

# 21<sup>st</sup> Annual

2011 Speedo Winter Championships

Same Meet **NEW** Format

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Hosted by

Plantation Swim Team



2011 Speedo Winter Championships  
Plantation Aquatic Complex, Florida  
November 17-20, 2011

Sanctioned By: Florida Gold Coast Swimming and USA Swimming, Sanction # 111711-FG1

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

Location: Plantation Swim Team  
9151 NW 2<sup>nd</sup> Street  
Plantation, Florida 33324

Time:

Date	Warm-up	Prelims Start Time	Warm-up	Finals Start Time
11-17-11 Thursday			3:00 p.m.	4:30 p.m.
11-18-11 Friday	7:00 a.m.	8:30 a.m.	3:30 p.m.	5:00 p.m.
11-19-11 Saturday	7:00 a.m.	8:30 a.m.	3:30 p.m.	5:00 p.m.
11-20-11 Sunday	7:00 a.m.	8:30 a.m.	3:30 p.m.	5:00 p.m.

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

Pool: Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 8 lanes. Finals will be held in one 10 lane course. Continuous warm-up and warm-down area will be available. Colorado Timing System will be used. The water depth at starting end of east course varies from 4ft to 12feet and water depth in west course start end is 5 ft across. **Both competition courses have been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.**

Eligibility: Open to all 2011 USA Swimming registered athletes and foreign athletes that have been invited by USA Swimming, who achieve the time standard. All swimmers must be in good standing with USA Swimming. Registration must be completed and confirmed prior to race day. **All USA swimmers entered in the meet must be certified by a USA Swimming coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with requirement – USA Swimming Rule 202.3.3.** PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer's disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards, score points for their team in the same manner as able bodied swimmers. Such swimmers need not have achieved the including qualifying time for this meet.

**Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athlete are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.**

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.

Meet Referee: Larry Fons

Entries: Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com). Entries must be in "Zipped COMMLINK" format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or annotated as relay only in the body of the email. List swimmer, sex, age and USS#. Event # 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 within 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 or birth dates will not be entered.**

Entry Limit: Individual: Limited 3 individual events per day plus relays.  
Relays: **800 Free Relay – A relay Teams only.**  
Teams may enter "A" and "B" relays for all 200 & 400 relays.

Over entered swimmers will be scratched from the event that exceeds the entry limit.

Over entered relay teams will be scratched

Entry Fees: \$4.00 Individual Event  
\$8.00 Relays  
\$7.50 per athlete meet surcharge

Please make checks payable to: Plantation Swim Team

**NOTE: One check only per Team.**

**THERE WILL BE NO REFUNDS**

Deck Entries:

The FGC Deck Seed Policy Will Be In Effect  
The policy can be seen at [www.fgcswim.org](http://www.fgcswim.org)

NOTE: Meet host will except CASH Only for Deck Seeds.

Deck Entry Fee: \$8.00 Individual Event  
\$16.00 Relay  
\$15.00 Surcharge

Adding a relay-only swimmer to your entry after the entry deadline will be \$15.00.

Entry Deadline:

All entries must be received by **Wednesday, November 10, 2011 by 6:00 p.m.**

Email entries to: [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com)

NO FAX ENTRIES

Seeding:

Conforming and Non-Conforming Times: Enter SCY,SCM, then LCM. Eligible entries shall be seeded in the following order –Short Course Yards, then Short Course Meters then Long Course Meters.

