will not be penalized for failing to swim in that final. Swimmers within the top 40 are encouraged to declare their intention not to compete if they do not intend to swim so that the Administrative Referee will be able to properly seed the meet for finals.

The Championship Finals will follow the Consolation Final.

Note: 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 for the alternate.

Note: Scratches must be done by the individuals' coach. "Team" scratches are not accepted. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table.

Note: In addition to the swimmers required to scratch if they are not going to swim in the finals, all swimmers who do not plan to swim in the finals are strongly urged to scratch, especially swimmers who finished the preliminary events in places 21-40.

Positive Check-in: Positive check-in is required to be seeded in the following events: The 400 freestyle, 400 IM and 1500 Freestyle. "Failure to Swim" a positive check-in event will result in the swimmer being fined $25.00 (cash only). Upon payment of fine, the swimmer will be eligible to continue competing in the meet. Deadline for check-in events is 9:30am.
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.

Scoring: Championship Finals –20,17,16,15,14,13,12,11
Consolation Finals – 9,7,6,5,4,3,2,1
Relays –40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

Admission: $5.00 per session for prelims.
$3.00 per session for 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.

Identification: Coaches and officials shall wear their 2018 USA Swimming registration card in a visible location at the meet at all times during this meet.

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

Head Referee: Mike Nagy

Meet Director: Marc Aran

Meet Marshall: City of Coral Springs Staff

Administrative Official: Danica Schimansky

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: Coral Springs Aquatic Office (954-340-5032)

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

7:00 a.m. – 7:45 a.m. General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts, No Sprinting or Pace Work
Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 50 meters One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, 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).

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 27, 2018

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

FRIDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
3	2:46.19	2:42.19	2:27.19	**15-16 200 Backstroke**	2:13.59	2:26.99	2:30.99	4
5	2:46.19	2:42.19	2:27.19	**Open 200 Backstroke**	2:13.59	2:26.99	2:30.99	6
7	1:07.19	1:05.19	59.79	**15-16 100 Freestyle**	53.79	58.99	1:00.99	8
9	1:07.19	1:05.19	59.79	**Open 100 Freestyle**	53.79	58.99	1:00.99	10
11	2:40.39	2:36.39	2:23.49	**15-16 200 Butterfly**	2:11.59	2:25.99	2:29.99	12
13	2:40.39	2:36.39	2:23.49	**Open 200 Butterfly**	2:11.59	2:25.99	2:29.99	14
15	41.29	40.29	35.59	**15-16 50 Breaststroke**	32.79	35.99	36.99	16
17	41.29	40.29	35.59	**Open 50 Breaststroke**	32.79	35.99	36.99	18
10 minute break, if necessary								
19	4:55.29	4:47.29	5:31.59	**15-16 400 Freestyle**	5:09.89	4:30.39	4:38.39	20
21	4:55.29	4:47.29	5:31.59	**Open 400 Freestyle**	5:09.89	4:30.39	4:38.39	22

Girls odd#, Boys even#

DAY ONE – Finals - Friday, July 27, 2018

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

FRIDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
1	N/A	N/A	N/A	**Open 200 Freestyle Relay**	N/A	N/A	N/A	2
5 minute break; if necessary								
3	2:46.19	2:42.19	2:27.19	**15-16 200 Backstroke**	2:13.59	2:26.99	2:30.99	4
5	2:46.19	2:42.19	2:27.19	**Open 200 Backstroke**	2:13.59	2:26.99	2:30.99	6
7	1:07.19	1:05.19	59.79	**15-16 100 Freestyle**	53.79	58.99	1:00.99	8
9	1:07.19	1:05.19	59.79	**Open 100 Freestyle**	53.79	58.99	1:00.99	10
11	2:40.39	2:36.39	2:23.49	**15-16 200 Butterfly**	2:11.59	2:25.99	2:29.99	12
13	2:40.39	2:36.39	2:23.49	**Open 200 Butterfly**	2:11.59	2:25.99	2:29.99	14
15	41.29	40.29	35.59	**15-16 50 Breaststroke**	32.79	35.99	36.99	16
17	41.29	40.29	35.59	**Open 50 Breaststroke**	32.79	35.99	36.99	18
10 minute break, if necessary								
19	4:55.29	4:47.29	5:31.59	**15-16 400 Freestyle**	5:09.89	4:30.39	4:38.39	20
21	4:55.29	4:47.29	5:31.59	**Open 400 Freestyle**	5:09.89	4:30.39	4:38.39	22
5 minute break if necessary								
23	N/A	N/A	N/A	**Open 400 Freestyle Relay**	N/A	N/A	N/A	24

