

Florida Gold Coast Central Division II Meet

March 5-7, 2010

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming – Sanction # 030510-FGC3

Sponsored By: Davie Nadadores Swim Team and Nova Southeastern University

Location: Nova Southeastern University Aquatic Complex, Davie, FL, 33314
On the corner of 36th street and 75th avenue.

Dates & Time: Session I –Timed Finals – Friday – March 5, 2010 - Warm-up 3:00pm – Meet Starts 4:30pm

Session II – Prelims 10 & Under and 18 & Under
Saturday – March 6, 2010 – Warm-up 7:00am – Meet Starts 8:00am

Session III – Prelims 12 & Under and 14 & Under
Saturday – March 6, 2010 – Warm-up 11:00am – Meet Starts 12:30pm

Session IV – Finals All Age Groups
Saturday – March 6, 2010 – Warm-up 4:30pm – Meet Starts 6:00pm

Session V – Prelims 10 & Under and 18 & Under
Sunday – March 7, 2010 – Warm-up 7:00am – Meet Starts 8:00am

Session VI – Prelims 12 & Under and 14 & Under
Sunday – March 7, 2010 – Warm-up 11:00am – Meet Starts 12:30pm

Session VII – Finals All Age Groups –
Sunday – March 7, 2010– Warm-up 4:30pm – Meet Starts 6:00pm

Note: Meet management reserves the right to adjust start times in order to ensure an efficient meet.

Pool / Timing: 10 lanes, 25 yard short course heated outdoor pool. Separate warm-up/warm-down lanes available during competition. Colorado Timing System® and Hy-Tek Meet Manager software will be used for timing/scoring. Water depth at competition start end of pool is a minimum 6 feet 7 inches. Fly-over starts will be used. The competition course has been certified in accordance with 104.2.2 (C).

Eligibility: Open to all 18 & Under, 2010 USA Swimming registered athletes from Broward County except those with Comets Swim Team and Pine Crest Swimming, plus foreign athletes with proper travel credential that have been invited by USA swimming. **14 & Under Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum “B” time standard in any event 200 meters or longer. 15 & Over Swimmers must not have achieved a Senior Circuit qualifying time in the event entered and must have a minimum “B” time standard in any event 200 meters or longer.**

Swimmers may not enter any event in which they have achieved a Qualifying time in either SCY, LC, or SCM. Relay swimmers must also comply with this rule (in strokes / age brackets where no 50-meter standard is listed, the 100-meter stroke eligibility applies). Teams entering and swimming athletes who have achieved Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between March 8 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time but are will not be eligible at the start of the Junior Olympic meet may swim at Division II in the above age group.

Rules: Current USA Swimming 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.

Disability: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations email: info@davienadadores.com .

Entry Deadline: Entries Close - **Monday – February 22, 2010 - 11:59pm**

Entry Limit: Six (6) individual events for the meet but no more than Three (3) individual events per day (unlimited relays)

Entry Procedure: Please use www.directathletics.com for entries
For username and password, contact Coach Bruno at [Bruno@coralspringsswimclub.com](mailto: Bruno@coralspringsswimclub.com)
For escrow account info, contact Tina Proctor at [Treasurer@coralspringsswimclub.com](mailto: Treasurer@coralspringsswimclub.com)

Florida Gold Coast Division II Central Short Course Championships

- Entry Fees:** \$4.00 per Individual event entry / \$8.00 per Relay event entry / \$7.50 per swimmer surcharge. Entry fees should be payable to "Coral Springs Swim Club \$5.00 Coaching Surcharge
- Seeding:** Eligible entries will follow FGC policy and shall be seeded in the following order – Short Course Yards followed by Long Course Meters followed by Short Course Meters. Top 20 Swimmers will be circled swimmers.
- Relays:** Swimmers swimming in relay must meet the eligibility requirement (Not Junior Olympic, or Senior Circuit Qualified) in the Relay leg he/she is competing in.
- Finals:** Finals will consist of one heat of girls and one heat of boys - top 8 swimmers per individual event.
- Distance Events:** The 400 Individual Medley, 500 Freestyle, and 1650 Freestyle are timed finals and positive check-in events. They will be swum fastest to slowest alternating girls and boys. The top 8 times entered in the 500 Free for each age group will swim with finals.
- Awards:** Individual Events: Medals 1st - 3rd and Ribbons 4th - 8th
Relays Events: Ribbons 1st – 3rd
- Scoring:** The Division II Championship meets will not be scored (FGC rule 102.7)
- Admission:** \$3.00 per person per session. Heat Sheets - \$2.00 each session
- Concessions:** Concession stand will be open for all sessions provided by the Davie Nadadores Swim Team.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet in the west room of the charter school gym.
- Meet Info:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on our website: www.davienadadores.com .
- Results:** Session results will be posted and on our website (www.davienadadores.com) as soon as they become available.
- Referee:** Larry Fons
- Meet Marshall:** Gianluca Alberani
- Meet Director:** Tomas Victoria (954) 529.5928 or coachtomas@davienadadores.com
- 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. This will involve at least one swimmer and one coach representative.
- Parking:** Free. Parking is available in gravel lots in back of Complex as well as in the Plaza on the corner of University Drive and 36th street.
- Directions:** From the North
Take I-95/Turnpike Southbound to West 595. Exit on to University Drive, Go left/South to 36th street. Turn left and drive one block to 75th. Pool will be on your left hand side.
- From the South
Take I-95/Turnpike Northbound to West 595. . Exit on to University Drive, Go left/South to 36th street. Turn left and drive one block to 75th. Pool will be on your left hand side.