- **All relays are timed finals.**  
**12 & under relays will all be swum in prelims.**  
**13-14 & Open relays will all be swum in finals.**
- **400 IM** – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. **Check-in Deadline 3:45 p.m.**  
**Open 400 IM** Only Top 40 Women & Top 40 Men will swim.  
**15-16 400 IM** Only Top 40 Girls & Top 40 Boys will swim.  
**13-14 400 IM** Only Top 40 Girls & Top 40 Boys will swim.  
**11-12 400 IM** Only Top 40 Girls & Top 40 Boys will swim.
- **800 Free Relays – Positive Check-in Deadline 4:00 p.m.**
- **1000 Free** – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. Only Top 120 will swim. **Check-in Deadline 4:30p.m.**
- **500 Free** – is a positive check-in event swum as timed finals. 13 & over Top 10 swimmers will be swum in finals night. **Check-in Deadline 9:00 a.m.**  
**The swimmer has the right to swim in prelims, but he/she must be entered at the meet qualify time.**  
**12 & under 500's will be swum as a timed final swum in prelims.**
- **1650 Free** – The 1650 Free is a positive check-in and swum as timed finals, all age groups will be swum together and scored separately, swum fastest to slowest alternating girls, boys. All heats of 1650 Freestyles will start 10 minutes following the East pool session. Two pools may be used for this event. **Check-in Deadline 9:00 a.m.**
- 1650 swimmers must supply their own counters and timers.
- "Failure to swim" a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No Payment, No swimming, including relays.
- "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No Payment, No swimming, including relays.

- 400 IM, 1000 Free, 500 Free and the 1650 will be verified using USA Swimming Swims database. Entry times that cannot be verified will not be permitted for entry. Times achieved at foreign meets must be submitted with written proof of time by fax 954-452-2519 or by email to [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com) no later than Wednesday, November 10, 2011 by 6:00 p.m.
- Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

Finals:

Finals will consist of one heat of girls and one heat of boys (top 10 swimmers in each event by age groups.

Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table at the East Pool.

- **NOTE:** "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. No Payment, No swimming, including relays.
- I. Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call the alternate.
  - II. Scratches must be done individually; "team scratches are not accepted."
  - III. In addition to swimmers required to scratch if they are not going to swim in finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11<sup>th</sup> – 20<sup>th</sup>.
  - IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Scoring:

Individual: 11-9-8-7-6-5-4-3-2-1  
 Relays: 22-18-16-14-12-10-8-6-4-2

Awards:

Individual Events: Medals 1<sup>st</sup>-3<sup>rd</sup> Relays: Medals 1<sup>st</sup> place team.  
 Individual High Point: Top 3 in each age group & sex.  
 Team Awards: Women's, Men's and Combined Top 5 Teams.

Admission:

\$3.00 per session. Heat Sheets \$3.00 each per session.

Concessions:

Concession stand will be open for all sessions.

Hospitality:

Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

Identification:

Coaches and Officials shall wear their 2011 USA registration card in a visible location at the meet at all times during this meet.

Meet Information: Real Time results and updates to meet information as well as time lines, psych 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](http://www.swimpst.com) .

Meet Director: Jimmy Parmenter – [JimmyPPST@aol.com](mailto:JimmyPPST@aol.com) – Office 954-452-2526

Assistant Meet Director: Terrell Woods – [TerrellWPST@aol.com](mailto:TerrellWPST@aol.com) – Office 954-452-2526  
Pre-meet - Please direct all questions to Terrell Woods.

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff.

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on 595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¼ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

