

**FLORIDA GOLD COAST  
"ABC"(FGC WIDE)  
2009 INVITATIONAL**

**FRIDAY, SATURDAY, SUNDAY  
JUNE 5 - 7, 2009**

**SPONSORED BY:** METRO AQUATIC CLUB OF MIAMI & TAMIAMI PARK  
**SANCTIONED BY:** FLORIDA GOLD COAST ASSOCIATION OF USA SWIMMING #060509-FG15

**LOCATION:** TAMIAMI PARK POOL, 11201 S.W. 24 STREET, SITE OF THE DADE COUNTY YOUTH FAIR. ENTRANCE TO THE PARK AT S.W. 112 AVENUE OFF OF S.W. 24 STREET.

**DATES &TIMES:** FRIDAY AFTERN. JUNE.5, 3:00 PM W-UP – MEET BEGINS 4:30 PM SESSION I  
OPEN 400 IM/12&UN 200 IM/OPEN 400 FREE/12&UN 200 FREE/OPEN 800 FREE

SATURDAY Morning, JUNE. 6, 2009/AGE GROUPS (8&UN,9-10,11-12) SESSION II  
MORN. SESSION 7:00 AM. WARM-UP/ MEET BEGINS 8:30 AM.

SATURDAY Afternoon, JUNE 6, 2009/ 13-14, 15&OV, OPEN\* SESSION III  
AFTERNOON SESSION. 11:30 AM WARM –UP/ MEET Begins 1:00 PM

SUNDAY Morning, JUNE 7, 2009 / AGE GROUPS (8&UN,9-10,11-12) SESSION IV  
MORN. SESSION 7:30 AM. WARM-UP/ MEET BEGINS 9:00 AM

SUNDAY Afternoon, JUNE 7, / AGE GROUPS 13-14/15&OV/ OPEN\* SESSION V  
AFTERNOON SESSION 11:00 WARM-UP/ MEET BEGINS 12:30PM

**NOTE: Meet management reserves the right to change starting times with approval of the Age Group Chairman**

**POOL SPECS:** 10 lane 50 Meter X 22 LANE 25 YDS OUTDOOR FACILITY WITH NON-TURBULENT LANE LINES, TWO LANES AVAILABLE FOR WARM-UP AND WARM-DOWN DURING THE MEET.  
The competition course has not been certified in accordance with section 104.2.2(C) of the USA Swimming Rule Book.

**TIMING:** COLORADO ELECTRONIC TIMING SYSTEM WITH 8 LANE DISPLAY.  
**ELIGIBILITY:** OPEN TO ALL 2008 USA REGISTERED ATHLETES AND FOREIGN SWIMMERS WITH PROPER TRAVEL CREDENTIALS THAT HAVE BEEN INVITED by USA  
**SEEDING:** Long Course Yards Times Only will be used in this meet.

**AWARDS:**

INDIVIDUALS:	MEDALS	1 <sup>ST</sup> - 3 <sup>RD</sup>
	RIBBONS	4 <sup>TH</sup> - 8 <sup>TH</sup>
RELAYS:	MEDALS	1 <sup>ST</sup> - 3 <sup>RD</sup>
	RIBBONS	4 <sup>TH</sup> - 8 <sup>TH</sup>

**ENTRY DEADLINE:** FRIDAY, MAY 29 , 2009. MAIL TO AND MAKE CHECKS PAYABLE  
**TO:** METRO AQUATIC CLUB of MIAMI  
P.O. BOX 770876  
MIAMI, FL 33177  
Electronic E-Mail Entries to MACCOACH27@AOL.com

**ENTRY FEES:** \$2.50 PER INDIVIDUAL EVENT,  
\$5.00 PER RELAY  
**SURCHARGE:** \$3.00 PER ATHLETE,  
Make all checks payable to the Metro Aquatic Club of Miami  
Note - All written (Non-Electronic) entries will be DOUBLE the entry fee\*

**HEAT SHEET:** \$2.00 (PER SESSION)  
**ENTRANCE FEE:** \$2.00  
**CONCESSION:** CONCESSION AVAILABLE THROUGHOUT THE COMPETITION.

**ENTRY LIMIT:** 4 (four) INDIVIDUAL EVENTS PER DAY/ UNLIMITED RELAYS

*(Late entries will be accepted according to the Florida Gold Coast Deck Seed Policy. Please refer to FGC Website at [fgc.org](http://fgc.org) to view the policy.  
As to FGC standards: The Invitational is Limited to the first 425 athletes or final team entry that attains that limit.*

**Meet Referee:** Skip Long  
**Meet Marshall:** Kirk Peppas

**Entries** *Electronic Entries Deadline – Friday, MAY 29, 2009 – 9:00 pm Eastern – Electronic entries are most strongly encouraged. Entries will be accepted via electronic mail attachment to [MACCOACH27@aol.com](mailto:MACCOACH27@aol.com) via mailed 1.44 mb disk. Entries must be in Hy-Tek Comlink (.cl2) or USA swimming SDIF(.sd3) format. Free text emailed entries will not be accepted. Corrupted, illegible or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of the file. **TEAMS SUBMITTING ELECTRONIC ENTRIES MUST PRESENT ENTRY FEES PRYOR TO THEIR SWIMMERS FIRST EVENT.** Submission of electronic entries certifies that all entered swimmers are members of USA swimming.*

**Paper Entry Deadline –Friday May 29, 2009 \*(NOTE) ALL PAPER ENTRIES ARE DOUBLE THE ENTRY FEE PER EVENT & RELAY**

**Suggested Express Mail:** Metro Aquatic Club of Miami  
P.O. Box 770876  
Miami, Fl 33177

**Rules:** *Current USA Swimming Rules will govern this meet. “No Recall” starting procedures in effect. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.*