Girls odd#, Boys even#

DAY TWO – Prelims - Saturday, July 28, 2018

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

SATURDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
25	2:22.49	2:18.49	2:07.29	**15-16 200 Freestyle**	1:54.79	2:07.59	2:11.59	26
27	2:22.49	2:18.49	2:07.29	**Open 200 Freestyle**	1:54.79	2:07.59	2:11.59	28
29	36.99	36.39	31.59	**15-16 50 Backstroke**	29.09	33.49	34.09	30
31	36.99	36.39	31.59	**Open 50 Backstroke**	29.09	33.49	34.09	32
33	3:11.39	3:07.39	2:47.69	**15-16 200 Breaststroke**	2:33.09	2:51.79	2:55.79	34
35	3:11.39	3:07.39	2:47.69	**Open 200 Breaststroke**	2:33.09	2:51.79	2:55.79	36
37	1:12.89	1:10.89	1:04.59	**15-16 100 Butterfly**	58.59	1:03.39	1:05.39	38
39	1:12.89	1:10.89	1:04.59	**Open 100 Butterfly**	58.59	1:03.39	1:05.39	40
10 minute break if necessary								
41	5:42.39	5:34.39	5:02.29	**15-16 400 IM**	4:44.79	5:09.49	5:17.49	42
43	5:42.39	5:34.39	5:02.29	**Open 400IM**	4:44.79	5:09.49	5:17.49	44

Girls odd#, Boys even#

DAY TWO – Finals - Saturday, July 28, 2018

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

SATURDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
25	2:22.49	2:18.49	2:07.29	**15-16 200 Freestyle**	1:54.79	2:07.59	2:11.59	26
27	2:22.49	2:18.49	2:07.29	**Open 200 Freestyle**	1:54.79	2:07.59	2:11.59	28
29	36.99	36.39	31.59	**15-16 50 Backstroke**	29.09	33.49	34.09	30
31	36.99	36.39	31.59	**Open 50 Backstroke**	29.09	33.49	34.09	32
33	3:11.39	3:07.39	2:47.69	**15-16 200 Breaststroke**	2:33.09	2:51.79	2:55.79	34
35	3:11.39	3:07.39	2:47.69	**Open 200 Breaststroke**	2:33.09	2:51.79	2:55.79	36
37	1:12.89	1:10.89	1:04.59	**15-16 100 Butterfly**	58.59	1:03.39	1:05.39	38
39	1:12.89	1:10.89	1:04.59	**Open 100 Butterfly**	58.59	1:03.39	1:05.39	40
10 minute break; if necessary								
41	5:42.39	5:34.39	5:02.29	**15-16 400 IM**	4:48.79	5:13.49	5:21.49	42
43	5:42.39	5:34.39	5:02.29	**Open 400IM**	4:44.79	5:09.49	5:17.49	44
5 minute break if necessary								
45	N/A	N/A	N/A	**Open 800 Freestyle Relay**	N/A	N/A	N/A	46

Girls odd#, Boys even#

DAY THREE – Prelims - Sunday, July 29, 2018

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

SUNDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
49	1:18.49	1:16.49	1:08.89	15-16 100 Backstroke	1:00.59	1:08.29	1:10.29	50
51	1:18.49	1:16.49	1:08.89	Open 100 Backstroke	1:00.59	1:08.29	1:10.29	52
53	35.39	34.69	31.09	15-16 50 Butterfly	28.09	30.19	30.89	54
55	35.39	34.69	31.09	Open 50 Butterfly	28.09	30.19	30.89	56
57	1:28.79	1:26.79	1:16.89	15-16 100 Breaststroke	1:09.09	1:16.49	1:18.49	58
59	1:28.79	1:26.79	1:16.89	Open 100 Breaststroke	1:09.09	1:16.49	1:18.49	60
61	31.39	30.39	27.89	15-16 50 Freestyle	24.79	27.19	28.19	62
63	31.39	30.39	27.89	Open 50 Freestyle	24.79	27.19	28.19	64
65	2:41.89	2:37.89	2:22.49	15-16 200 IM	2:10.79	2:24.19	2:28.19	66
67	2:41.89	2:37.89	2:22.49	Open 200 IM	2:10.79	2:24.19	2:28.19	68
10 minute break; if necessary								
69	19:43.09	19:13.09	19:21.79	15-16/ Open 1500 Freestyle	18:10.99	17:59.99	18:29.99	70