#### Hotels:

**Holiday Inn Express & Suites**  
1701 N. University Drive  
Plantation, Fl 33322  
954-472-5600

**La Quinta Inn & Suites**  
7901 SW 6 Street  
Plantation, Fl 33324  
954-473-8257

**Staybridge Suites**  
410 N. Pine Island Rd.  
Plantation, Fl 33324  
954-577-9696

**Courtyard By Marriott**  
7780 SW 6<sup>th</sup> Street  
Plantation, Fl 33324  
954-475-110

**Hyatt Place Plantatio**  
8530 W Broward Blvd.  
Plantation, Fl 33322  
954-370-2220

**Sheraton Suites**  
311 N. University Drive  
Plantation, Fl 33324  
954-424-3300

**Marriott Residence Inn**  
130 N. University Drive  
Plantation, Fl 33324  
954-723-0300

**Quality Inn Sawgrass**  
1711 N. University Drive  
Plantation, Fl 33322  
954-556-8200

**Renaissance Plantation**  
1230 S. Pine Island Rd.  
Plantation, Fl 33324  
954-472-2252

**Hampton Inn Plantation**  
7801 SW 6<sup>th</sup> Street  
Plantation, Fl 33324  
954-382-4500

Thursday, November 17, 2011 GIRLS POOL (Course TBA) 4:30 p.m. Start

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY
1	Open	400 IM	5:46.39	5:38.39	5:06.29
3	15-16	400 IM	5:46.39	5:38.39	5:06.29
5	14 yr old	400 IM	6:03.19	5:53.79	5:20.49
7	13 yr old	400 IM	6:03.19	5:53.79	5:20.49
9	12 yr old	400 IM	6:35.99	6:23.49	5:42.59
11	11 yr old	400 IM	6:35.99	6:23.49	5:42.59
13	Open	800 Free Relay	NT	NT	NT
15	13-14	800 Free Relay	NT	NT	NT
<b>**** 10 Minute Break****</b>					
17	Open	1000 Free	10:21.39	10:08.59	11:32.49
19	15-16	1000 Free	10:21.39	10:08.59	11:32.49
21	14 yr old	1000 Free	10:20.99	10:10.29	11:37.29
23	13 yr old	1000 Free	10:20.99	10:10.29	11:37.29

Thursday, November 17, 2011 BOYS POOL (Course TBA) 4:30 p.m. Start

Event #	Age	Event	Boys LCM	Boys SCM	Boys SCY
2	Open	400 IM	5:21.49	5:13.49	4:48.79
4	15-16	400 IM	5:21.49	5:13.49	4:48.79
6	14 yr old	400 IM	5:46.79	5:34.69	5:02.89
8	13 yr old	400 IM	5:46.79	5:34.69	5:02.89
10	12 yr old	400 IM	6:35.99	6:23.49	5:42.59
12	11 yr old	400 IM	6:35.99	6:23.49	5:42.59
14	Open	800 Free Relay	NT	NT	NT
16	Open	800 Free Relay	NT	NT	NT
<b>**** 10 Minute Break****</b>					
18	Open	1000 Free	10:56.39	9:39.19	9:51.89
20	15-16	1000 Free	10:56.39	9:39.19	9:51.89
22	14 yr old	1000 Free	10:20.99	10:10.29	11:37.29
24	13 yr old	1000 Free	10:20.99	10:10.29	11:37.29

**Friday, November 18, 2011 Pool 2**

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
25-26	11 yr old	200 Back	3:02.69	2:55.59	2:39.09	3:07.79	2:57.09	2:40.19
27-28	12 yr old	200 Back	3:02.69	2:55.59	2:39.09	3:07.79	2:57.09	2:40.19
37-38	9 & under	50 Free	37.49	36.79	33.39	38.29	37.29	33.79
39-40	10 yr old	50 Free	37.49	36.79	33.39	38.29	37.29	33.79
41-42	11 yr old	50 Free	34.69	33.99	30.89	34.49	32.99	29.89
43-44	12 yr old	50 Free	34.69	33.99	30.89	34.49	32.99	29.89
53-54	9 & under	100 Breast	1:49.49	1:45.19	1:35.39	1:52.89	1:49.19	1:38.89
55-56	10 yr old	100 Breast	1:49.49	1:45.19	1:35.39	1:52.89	1:49.19	1:38.89
57-58	11 yr old	100 Breast	1:37.39	1:32.79	1:24.19	1:38.09	1:33.89	1:24.99
59-60	12 yr old	100 Breast	1:37.39	1:32.79	1:24.19	1:38.09	1:33.89	1:24.99
69-70	9 & under	100 Fly	1:44.69	1:37.79	1:33.29	1:45.59	1:42.89	1:33.19
71-72	10 yr old	100 Fly	1:44.69	1:37.79	1:33.29	1:45.59	1:42.89	1:33.19
73-74	11 yr old	100 Fly	1:26.09	1:23.89	1:16.09	1:26.69	1:24.09	1:16.09
75-76	12 yr old	100 Fly	1:26.09	1:23.89	1:16.09	1:26.69	1:24.09	1:16.09
85-86	11-12	400 Free Relay	NT	NT	NT	NT	NT	NT
**** 5 Minute Break****								
87-88	9 & Under	500 Free	6:25.69	6:12.29	7:05.89	6:29.69	6:16.29	7:09.89
89-90	10 yr old	500 Free	6:25.69	6:12.29	7:05.89	6:29.69	6:16.29	7:09.89
91-92	11 yr old	500 Free	5:36.39	5:27.19	6:14.29	5:44.69	5:33.69	6:21.29
93-94	12 yr old	500 Free	5:36.39	5:27.19	6:14.29	5:44.69	5:33.69	6:21.29