**Scratches:** *Timed Finals: No Penalty for scratches in Timed Final events WITH EXCEPTION OF POSITIVE CHECK-IN EVENT. Any swimmer who checks in for a positive check-in event and then is a “No Show” for that event will be barred from the next individual event that day or the next meet day, whichever is first, and fined \$10.00.*

**Directions:** *To view directions to Tamiami pool, Please visit our web site at [www.MiamiMacswim.org](http://www.MiamiMacswim.org).*

**Disability:** *Swimmers with a disability are welcome to enter this meet. The coach or entry designee must alert the meet director as to any needs and/or special accommodations or seeding arrangements at the time the entry is submitted.*

**METRO AQUATIC CLUB OF MIAMI**  
**Florida Gold Coast**  
**"ABC " (FGC Wide)**

**FRIDAY JUNE 5, 2009 / AFTERNOON SESSION WA-UP 3:00 PM - MEET BEGINS 4:30 PM With**  
**Open 400 FREE, 12&UN 200 Free, OPEN 400 IM, 12&UN 200 IM. The OPEN 800 FREE Will Swim Fastest to**  
**Slowest alternating Girls / Boys.**

<u>EVENT#</u>	<u>EVENT</u>	<u>AGE GROUP</u>
1 - 2	400 FREE	OPEN**!
3 - 4	200 FREE	12&UN**!
5 - 6	400 IM	OPEN**!
7 - 8	200 IM	12&UN**!
9 - 10	800 FREE	OPEN**!

! = Awarded separately 10&UN, 11-12, 13-14, 15&OV \*\* = Positive Check-In

**JUNE 6, 2009 SATURDAY MORNING SESSION II / 7:00 WA-UP; NOT BEFORE MEET 8:30 AM.**

<u>EVENT #</u>	<u>EVENT</u>	<u>AGE GROUP</u>
11 - 12	200 BACK	12&UN!
13 - 14	100 BREAST	10&un!
15 - 16	100 BREAST	11-12
17 - 18	100 FLY	10&un!
19 - 20	100 FLY	11-12
21 - 22	200 MEDLEY RELAY	10&un
23 - 24	200 MEDLEY RELAY	11-12
**5 MINUTE BREAK-----****		

25 - 26	200 BREAST	12&UN!
27 - 28	50 FREE	10&UN!
29 - 30	50 FREE	11-12
31 - 32	50 BACK	10&UN!
33 - 34	50 BACK	11-12

! = Swum together scored by Age Group 8&un, 9-10

**SATURDAY AFTERNOON SESSION IV / 11:30 AM WA-UP; MEET 1:00 PM**

<u>EVENT #</u>	<u>EVENT</u>	<u>AGE GROUP</u>
35 - 36	200 FLY	OPEN!
37 - 38	200 FREE	13-14
39 - 40	200 FREE	15&OV
41 - 42	100 BREAST	13-14
43 - 44	100 BREAST	15&OV
45 - 46	200 MEDLEY RELAY	13 - 14
47 - 48	200 MEDLEY RELAY	15&OV
49 - 50	200 BACK	OPEN!
51 - 52	100 FLY	13 - 14
53 - 54	100 FLY	15&OV
55 - 56	50 FREE	13 - 14
57 - 58	50 FREE	15&OV
59 - 60	50 BACK	13-14
61 - 62	50 BACK	15&OV

! = Swum Together Awarded by Age Group - 13-14,15&Ov,\*\* = Positive Check-In / Fastest to Slowest

**METRO AQUATIC CLUB OF MIAMI  
FLORIDA GOLD COAST  
“ABC” (FGC WIDE)**

SUNDAY JUNE 7, 2009

MORN. SESSION 7:00 AM WA-UP; MEET 8:30 AM.

<u>EVENT #</u>	<u>EVENT</u>	<u>AGE GROUP</u>
63 - 64	200 FLY	12&UN!
65 - 66	100 FREE	10&UN!
67 - 68	100 FREE	11-12
69 - 70	100 BACK	10&UN!
71 - 72	100 BACK	11-12
73 - 74	200 FREE RELAY	10&UN
75 - 76	200 FREE RELAY	11-12
77 - 78	50 BREAST	10&un!
79 - 80	50 BREAST	11-12
81 - 82	50 FLY	10&un!
83 - 84	50 FLY	11-12

AFTERNOON SESSION 11:30 WA-UP; MEET 1:00 PM

<u>EVENT#</u>	<u>EVENT</u>	<u>AGE GROUP</u>
85 - 86	200 BREAST	13&OV!
87 - 88	100 FREE	13-14
89 - 90	100 FREE	15&OV
91- 92	100 BACK	13-14
93 - 94	100 BACK	15&OV
95 - 96	200 FREE RELAY	13-14
97 - 98	200 FREE RELAY	15&OV
99 - 100	200 IM	13-14
101 - 102	200 IM	15&OV
103 - 104	50 BREAST	13-14
105 - 106	50 BREAST	15&OV
107 - 108	50 FLY	13-14
109 - 110	50 FLY	15&OV

111 - 112      1500 FREE      OPEN\*\*!

! = swum together awarded separately 13-14/15&OV

\*\* = positive check-in

**HOTEL INFORMATION**

<u>Comfort Inn &amp; Suites</u>	<u>Hampton Inn &amp; Suites</u>	<u>Wesley Inn&amp; Suites</u>
3901 SW 117 <sup>th</sup> Avenue	11600 SW 41 <sup>st</sup> Street	11750 SW Mills Drive
Miami, Fl 33175	Miami, Fl 33178	Miami, Fl 33183
305-220-3901	305-500-9300	305-270-1334
<u>(5 minutes to pool)</u>	<u>(10 minutes to pool)</u>	<u>(15 minutes to pool)</u>