

**FGC Area 3 Developmental Swim Meet
At FIU Biscayne Bay Campus
October 7 -9, 2011**

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming,
Sanction # DC1-100711

Sponsored By: North Miami Swim Team and City of North Miami

Location: FIU Biscayne Bay Campus
Biscayne Blvd. and NE 151 St., **(Pool Is in Back of Campus)**

Pool: 25 Yard by 50 meter outdoor pool, Eight lanes Short-course racing course.
Colorado Timing will be used. The water depth at the start end of the pool is from (6 ft) for all 8 lanes.
The competition course has been certified in accordance with 104.2.2(C) .The copy of such certification is on file with USA Swimming.

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.

Dates & Times: Session I - Friday - October 7, 2011 Warm-up 3:30 pm. Meet starts 5:00 pm *Short Course*
Session II - Saturday - October 8, 2011 Warm-up 7:30 am. Meet starts 8:30am 8 & Under
Session III- Saturday - October 8, 2011 Warm-up 8:30 am. Meet Starts 10:00am *Short Course*
Session IV- Saturday - October 8, 2011 Warm-up 12:30 am. Meet Starts 2:00pm *Short Course*
Session V - Sunday - October 9, 2011 Warm-up 7:30 am. Meet Starts 9:00am *Short Course*
Session VI - Sunday - October 9, 2011 Warm-up 11:00am. Meet Starts 1:00pm *Short Course*

NOTE: Meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.
If the total time of both sessions on one day is less then 4 Hours the sessions may be combined. With the approval of the Age Group chair,

Eligibility Open to all 2011 USA Swimming registered athletes and foreign athletes with proper travel credential that have been invited by USA swimming and have not achieved the JO of Senior champ times in the entered events.

Swimmers who do not have a current USS registration may register at the meet, Payment must be in the form of a club check or cash.

Any swimmer 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 this requirement.

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.

Entry Deadline: Entries Close- Monday October 3,2011

Entry Limit: **Individual Events : Four individual events per day**
Relays: Unlimited amount of team relays

Deck Entries : The FGC Deck Seed Policy will be in effect. The policy can be seen at www.fgcswim.org
Deck entries are double the regular entry fee.

Entry Procedure: ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED. Entries should be sent via email to: swimneptunes@aol.com. Mailed and hand delivered disks will be accepted. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered. Entry fees for non-electronic entries are double the regular fees.**

NON Electronic Entries – Use only the entry forms attached. Valid USA Swimming numbers must be included for ALL USA Swimming Registered athletes.
Foreign athletes must include birth date.

Mail Address: North Miami Swim Team
4000 Jefferson Street
Hollywood, Fl., 33021

Entry Fees: \$5.00 – per swimmer surcharge
\$2.50 – Individual Event for all sessions except Session 1 (25's 8 & Under)
\$2.50 - 8 & Under 25's (Session 1 only)
\$5.00 – Relay Event

All paper entries are doubled the entry fee and swimmers surcharge.

Please make checks payable to: **North Miami Swim Team**

Seeding: Eligible entries shall be seeded in the following order - Short Course Yards followed by Long Course Meters followed by Short Course Meters

The 1650 and 400Ind Med will be swum Fastest to slowest alternating Girls & Boys

Awards: Individual Events: Ribbons 1st – 8th
8 & Under 25's Ribbons 1st-8th
Relay Events: Ribbons 1st –3rd
13 & over swimmers or their coach must indicate to the awards desk their desire to receive their awards otherwise the meet management will not be required to issue these ribbons. This can be done by the coach for the entire team at the beginning of the meet.

Admission: \$2.00 each session. Heat Sheet -\$2.00 each session

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet

Meet Info: Updates to meet information as well as Time Lines and Psyche Sheets for the meet will be posted on our website: www.Swimneptunes.com

Results: Session results and Team Manager Results file could be found on our website. www.swimneptunes.com

Referee: **Adam Zeichner**

Meet Director: John Turnipseed for information call 305 206-0574 after 2:30 pm any day or e-mail Coachjohn@swimneptunes.com

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 -1
Pool 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.

Hotel Information:

Courtyard of Marriott
2825 NE 191st
Aventura Florida 33180 Phone 305 937-0805 Near Aventura Mall

Hampton Inn
1000 South Federal Hwy
Hallandale Florida 33009 Phone 954 874-1111 Near Gulf Stream Race Track

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Sanction # DC1-100711_

Friday Order of Events

Session I- Friday October 7, 2011 Warm-up: 3:30am Meet Starts: 5:00am		
Event #	Event	Age Group
1-2	400 Ind Med	Open
3-4	1650 Free	Open

If entries for Friday are very small the events will be put at the end of Sunday Session VI

Saturday 8 & Under

Session II- Saturday October 8, 2011 Warm-up: 7:00am Meet Starts: 8:00am		
Event #	Event	Age Group
7-8	25 Free	8 & Under
9-10	25 Breast	8 & Under
11-12	25 Fly	8 & Under
13-14	25 Back	8 & Under