**Friday, November 18, 2011 Pool 1 – Finals Course**

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
29-30	13 yr old	200 Back	2:51.99	2:45.39	2:29.69	2:42.09	2:34.19	2:19.49
31-32	14 yr old	200 Back	2:51.99	2:45.39	2:29.69	2:42.09	2:34.19	2:19.49
33-34	15-16	200 Back	2:48.19	2:44.19	2:29.19	2:32.99	2:28.99	2:15.59
35-36	Open	200 Back	2:48.19	2:44.19	2:29.19	2:32.99	2:28.99	2:15.59
45-46	13 yr old	50 Free	31.49	30.39	27.59	30.69	29.39	26.59
47-48	14 yr old	50 Free	31.49	30.39	27.59	30.69	29.39	26.59
49-50	15-16	50 Free	31.89	30.89	28.39	28.69	27.69	25.29
51-52	Open	50 Free	31.89	30.89	28.39	28.69	27.69	25.29
61-62	13 yr	100 Breast	1:29.09	1:26.19	1:17.99	1:23.59	1:19.89	1:12.29
63-64	14 yr	100 Breast	1:29.09	1:26.19	1:17.99	1:23.59	1:19.89	1:12.29
65-66	15-16	100 Breast	1:30.79	1:28.79	1:18.89	1:20.49	1:18.49	1:11.09
67-68	Open	100 Breast	1:30.79	1:28.79	1:18.89	1:20.49	1:18.49	1:11.09
77-78	13 yr old	100 Fly	1:17.59	1:15.59	1:08.29	1:12.69	1:10.79	1:04.09
79-80	14 yr old	100 Fly	1:17.59	1:15.59	1:08.29	1:12.69	1:10.79	1:04.09
81-82	15-16	100 Fly	1:14.89	1:12.89	1:06.59	1:07.39	1:05.39	1:00.59
83-84	Open	100 Fly	1:14.89	1:12.89	1:06.59	1:07.39	1:05.39	1:00.59
95-96	13 yr old	500 Free	5:03.49	4:55.99	5:38.29	5:05.59	4:57.69	5:40.09
97-98	14 yr old	500 Free	5:03.49	4:55.99	5:38.29	5:05.59	4:57.69	5:40.09
99-100	15-16	500 Free	4:59.29	4:51.29	5:36.59	4:42.39	4:34.39	5:14.89
101-102	Open	500 Free	4:59.29	4:51.29	5:36.59	4:42.39	4:34.39	5:14.89
103-104	13-14	200 Free Relay	NT	NT	NT	NT	NT	NT
105-106	Open	200 Free Relay	NT	NT	NT	NT	NT	NT