Florida Gold Coast Division II Central Short Course Championships

March 5-7, 2010

Sanction # 030510-FGC3

Order Of Events

Session I: (Time Finals)- Friday March 5, 2010 Warm-up: 3:00pm Meet Starts: 4:30pm

Event Number	Event	Age Group
1-2	1650 Free	18 & Under
3-4	200 Free	10 & Under
5-6	200 Free	12 & Under
7-8	400 IM	18 & Under

Session II: (Prelims)- Saturday March 6, 2010 Warm-up: 7:00am Meet Starts: 8:00am

Event Number	Event	Age Group
9-10	100 Back	10 & Under
15-16	200 Free	18 & Under
17-18	50 Breast	10 & Under
23-24	100 Breast	18 & Under
25-25	100 Fly	10 & Under
31-32	200 Back	18 & Under
33-34	50 Free	10 & Under
39-40	50 Free	18 & Under
41-42	100 IM	10 & Under
47-48	200 Fly	18 & Under
49-50	200 Free Relay	10 & Under
55-56	200 Free Relay	15-18

Session III: (Prelims)- Saturday March 7, 2010 Warm-up: 11:00am Meet Starts: 12:30pm

Event Number	Event	Age Group
11-12	100 Back	12 & Under
13-14	200 Free	14 & Under
19-20	50 Breast	12 & Under
21-22	100 Breast	14 & Under
27-28	100 Fly	12 & Under
29-30	200 Back	14 & Under
35-36	50 Free	12 & Under
37-38	50 Free	14 & Under
43-44	100 IM	12 & Under
45-46	200 Fly	14 & Under
51-52	200 Free Relay	11-12
53-54	200 Free Relay	13-14

Session IV: (Finals)- Saturday March 7, 2010 Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
9-10	100 Back	10 & Under	29-30	200 Back	14 & Under
11-12	100 Back	12 & Under	31-32	200 Back	18 & Under
13-14	200 Free	14 & Under	33-34	50 Free	10 & Under
15-16	200 Free	18 & Under	35-36	50 Free	12 & Under
17-18	50 Breast	10 & Under	37-38	50 Free	14 & Under
19-20	50 Breast	12 & Under	39-40	50 Free	18 & Under
21-22	100 Breast	14 & Under	41-42	100 IM	10 & Under
23-24	100 Breast	18 & Under	43-44	100 IM	12 & Under
25-26	100 Fly	10 & Under	45-46	200 Fly	14 & Under
27-28	100 Fly	12 & Under	47-48	200 Fly	18 & Under

Florida Gold Coast Division II Central Short Course Championships**March 5-7, 2010****Sanction # 030510-FGC3**Order of Events**Session V: (Prelims)- Sunday March 7, 2010 Warm-up: 7:00am Meet Start: 8:00am**

Event Number	Event	Age Group
57-58	200 IM	18 & Under
63-64	200 IM	10 & Under
65-66	100 Free	10 & Under
71-72	100 Free	18 & Under
73-74	50 Back	10 & Under
79-80	200 Breast	18 & Under
81-82	50 Fly	10 & Under
87-88	100 Back	18 & Under
89-90	100 Breast	10 & Under
95-96	100 Fly	18 & Under
97-98	500 Free	10 & Under
103-104	500 Free	18 & Under
105-106	200 Medley Relay	10 & Under
111-112	200 Medley Relay	15-18

Session VI: (Prelims)- Sunday March 7, 2010 Warm-up: 11:00am Meet Starts: 12:30pm

Event Number	Event	Age Group
59-60	200 IM	12 & Under
61-62	200 IM	14 & Under
67-68	100 Free	12 & Under
69-70	100 Free	14 & Under
75-76	50 Back	12 & Under
77-78	200 Breast	14 & Under
83-84	50 Fly	12 & Under
85-86	100 Back	14 & Under
91-92	100 Breast	12 & Under
93-94	100 Fly	14 & Under
99-100	500 Free	12 & Under
101-102	500 Free	14 & Under
107-108	200 Medley Relay	11-12
109-110	200 Medley Relay	13-14

