



Swim Miami 2010 & Florida Gold Coast Junior Olympic Open Water Championships Presented by Nike Swim

Sanctioned By: USA Swimming LSC Florida Gold Coast Swimming, Inc. Sanction #: 041710-FGOW1

Sponsored By: Nike Swim, Swim Gym, MasNatacion.com, Smoothie King, and Footworks

Location: City of Miami Rowing Club, 3601 Rickenbacker Causeway, Key Biscayne, FL 33149
The salt water in front of the Marine Stadium is well protected and most days quite calm. The course is an Olympic style course. It is an oval circuit with 2 – 1100 meter straight-aways and 2 – 150 meter turns. The 10 K Swim will have to make 4 laps around the course, the 5 K swim will have to complete 2 laps around the course. The Mile and Half-Mile courses will follow a similar path to their respective turn buoys. All swimmers must stay outside of the turn buoys and will be strictly enforced.

Date & Time: The event will be held on Saturday, April 17, 2010. Each race will have a separate start time. Meet management reserves the right to adjust the start times based upon final entry numbers. Start times are as follows:

Start	Event	Age Group	Gender
0800	800 mts	10 & U	Male/Female
0830	1 Mile	11 – 12	M (All Star Team Selection Event)
0835	“	11 – 12	F (All Star Team Selection Event)
0840	“	13 – 14	M
0845	“	13 – 14	F
0850	“	15 – 18	M
0855	“	15 – 18	F
0900	“	Master’s	M
0905	“	Master’s	F
0955	10 K	ALL*	M/F
1000	5 K	13 – 18 + Elite*	M (All Star Team Selection Event)
1005	5 K	13 – 18 + Elite*	F (All Star Team Selection Event)
1010	5 K	15-16 – 17-18**	M (All Star Team Selection Event)
1015	5 K	15-16 – 17-18**	F (All Star Team Selection Event)
1020 (1010)	5 K	Master’s**	M 19 and older
1025 (1015)	5 K	Master’s**	F 19 and older

*Depending on size of entry, no field at the start will have more than 100 swimmers. In the event of having an entry of 100 swimmers, Elite M and W (must be able to complete a mile under 17:30), will start at scheduled time and the rest of the field will start 5' minutes behind.

**Only if necessary, if not necessary, Master's 5 K will start 10 minutes ahead of scheduled time.

- Eligibility:** All events are open however USA Swimming Registration is required for all USA Swimming events. One day registration memberships are available upon request. Swimmers aged 18 and under who wish to participate in the FGC Championship events you must attain year round membership with Florida Gold Coast Swimming. 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.
- Age Groups:** 10 & Under; 11 - 12; 13-14; 15-16; 17-18; 18-24 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and Over.
- Feeding Station:** Credentialed coaches may provide nourishment for their athletes during the 5K and 10K events at the designated feeding stations.
- Support Craft:** Support Crafts (boats, kayaks, surfboards) not allowed except those provided by the Event Management Crew. If you are interested in being on the water in a craft of any kind, please speak with the Event Director to volunteer.
- 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.
- Referee:** Beth Tillman
- Entry Fee:** \$20.00 early registration entry fee for all FGC races 5K and shorter. Early 10K registration fee is \$30.00 per swimmer. Fees include event t-shirt and swim cap. **This is a special rate that requires early registration through the last day in March, 2010.**
- Entry Deadline:** Early registration will be closed on **Thursday, April 1, 2010**. Late entries will be accepted until **Friday, April 16, 2010** at the full registration price of \$55.00. Race day registrations will be \$75.00. Late entrants will be granted T-shirts and caps on a first-come, first-serve basis.
- Entry Corrections:** Corrections and changes can be made until **April 10, 2010**. After this date all corrections and changes will incur a \$5.00 charge.
- Awards:** Every single swimmer will receive a participation patch. Top 3 Male and Top 3 Female will receive awards for Overall placement. Medals will be awarded for 1st – 3rd in all age groups. Overall FGC Junior Olympic Team Champion will also be awarded.

- LSC OW All Stars:** 36 Florida Gold Coast swimmers will be selected for the Inaugural Southern Zone Southern Section Open Water All-Star Meet against Florida Swimming All Stars on June 12, 2010 in Ft. Myers. 6 male and 6 female of the three FGC Championship events will qualify in the following age groups: 11-12 (1 mile); 13 & 14 (5K) and 15-18 (5K). Athletes will be invited on site. See the FGC website for complete information.
- Admission:** \$10.00 donation recommended. Includes seat in the bleachers and official program.
- Concessions:** Concession stand will be available provided by the SwimGym Booster Club.
- Event Director:** Jonathan Strauss – for questions call 305.273.1129 or email, joner@swimgym.net
- Parking:** Parking is free. City of Miami Rowing Club, 3601 Rickenbacker Causeway
- Race Updates:** Please check www.miamisportsinternational.com periodically for more updates on the race, including course documents and pictures.

*All proceeds of Swim Miami benefit the H2Os (Helping Others To Swim) Foundation.
For more information visit www.H2oSwim.org*