**Saturday, November 19, 2011 Pool 2**

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
107-108	10 & under	200 Medley Relay	NT	NT	NT	NT	NT	NT
109-110	11-12	200 Medley Relay	NT	NT	NT	NT	NT	NT
115-116	9 & under	200 Free	3:01.89	2:54.79	2:38.39	3:03.19	2:58.79	2:41.39
117-118	10 yr old	200 Free	3:01.89	2:54.79	2:38.39	3:03.19	2:58.79	2:41.39
119-120	11 yr old	200 Free	2:41.69	2:36.89	2:22.19	2:42.79	2:37.49	2:22.59
121-122	12 yr old	200 Free	2:41.69	2:36.89	2:22.19	2:42.79	2:37.49	2:22.59
131-132	9 & under	50 Fly	43.09	42.19	37.99	43.99	43.49	39.39
133-134	10 yr old	50 Fly	43.09	42.19	37.99	43.99	43.49	39.39
135-136	11 yr old	50 Fly	37.79	37.19	32.69	37.99	37.49	32.39
137-138	12 yr old	50 Fly	37.79	37.19	32.69	37.99	37.49	32.39
147-148	11 yr old	200 Breast	3:25.69	3:18.29	2:59.69	3:29.59	3:19.09	3:00.19
149-150	12 yr old	200 Breast	3:25.69	3:18.29	2:59.69	3:29.59	3:19.09	3:00.19
159-160	9 yr old	100 Back	1:37.29	1:32.89	1:26.49	1:39.89	1:36.19	1:27.09
161-162	10 yr old	100 Back	1:37.29	1:32.89	1:26.49	1:39.89	1:36.19	1:27.09
163-164	11 yr old	100 Back	1:28.29	1:24.79	1:15.29	1:26.19	1:24.49	1:15.29
165-166	12 yr old	100 Back	1:28.29	1:24.79	1:15.29	1:26.19	1:24.49	1:15.29
175-176	9 yr old	100 IM	X	1:33.89	1:25.19	X	1:34.39	1:26.39
177-178	10 yr old	100 IM	X	1:33.89	1:25.19	X	1:34.39	1:26.39
179-180	11 yr old	100 IM	X	1:24.19	1:13.29	X	1:23.79	1:13.79
181-182	12 yr old	100 IM	X	1:24.19	1:13.29	X	1:23.79	1:13.79
191-192	10 & Under	200 Free Relay	NT	NT	NT	NT	NT	NT
193-194	11-12	200 Free Relay	NT	NT	NT	NT	NT	NT

**Saturday, November 19, 2011 Pool 1 – Finals Course**

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
111-112	13-14	200 Medley Relay	NT	NT	NT	NT	NT	NT
113-114	Open	200 Medley Relay	NT	NT	NT	NT	NT	NT
123-124	13 yr old	200 Free	2:26.19	2:22.09	2:08.59	2:24.99	2:19.99	2:06.69
125-126	14 yr old	200 Free	2:26.19	2:22.09	2:08.59	2:24.99	2:19.99	2:06.69
127-128	15-16	200 Free	2:24.49	2:20.49	2:09.29	2:13.59	2:09.59	1:56.79
129-130	Open	200 Free	2:24.49	2:20.49	2:09.29	2:13.59	2:09.59	1:56.79
139-140	13 yr old	50 Fly	36.59	35.59	32.39	34.69	33.79	30.09
141-142	14 yr old	50 Fly	36.59	35.59	32.39	34.69	33.79	30.09
143-144	15-16	50 Fly	35.89	35.19	31.59	31.39	30.69	28.59
145-146	Open	50 Fly	35.89	35.19	31.59	31.39	30.69	28.59
151-152	13 yr old	200 Breast	3:11.99	3:05.69	2:47.99	3:02.39	2:52.69	2:36.29
153-154	14 yr old	200 Breast	3:11.99	3:05.69	2:47.99	3:02.39	2:52.69	2:36.29
155-156	15-16	200 Breast	3:13.39	3:09.39	2:49.69	2:57.79	2:53.79	2:35.09
157-158	Open	200 Breast	3:13.39	3:09.39	2:49.69	2:57.79	2:53.79	2:35.09
167-168	13 yr old	100 Back	1:20.49	1:17.09	1:09.79	1:15.59	1:11.69	1:04.89
169-170	14 yr old	100 Back	1:20.49	1:17.09	1:09.79	1:15.59	1:11.69	1:04.89
171-172	15-16	100 Back	1:19.49	1:17.49	1:09.89	1:11.29	1:09.29	1:01.59
173-174	Open	100 Back	1:19.49	1:17.49	1:09.89	1:11.29	1:09.29	1:01.59
183-184	13 yr old	100 IM	X	1:20.69	1:11.99	X	1:18.29	1:09.99
185-186	14 yr old	100 IM	X	1:20.69	1:11.99	X	1:18.29	1:09.99
187-188	15-16	100 IM	X	1:17.69	1:09.99	X	1:11.09	1:03.99
189-190	Open	100 IM	X	1:17.69	1:09.99	X	1:11.09	1:03.99
195-196	13-14	400 Medley Relay	NT	NT	NT	NT	NT	NT
197-198	Open	400 Medley Relay	NT	NT	NT	NT	NT	NT

