

**Florida Gold Coast Division II South
Long Course Championships
July 10th – 12th, 2009**

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction#071009-FGS3**

Sponsored By: North Miami Swim Team

Location: Florida International University Biscayne Bay Campus- Biscayne Blvd. and NE 151 St.,(Pool Is in Back of Campus)

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: 25 Yard by 50 Meter outdoor pool, eight lanes long-course racing course, with separate diving well for warm-up and warm down Colorado Timing will be used. . Fly-over starts will be used. The competition course has not been certified in accordance with 104.2.2 (C).

Dates & Times: Session I –Prelims 10 & Under and 14-18 age groups
Friday – July 10, 2009 - Warm-up 7:00am- Meet Starts 8:00am
Session II – Prelims 10-12 and 12-14 age groups
Friday – July 10, 2009 – Warm-up 11:00am – Meet Starts 12:00pm
Session III- Finals All Age Groups
Friday- July 10, 2009- Warm-up 4:30pm – Meet Starts 5:30pm

Session IV– Prelims 10 & Under and 14-18 age groups
Saturday – July 11, 2009 – Warm-up 7:00am – Meet Starts 8:00am
Session V – Prelims 10-12 and 12-14 age groups
Saturday – July 11, 2009 – Warm-up 11:00am – Meet Starts 12:00pm
Session VI – Finals All Age Groups
Saturday – July 11, 2009 – Warm-up 4:30pm – Meet Starts 5:30pm

Session VII – Prelims 10 & Under and 14-18age groups
Sunday – July 12, 2009 – Warm-up 7:00am – Meet Starts 8:00am
Session VIII – Prelims 10-12 and 12-14 age groups
Sunday – July 12, 2009 – Warm-up 11:00am – Meet Starts 12:00pm
Session IX – Finals All Age Groups –
Sunday – July 12, 2009– Warm-up 4:30pm – Meet Starts 5:30pm

NOTE: Meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.

Eligibility: Open to all 18 & Under, 2008 USA Swimming registered athletes in the Dade County, Monroe County and Davie Nadadores, Comets Swim Team, Cooper City Cyclones, Broward County YMCA, Midtown Weston, Swim Fast and foreign athletes with proper travel credential that have been invited by USA swimming.
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 that event. Swimmers may only swim in events that are recognized for their age at the Junior Olympics.

Swimmers may not enter any event that they have achieved a Junior Olympic Qualifying times in, either SCY, LC, or SCM. Teams entering and swimming athletes who have achieved JO Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between February 23 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.

Entry Deadline: Entries Open- Friday June 19th, 2009 Entries Close- Friday July 3rd, 2009

Disability: Swimmers with a disability are welcome to enter this meet. The coach or athlete is responsible for notifying the meet director or meet referee of any accommodations required in accordance with USA Swimming Rule 105.

Entry Limit: **Individual Events:** Six (6) individual events total for the meet but and no more than Three (3) individual events per day.
Relays: Unlimited amount of team relays.

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P- Positive Check-In/S- Special Seeding/ T- Timed Finals/ F- Swum Fastest to Slowest

Order of Events

Session I- Prelims Friday July 10, 2009

Warm-up 7:00am

Meet Starts: 8:00am

| | | |
|-------|------------------|------------|
| 5-6 | 200 Back- P/T/F* | 14-18 |
| 7-8 | 50 Breast | 10 & Under |
| 13-14 | 50 Breast | 14-18 |
| 15-16 | 200 Free | 10 & Under |
| 21-22 | 200 Free | 14-18 |
| 23-24 | 50 Fly | 10 & Under |
| 29-30 | 50 Fly | 14-18 |
| | 10 Minute Break | |
| 33-34 | 400 IM-P/S/T/F* | 14-18 |

*Top 8 checked in each age group will swim with finals.

Session II- Prelims Friday July 10, 2009

Warm-up 11:00am

Meet Starts 12:00pm

| | | |
|-------|------------------|-------|
| 1-2 | 200 Back-P/T/F* | 10-12 |
| 3-4 | 200 Back- P/T/F* | 12-14 |
| 9-10 | 50 Breast | 10-12 |
| 11-12 | 50 Breast | 12-14 |
| 17-18 | 200 Free | 10-12 |
| 19-20 | 200 Free | 12-14 |
| 25-26 | 50 Fly | 10-12 |
| 27-28 | 50 Fly | 12-14 |
| | 10 Minute Break | |
| 31-32 | 400 IM-P/S/T/F* | 12-14 |

* Top 8 checked in each age group will swim with finals.