Session VII: (Finals)- Sunday March 7, 2010 Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
57-58	200 IM	10 & Under	81-82	50 Fly	10 & Under
59-60	200 IM	12 & Under	83-84	50 Fly	12 & Under
61-62	200 IM	14 & Under	85-86	100 Back	14 & Under
63-64	200 IM	18 & Under	87-88	100 Back	18 & Under
65-66	100 Free	10 & Under	89-90	100 Breast	10 & Under
67-68	100 Free	12 & Under	91-92	100 Breast	12 & Under
69-70	100 Free	14 & Under	93-94	100 Fly	14 & Under
71-72	100 Free	18 & Under	95-96	100 Fly	18 & Under
73-74	50 Back	10 & Under	97-98	500 Free	10 & Under
75-76	50 Back	12 & Under	99-100	500 Free	12 & Under
77-78	200 Breast	14 & Under	101-102	500 Free	14 & Under
79-80	200 Breast	18 & Under	103-104	500 Free	18 & Under

Florida Gold Coast Division II Central Short Course Championships
TIME TRIALS March 5-7, 2010
Sanction # 030510-TT3

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.
Sanction #
- Sponsored by: Davie Nadadores Swim Team and Nova Southeastern University
- Dates and Time: Saturday March 6, 2010- 15 minutes after the conclusion of prelims.
Sunday March 7, 2010- 15 minutes after the conclusion of prelims.
- Course/Timing: 25 Yard by 50 Meter outdoor pool, eight lanes short-course racing course. Colorado Timing will be used.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division II Swim Meet. Swimmers not in the Division II Meet 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 currently registered USA Swimming athletes for 2010 who are in the Division II Swim Meet. Swimmers not in the meet may still swim at the Time Trials.
- Awards: None (other than fast times and satisfaction).
- Location: Nova Southeastern University Aquatic Complex, Davie, FL, 33314
On the corner of 36th street and 75th avenue.
- Referee: TBD
- Directions:**
From the North
Take I-95/Turnpike Southbound to West 595. Exit on to University Drive,
Go left/South to 36th street. Turn left and drive one block to 75th. Pool will
be on your left hand side.

From the South
Take I-95/Turnpike Northbound to West 595. . Exit on to University
Drive, Go left/South to 36th street. Turn left and drive one block to
75th. Pool will be on your left hand side.
- Information: Tomas Victoria (954) 529.5928 email coachtomas@davienadadores.com

Florida Gold Coast Division II Central Short Course Championships
TIME TRIALS March 6-7, 2010
Sanction # 030510-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
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 Division Meet 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.

2009-2012 Florida Gold Coast Junior Olympic Times Standards

Girls			Boys				
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29
1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89
3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19
6:25.69	6:12.29	7:05.89	10 & Under	400/500 Free	7:09.89	6:16.29	6:29.69
44.69	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89
1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89
49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79
1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89
43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99
1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59
-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-
3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89

Girls			Boys				
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59
2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	11-12	400/500 Free	6:21.29	5:33.69	5:44.69
11:59.39	11:35.29	13:14.69	11-12	800/1000 Free	13:14.69	11:35.29	11:59.39
23:09.79	22:18.09	22:17.09	11-12	1500/1650 Free	22:17.09	22:18.09	23:09.79
40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99
1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19
3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59
37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99
1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69
3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29
6:35.99	6:23.49	5:42.59	11-12	400 IM	5:42.59	6:23.49	6:35.99

Girls			Boys				
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69
1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	13-14	400/500 Free	5:40.09	4:57.69	5:05.59
10:20.99	10:10.29	11:37.29	13-14	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	13-14	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59
2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	13-14	400 IM	5:02.89	5:34.69	5:46.79

Senior Circuit Qualifying Times

LCM	SCY	Event	SCY	LCM
31.89	28.39	50 Free	25.29	28.69
1:08.19	1:00.79	100 Free	54.79	1:01.99
2:24.49	2:09.29	200 Free	1:56.79	2:13.59
4:59.29	5:36.59	400/500 Free	5:14.89	4:42.39
10:21.39	11:32.49	800/1000 Free	10:56.39	9:51.89
19:58.09	19:38.29	1500/1650 Free	18:27.49	18:44.99
39.69	34.89	50 Back	31.79	35.39
1:19.49	1:09.89	100 Back	1:01.59	1:11.29
2:48.19	2:29.19	200 Back	2:15.59	2:32.99
45.29	39.39	50 Breast	35.49	40.19
1:30.79	1:18.89	100 Breast	1:11.09	1:20.49
3:13.39	2:49.69	200 Breast	2:35.09	2:57.79
37.39	33.29	50 Fly	30.29	33.69
1:14.89	1:06.59	100 Fly	1:00.59	1:07.39
2:42.39	2:25.49	200 Fly	2:13.59	2:31.99
2:43.89	2:24.49	200 IM	2:12.79	2:30.19
5:46.39	5:06.29	400 IM	4:48.79	5:21.49

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