**Sunday, November 20, 2011 Pool 2**

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
199-200	9 & under	200 IM	3:29.89	3:24.39	3:04.69	3:31.89	3:26.39	3:06.69
201-202	10 yr old	200 IM	3:29.89	3:24.39	3:04.69	3:31.89	3:26.39	3:06.69
203-204	11 yr old	200 IM	3:02.19	2:57.59	2:35.89	3:03.29	3:00.69	2:38.69
205-206	12 yr old	200 IM	3:02.19	2:57.59	2:35.89	3:03.29	3:00.69	2:38.69
215-216	9 & under	50 Back	44.69	43.19	39.19	44.89	45.59	39.59
217-218	10 yr old	50 Back	44.69	43.19	39.19	44.89	45.59	39.59
219-220	11 yr old	50 Back	40.19	38.89	34.79	39.99	39.29	34.59
221-222	12 yr old	50 Back	40.19	38.89	34.79	39.99	39.29	34.59
231-232	9 & under	50 Breast	49.29	47.49	43.49	51.79	50.09	45.39
233-234	10 yr old	50 Breast	49.29	47.49	43.49	51.79	50.09	45.39
235-236	11 yr old	50 Breast	44.89	42.99	38.99	45.29	43.39	39.39
237-238	12 yr old	50 Breast	44.89	42.99	38.99	45.29	43.39	39.39
247-248	11 yr old	200 Fly	3:04.59	2:58.49	2:41.69	3:08.39	3:02.19	2:44.89
249-250	12 yr old	200 Fly	3:04.59	2:58.49	2:41.69	3:08.39	3:02.19	2:44.89
259-260	9 & under	100 Free	1:23.89	1:21.99	1:14.39	1:25.89	1:23.29	1:15.39
261-262	10 yr old	100 Free	1:23.89	1:21.99	1:14.39	1:25.89	1:23.29	1:15.39
263-264	11 yr old	100 Free	1:16.19	1:13.99	1:07.19	1:14.59	1:12.49	1:05.59
265-266	12 yr old	100 Free	1:16.19	1:13.99	1:07.19	1:14.59	1:12.49	1:05.59
<b>**** 5 Minute Break****</b>								
275-276	11-12	400 Medley relay	NT	NT	NT	NT	NT	NT
<b>Note:</b>								
The 1650's will start at the completion of Pool 1. The 1650 will be swum together and scored separately alternating girls than boys, swum fastest to slowest.								
281-282	11 yr old	1650 Free	23:09.79	22:18.09	22:17.09	23:09.79	22:18.09	22:17.09
283-284	12 yr old	1650 Free	23:09.79	22:18.09	22:17.09	23:09.79	22:18.09	22:17.09