Session III- Finals Friday July 10, 2009

Warm-up 4:30pm

Meet Starts 5:30pm

| Event Number | Event | Age Group |
|---------------------|-----------------|------------------|
| 1-2 | 200 Back* | 10-12 |
| 3-4 | 200 Back* | 12-14 |
| 5-6 | 200 Back* | 14-18 |
| 7-8 | 50 Breast | 10 & Under |
| 9-10 | 50 Breast | 10-12 |
| 11-12 | 50 Breast | 12-14 |
| 13-14 | 50 Breast | 14-18 |
| 15-16 | 200 Free | 10 & Under |
| 17-18 | 200 Free | 10-12 |
| 19-20 | 200 Free | 12-14 |
| 21-22 | 200 Free | 14-18 |
| 23-24 | 50 Fly | 10 & Under |
| 25-26 | 50 Fly | 10-12 |
| 27-28 | 50 Fly | 12-14 |
| 29-30 | 50 Fly | 14-18 |
| | 5 Minute Break | |
| 31-32 | 400 IM-P/S/T/F* | 12-14 |
| 33-34 | 400 IM-P/S/T/F* | 14-18 |

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Session IV: Saturday July 11, 2009- Prelims

Warm-up 7:00am

Meet Start 8:00am

| Event Number | Event | Age Group |
|--------------|-------------------|------------|
| 39-40 | 200 Breast-P/T/F* | 14-18 |
| 41-42 | 50 Back | 10 & Under |
| 47-48 | 50 Back | 14-18 |
| 49-50 | 100 Fly | 10 & Under |
| 55-56 | 100 Fly | 14-18 |
| 57-58 | 50 Free | 10 & Under |
| 63-64 | 50 Free | 14-18 |
| 65-66 | 200 Medley Relay | 10 & Under |
| 71-72 | 200 Medley Relay | 15-18 |
| | 5 Minute Break | |
| 73-74 | 400 Free-P/S/T/F* | 10 & Under |
| 79-80 | 400 Free-P/S/T/F* | 14-18 |

* Top 8 checked in each age group will swim with finals

Session V: Saturday July 11, 2009- Prelims

Warm-up 11:00am

Meet Start 12:00pm

| Event Number | Event | Age Group |
|--------------|-------------------|-----------|
| 35-36 | 200 Breast-P/T/F* | 10-12 |
| 37-38 | 200 Breast-P/T/F* | 12-14 |
| 43-44 | 50 Back | 10-12 |
| 45-46 | 50 Back | 12-14 |
| 51-52 | 100 Fly | 10-12 |
| 53-54 | 100 Fly | 12-14 |
| 59-60 | 50 Free | 10-12 |
| 61-62 | 50 Free | 12-14 |
| 67-68 | 200 Medley Relay | 11-12 |
| 69-70 | 200 Medley Relay | 13-14 |
| | 5 Minute Break | |
| 75-76 | 400 Free-P/S/T/F* | 10-12 |
| 77-78 | 400 Free-P/S/T/F* | 12-14 |

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Session VI: Saturday July 11, 2009- Finals

Warm-up 4:30pm

Meet Starts 5:30pm

| Event Number | Event | Age Group |
|--------------|-------------------|------------|
| 35-36 | 200 Breast* | 10-12 |
| 37-38 | 200 Breast* | 12-14 |
| 39-40 | 200 Breast* | 14-18 |
| 41-42 | 50 Back | 10 & Under |
| 43-44 | 50 Back | 10-12 |
| 45-46 | 50 Back | 12-14 |
| 47-48 | 50 Back | 14-18 |
| 49-50 | 100 Fly | 10 & Under |
| 51-52 | 100 Fly | 10-12 |
| 53-54 | 100 Fly | 12-14 |
| 55-56 | 100 Fly | 14-18 |
| 57-58 | 50 Free | 10 & Under |
| 59-60 | 50 Free | 10-12 |
| 61-62 | 50 Free | 12-14 |
| 63-64 | 50 Free | 14-18 |
| | 5 Minute Break | |
| 73-74 | 400 Free-P/S/T/F* | 10 & Under |
| 75-76 | 400 Free-P/S/T/F* | 10-12 |
| 77-78 | 400 Free-P/S/T/F* | 12-14 |
| 79-80 | 400 Free-P/S/T/F* | 14-18 |

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Session VII- Prelim Sunday July 12, 2009

Warm-up 7:00am

Meet Starts 8:00am

| Event Number | Event | Age Group |
|---------------------|---------------------|------------------|
| 85-86 | 200 Fly-P/T/F* | 14-18 |
| 87-88 | 100 Back | 10 & Under |
| 93-94 | 100 Back | 14-18 |
| 95-96 | 200 IM | 10 & Under |
| 101-102 | 200 IM | 14-18 |
| 103-104 | 100 Free | 10 & Under |
| 109-110 | 100 Free | 14-18 |
| 111-112 | 100 Breast | 10 & Under |
| 117-118 | 100 Breast | 14-18 |
| 119-120 | 200 Free Relay | 10 & Under |
| 125-126 | 200 Free Relay | 15-18 |
| | 5 Minute Break | |
| 129-130 | 1500 Free- P/S/T/F* | 14-18 |

