



2010 PST Senior Invitational
February 6, 2010

Sanctioned By: Florida Gold Coast and USA Swimming, Sanction# **020610FGSR18**

Sponsored By: The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.

Location: Plantation Aquatic Complex
9151 NW 2nd Street
Plantation, Florida 33324

Pool: 8 lanes, 50 meter course, with separate warm up and warm down pool will be available.
Colorado Timing System will be used.
The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.

Eligibility: Open to all 2010 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying times.

Entries: Entries will be accepted via electronic attachment by Jimmy Parmenter at JimmyPPST@aol.com. Entries must be in "Zipped COMLINK" or USA Swimming SDIF format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the email. List swimmer, sex, age and USS #. Event # is not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected with in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event.
NOTE: Swimmers without registration numbers and birth dates will not be entered.

Entry Deadline: **All entries must be received by Wednesday, January 27, 2010. 12 noon EST. Email entries to JimmyPPST@aol.com - (No Faxed Entries)**

The FGC deck seed policy will be in effect. Cash only for deck seeds.

Disability: 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.

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| Entry Limit: | Individual Events: Three (3) individual events per day. Relay Events: Teams may enter unlimited relays A,B,C...etc |
| Entry Fees: | \$4.00 per individual event \$8.00 per relay team \$7.50 per athlete meet surcharge NOTE: Please make checks payable to Plantation Swim Team. (One check only per Team.) |
| Seeding: | Eligible entries shall be seeded in the following order – Long Course Meters, followed by Short Course Meters, followed by Short Course Yards. |
| Check-in: | Positive check in for the 800 Freestyle and 400 IM will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat. 800 Freestyle – 9:30 a.m. 400 IM – 10:30 a.m. |
| 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. |
| Scoring: | Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 |
| Awards: | Team Awards: Combined Team Scores Top 5 Teams |
| Admission: | \$3.00 per session / Heat Sheets \$2.00 each session |
| Concessions: | Concession stand will be available. |
| Hospitality: | Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. |
| Identification: | Coaches and Officials shall wear their 2009 USA registration card in a visible location at the meet at all times during this meet. (This will also be your pass for hospitality.) |
| Meet Information: | Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com . |
| Referee: | Carlos Hernandez |
| Meet Marshall: | Howard Bilger and the City of Plantation Life Guard Staff |
| Meet Director: | Jimmy Parmenter – JimmyPPST@aol.com - (954)-452-2526 |
| Assistant Meet Director: | Terrell Woods – TerrellWPST@aim.com - (954)-452-2526 |

Directions:

Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Warm-up Procedures:

Warm-up: 8:30 a.m. to 9:30 a.m. East Main competition Course
 General Warm-Up
 Swimming and Pulling Only, Push Off
 No Racing Starts
 No Sprinting or Pace Work

East - Main Competition Pool – 9:30 a.m. -9:55 a.m

Lane 1 – Pace, 50 and 100 circle Swim, Push Off
Lane 2 – Pace, 50 and 100 circle Swim, Push Off
Lane 3 – Swimming and Pulling, Push Off
Lane 4 – Swimming and Pulling, Push Off
Lane 5 – Swimming and Pulling, Push Off
Lane 6 – Racing Starts 25s One Length
Lane 7 – Racing Starts 25s One Length
Lane 8 – Racing Starts 25s One Length

West – Pool 8:30 a.m.

Continuous General Warm-up **NO DIVING**
 General Warm-Up
 Swimming and Pulling Only, Push Off
 No Racing Starts
 No Sprinting or Pace Work

Order of Events:

800 Freestyle – Fastest 40 swimmers checked in will swim fastest to slowest starting at 10:00 a.m.

400 IM – Fastest 16 swimmers checked in will swim fastest to slowest, (2 heats will swim first,) the remaining 24 swimmers will swim at the end of session after the relays.

Key – P = Positive check in.
 F = Swum fastest to slowest.
 * = Fastest 2 heats.

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| Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool. | La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool. | Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool. |
| Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com | Marriot Courtyard 7780 SW 6 th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool. | Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool. |
| Wellesley Inn 7901 SW 6 th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool | Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool | Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252 |
| Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220 | | |

Saturday – 10:00 a.m. 5 heats of 800 freestyles

| Event # | LCM | SCY | Event | SCY | LCM | Event # |
|-----------|----------|----------|---|---------|---------|-----------|
| 1 | 10:21.39 | 11:32.49 | Women 800 Free P/F Top 40 | | | |
| | | | Men 200 Free | 1:56.79 | 2:13.59 | 2 |
| 3 | 2:43.89 | 2:24.49 | Women 200 IM | | | |
| | | | Men 100 Back | 1:01.59 | 1:11.29 | 4 |
| 5 | 1:30.79 | 1:18.89 | Women 100 Breast | | | |
| | | | Men 200 Fly | 2:13.59 | 2:31.99 | 6 |
| 7 | 34.99 | 30.89 | Women 50 Fly | | | |
| | | | Men 50 Free | 25.29 | 28.69 | 8 |
| 9 | 1:08.19 | 1:00.79 | Women 100 Free | | | |
| | | | Men 200 Back | 2:15.59 | 2:32.99 | 10 |
| 11 | 34.99 | 30.99 | Women 50 back | | | |
| | | | Men 50 Breast | 31.99 | 35.99 | 12 |
| 13 | 3:13.39 | 2:49.69 | Women 200 Breast | | | |
| | | | Men 100 Fly | 1:00.59 | 1:07.39 | 14 |
| 15 | 5:46.39 | 5:06.29 | Women 400 IM P /F/ * | | | |
| | | | Men 200 Free Relay | NT | NT | 16 |
| 17 | NT | NT | Women 200 Free Relay | | | |