**Sunday, November 20, 2011 Pool 1 – Finals Course**

Event #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
207-208	13 yr old	200 IM	2:45.19	2:40.39	2:25.19	2:44.59	2:37.49	2:22.49
209-210	14 yr old	200 IM	2:45.19	2:40.39	2:25.19	2:44.59	2:37.49	2:22.49
211-212	15-16	200 IM	2:43.89	2:39.89	2:24.49	2:30.19	2:26.19	2:12.79
213-214	Open	200 IM	2:43.89	2:39.89	2:24.49	2:30.19	2:26.19	2:12.79
223-224	13 yr old	50 Back	38.49	36.09	32.79	35.59	33.69	30.89
225-226	14 yr old	50 Back	38.49	36.09	32.79	35.59	33.69	30.89
227-228	15-16	50 Back	37.49	36.89	32.09	34.59	33.99	29.59
229-230	Open	50 Back	37.49	36.89	32.09	34.59	33.99	29.59
239-240	13 yr old	50 Breast	42.09	41.19	36.99	39.59	38.09	34.29
241-242	14 yr old	50 Breast	42.09	41.19	36.99	39.59	38.09	34.29
243-244	15-16	50 Breast	41.79	40.79	36.09	37.49	36.49	33.29
245-246	Open	50 Breast	41.79	40.79	36.09	37.49	36.49	33.29
251-252	13 yr old	200 Fly	2:49.59	2:44.19	2:28.59	2:41.59	2:37.19	2:22.29
253-254	14 yr old	200 Fly	2:49.59	2:44.19	2:28.59	2:41.59	2:37.19	2:22.29
255-256	15-16	200 Fly	2:42.39	2:38.39	2:25.49	2:31.99	2:27.99	2:13.59
257-258	Open	200 Fly	2:42.39	2:38.39	2:25.49	2:31.99	2:27.99	2:13.59
267-268	13 yr old	100 Free	1:08.39	1:06.29	59.99	1:06.59	1:04.19	58.09
269-270	14 yr old	100 Free	1:08.39	1:06.29	59.99	1:06.59	1:04.19	58.09
271-272	15-16	100 Free	1:08.19	1:06.19	1:00.79	1:01.99	59.99	54.79
273-274	Open	100 Free	1:08.19	1:06.19	1:00.79	1:01.99	59.99	54.79
<b>**** 5 Minute Break****</b>								
277-278	13-14	400 Free Relay	NT	NT	NT	NT	NT	NT
279-280	Open	400 Free Relay	NT	NT	NT	NT	NT	NT
<b>**** 10 Minute Break****</b>								
<b>Note:</b>								
The 1650's will start at the completion of Pool 1. The 1650 will be swum together and scored separately alternating girls than boys, swum fastest to slowest.								
285-286	13-14	1650 Free	19:48.09	19:14.89	19:21.69	19:48.09	19:14.89	19:21.69
287-288	15-16	1650 Free	19:58.09	19:28.09	19:38.29	18:44.99	18:14.99	18:27.49
289-290	Open	1650 Free	19:59.09	19:28.09	19:38.29	18:44.99	18:14.99	18:27.49

## Time Trials

SANCTIONED BY:	Florida Gold Coast Swimming
SPONSORED BY:	The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
LOCATION:	Plantation Swim Team 9151 NW 2 <sup>nd</sup> Street Plantation, Florida 33324
TIME:	15 MINUTES after the conclusion of PRELIMS on Saturday only.
POOL:	Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes.
ELIGIBILITY:	Open to all 2011 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming, that have been properly entered in the 2011 in Winter Championships.
ENTRY LIMIT:	3 individual events per day, including events swum in the 2011 Winter Champs. We will go through the order of events two times.
ENTRY FEE:	\$15.00 per event. Cash only will be accepted. Swimmers not entered in the Winter Champs must pay \$15.00 meet surcharge. Cash Only.
ENTRIES:	Will be in the computer room closes at 10:30 a.m.
SEEDING:	25 – yards short course.
SCRATCHES:	No penalty for scratching at the block.
RULES:	Current USA Swimming rules will apply.
OFFICIALS:	Meet Referee: Larry Fons Starter: TBA Stroke & Turn: TBA
Meet Marshall:	Howard Bilger and the City of Plantation Life Guard Staff.

## ORDER OF EVENTS:

### Saturday Events

Event 50 Free	Event # 301 – 302
Event 100 Free	Event # 303 –304
Event 200 Free	Event # 305 –306
Event 500 Free	Event # 307 –308
Event 1650 Free	Event # 309 - 310
Event 50 Back	Event # 311 - 312
Event 100 Back	Event # 313 - 314
Event 200 Back	Event # 315 - 316
Event 50 Breast	Event # 317 – 318
Event 100 Breast	Event # 319 - 320
Event 200 Breast	Event # 321 - 322
Event 50 Fly	Event # 323 - 324
Event 100 Fly	Event # 325 - 326
Event 200 Fly	Event # 327 - 328
Event 100 IM	Event # 329 - 330
Event 200 IM	Event # 331 - 332
Event 400 IM	Event # 333 - 334

NOTE: Swimmers not entered in meet may swim a total of 3 events.