Girls odd#, Boys even#

DAY THREE – Finals - Sunday, July 29, 2018

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

SUNDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
47	N/A	N/A	N/A	Open 200 Medley Relay	N/A	N/A	N/A	48
5 minute break; if necessary								
49	1:18.49	1:16.49	1:08.89	15-16 100 Backstroke	1:00.59	1:08.29	1:10.29	50
51	1:18.49	1:16.49	1:08.89	Open 100 Backstroke	1:00.59	1:08.29	1:10.29	52
69	19:43.09	19:13.09	19:21.79	15-16/ Open 1500 Freestyle	N/A	N/A	N/A	
53	35.39	34.69	31.09	15-16 50 Butterfly	28.09	30.19	30.89	54
55	35.39	34.69	31.09	Open 50 Butterfly	28.09	30.19	30.89	56
57	1:28.79	1:26.79	1:16.89	15-16 100 Breaststroke	1:09.09	1:16.49	1:18.49	58
59	1:28.79	1:26.79	1:16.89	Open 100 Breaststroke	1:09.09	1:16.49	1:18.49	60
	N/A	N/A	N/A	15-16/ Open 1500 Freestyle	18:10.99	17:59.99	18:29.99	70
61	31.39	30.39	27.89	15-16 50 Freestyle	24.79	27.19	28.19	62
63	31.39	30.39	27.89	Open 50 Freestyle	24.79	27.19	28.19	64
65	2:41.89	2:37.89	2:22.49	15-16 200 IM	2:10.79	2:24.19	2:28.19	66
67	2:41.89	2:37.89	2:22.49	Open 200 IM	2:10.79	2:24.19	2:28.19	68
5 minute break; if necessary								
71	N/A	N/A	N/A	Open 400 Medley Relay	N/A	N/A	N/A	72

2018 – Senior Championships Time Trials
Long Course *
Sanction #

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 27, 2018 - 15 minutes after the conclusion of prelims.
Saturday - July 28, 2018 - 15 minutes after the conclusion of prelims.

Course/Timing: One 50m x 25y. Competition course 8 lanes 50 meters. 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 2018 Senior Championships. Swimmers not in the 2018 Senior Championships can swim 3 events per day.

Entry Fees: $16.00 per event if entered in Senior Champs; $32.00 for athlete not entered in Senior Champs
$24.00 per relay

Entries: Entry cards will be filled out on deck. Entries will close 15 minutes prior to the end of the session.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the 2018 Senior Championships who do not exceed the event entry limit for the day).

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)

Referee: Mike Nagy

Information: Bruno Darzi – e-mail: csscswimentries@gmail.com/ phone: 954-340-5032

2018
Senior Championships Time Trials
Long Course *

Sanction#

ORDER OF EVENTS

Events – 200 & 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	1500 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	200 IM
31-32	400 IM
33-34	200 Freestyle relay
35-36	200 Medley relay
37-38	400 Freestyle relay
39-40	400 Medley relay
41-42	800 Freestyle relay

*Time Trials are subject to time restrictions. It must be completed by 4:00pm in order to give the swimmers enough time for proper warm up for finals.

CORAL SPRINGS HOTELS

1. **La Quinta Inn and Suites (North)**
   Address: 3100 North University Drive Coral Springs, FL 33065
   Phone: 954-753-9000
   Distance: 3.9 miles (10 minutes)

2. **La Quinta Inn and Suites (South)**
   Address: 3701 University Drive Coral Springs, FL 33065
   Phone: 954-753-9000
   Distance: 3.8 miles (11 minutes)

3. **Coral Springs Marriott (Heron Bay)**
   Address: 11775 Heron Bay Boulevard Coral Springs, FL 33076
   Phone: 954-227-4120
   Distance: 4.8 miles (12 minutes)

4. **Courtyard Marriott**
   Address: 620 North University Drive Coral Springs, FL 33071
   Phone: 954-227-1300
   Contact: Michelle Henry
   Distance: 3.6 miles (8 minutes)