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Session VIII- Prelim Sunday July 12, 2009

Warm-up 11:00am

Meet Starts 12:00pm

| Event Number | Event | Age Group |
|---------------------|--------------------|------------------|
| 81-82 | 200 Fly-P/T/F* | 10-12 |
| 83-84 | 200 Fly-P/T/F* | 12-14 |
| 89-90 | 100 Back | 10-12 |
| 91-92 | 100 Back | 12-14 |
| 97-98 | 200 IM | 10-12 |
| 99-100 | 200 IM | 12-14 |
| 105-106 | 100 Free | 10-12 |
| 107-108 | 100 Free | 12-14 |
| 113-114 | 100 Breast | 10-12 |
| 115-116 | 100 Breast | 12-14 |
| 121-122 | 200 Free Relay | 11-12 |
| 123-124 | 200 Free Relay | 13-14 |
| | 5 Minute Break | |
| 127-128 | 1500 Free-P/S/T/F* | 12-14 |

* Top 8 checked in each age group will swim with finals

Session IX- Finals Sunday July 12, 2009

Warm-up 11:00am

Meet Starts 12:00pm

| Event Number | Event | Age Group |
|---------------------|--------------|------------------|
| 81-82 | 200 Fly* | 10-12 |
| 83-84 | 200 Fly* | 12-14 |
| 85-86 | 200 Fly* | 14-18 |
| 87-88 | 100 Back | 10 & Under |
| 89-90 | 100 Back | 10-12 |
| 91-92 | 100 Back | 12-14 |
| 93-94 | 100 Back | 14-18 |
| 95-96 | 200 IM | 10 & Under |
| 97-98 | 200 IM | 10-12 |
| 99-100 | 200 IM | 12-14 |
| 101-102 | 200 IM | 14-18 |
| 103-104 | 100 Free | 10 & Under |
| 105-106 | 100 Free | 10-12 |
| 107-108 | 100 Free | 12-14 |
| 109-110 | 100 Free | 14-18 |
| 111-112 | 100 Breast | 10 & Under |
| 113-114 | 100 Breast | 10-12 |
| 115-116 | 100 Breast | 12-14 |
| 117-118 | 100 Breast | 14-18 |

* Top 8 checked in each age group will swim with finals

2009
Florida Gold Coast Division II South Time Trials
Long Course
Sanction #071009-TT7

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 071009-TT7
- Sponsored by: North Miami Swim Team
- Dates and Time: Saturday July 11th, 2009- 15 minutes after the conclusion of prelims.
Sunday July 12th, 2009- 15 minutes after the conclusion of prelims.
- Course/Timing: 25 Yard by 50 Meter outdoor pool, eight lanes long-course racing course, with separate 8 lanes 25 short course yards pool for warm-up and swim-down. 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.
Entries should be in 60 minutes before the end of the Session V on Saturday and Session VIII on Sunday
- Eligibility: Open to all 2009 registered USA Swimming athletes for who are in the Division II Swim Meet. Swimmers not in the meet may still swim at the Time Trials.
- Distance Event: The 1500 Free will only be swum on Saturday
- Awards: None (other than fast times and satisfaction).
- Location: Florida International University North Campus
- Referee:
- Directions: I-95 to 826 East (163 St.) .Go East to Biscayne Blvd. (US-1).Go South on Biscayne Blvd. to 151st. University is on the East of US -1Pool is at far East side of Campus Behind the Buildings. Please do not park in faculty (blue) parking spaces.
If you are coming from the south
I-95 to 135st go East on 135 St. to Biscayne Blvd. Go north on Biscayne Blvd. To 151 St. and go East to Campus.
- Information: John Turnipseed

2009
Florida Gold Coast Division II South Time Trials
Long Course
Sanction # 071009-TT7

ORDER OF EVENTS

| Event # | Event |
|------------------------------------|-------------------------------|
| 1-2 | 50 Free |
| 3-4 | 100 Free |
| 5-6 | 200 Free |
| 7-8 | 400 Free |
| 9-10 | 800/1500 Free (Only Saturday) |
| 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 Free Relay |
| 35-36 | 400 Free Relay |
| 37-38 | 800 Free Relay |
| 39-40 | 200 Medley Relay |
| 41-42 | 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 II 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.