Session III- Saturday October 8, 2011 Warm-up: 8:00am Meet Starts: 9:30am			Session IV- Saturday October 8, 2011 Warm-up: 12:00am Meet Starts: 1:30pm		
Event #	Event	Age Group	Event #	Event	Age Group
15-16	200 Free	10 & Under	43-44	200 Free	13 & 14
17-18	200 Free	11 & 12	45-46	200 Free	15 & Over
19-20	200 Med Relay	10 & Under	47-48	200 Med Relay	Open
21-22	200 Med Relay	12 & Under	49-50	100 Breast	13 & 14
23-24	50 Breast	10 & Under	51-52	100 Breast	15 & Over
25-26	50 Breast	11 & 12	53-54	100 Fly	13 & 14
27-28	50 Fly	10 & Under	55-56	100 Fly	15 & Over
29-30	100 Fly	11 & 12	57-58	200 Back	Open
31-32	50 Back	10 & Under	59-60	50 Free	13 & 14
33-34	100 Back	11 & 12	61-62	50 Free	15 & Over
35-36	50 Free	10 & Under	63-64	500 Free	Open
37-38	50 Free	11 & 12			
39-40	100 Ind Med	10 & Under			
41-42	100 Ind Med	11 & 12			

Session V- Sunday October 9, 2011 Warm-up: 7:00am Meet Starts: 8:30am			Session VI- Sunday October 9, 2011 Warm-up: 11:00 am Meet Starts: 1:00pm		
Event #	Event	Age Group	Event #	Event	Age Group
67-68	100 Free	10 & Under	91-92	200 Ind Med	13 & 14
69-70	100 Free	11 & 12	93-94	200 Ind Med	15 & Over
71-72	200 Free Relay	10 & Under	95-96	200 Free Relay	Open
73-74	200 Free Relay	12 & Under	97-98	100 Free	13 & 14
75-76	100 Breast	10 & Under	99-100	100 Free	15 & Over
77-78	100 Breast	11 & 12	101-102	200 Breast	Open
79-80	100 Fly	10 & Under	103-104	100 Back	13 & 14
81-82	50 Fly	11 & 12	105-106	100 Back	15 & Over
83-84	100 Back	10 & Under	107-108	200 Fly	Open
85-86	50 Back	11 & 12	109-110	800 Ind Med	Open
87-88	200 Ind Med	10 & Under			
89-90	200 Ind Med	11 & 12			

2009-2012 Florida Gold Coast Junior Olympic Times Standards

GIRLS			10 & UNDER	BOYS		
LCM	SCM	SCY	Event	SCY	SCM	LCM
37.49	36.79	33.39	50 Free	33.79	37.29	38.29
1:23.89	1:21.99	1:14.39	100 Free	1:15.39	1:23.29	1:25.89
3:08.89	2:54.79	2:38.39	200 Free	2:41.39	2:58.79	3:03.39
6:25.69	6:12.29	7:05.89	400/500 Free	7:09.89	6:16.29	6:29.69
44.69	43.19	39.19	50 Back	39.59	45.59	44.89
1:37.29	1:32.89	1:26.49	100 Back	1:27.09	1:36.19	1:39.89
49.29	47.49	43.49	50 Breast	45.39	50.09	51.79
1:49.49	1:45.19	1:35.39	100 Breast	1:38.89	1:49.19	1:52.89
43.09	42.19	37.99	50 Fly	39.39	43.49	43.99
1:44.69	1:37.79	1:33.29	100 Fly	1:33.19	1:42.89	1:45.59
-	1:33.89	1:25.19	100 IM	1:26.39	1:34.39	-
3:29.89	3:24.39	3:04.69	200 IM	3:06.69	3:26.39	3:31.89

LCM	SCM	SCY	11 & 12	SCY	SCM	LCM
34.69	33.99	30.89	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.39	100 Free	1:05.59	1:12.49	1:14.59
2:41.69	2:36.89	2:22.39	200 Free	2:22.59	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	400/500 Free	6:21.29	5:33.69	5:44.69
40.19	38.89	34.79	50 Back	34.59	39.29	39.99
1:28.29	1:24.79	1:15.29	100 Back	1:15.29	1:24.49	1:26.39
3:02.69	2:55.59	2:39.09	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.39	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	200 Breast	3:00.19	3:19.09	3:29.59
37.79	37.19	32.69	50 Fly	32.69	37.49	37.99
1:26.09	1:23.89	1:16.09	100 Fly	1:16.09	1:24.09	1:26.69
3:04.59	2:58.49	2:41.69	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.59	2:35.89	200 IM	2:38.69	3:00.69	3:03.29

LCM	SCM	SCY	13 & 14	SCY	SCM	LCM
31.49	30.39	27.59	50 Free	26.59	29.39	30.69
1:08.39	1:06.29	59.99	100 Free	58.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.59	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	400/500 Free	5:40.09	4:57.69	5:05.59
10:20.99	10:10.29	11:37.29	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:15.59	1:08.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:45.19	2:40.39	2:25.19	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	400 IM	5:02.89	5:34.69	5:46.79

LCM	SCM	SCY	15 & 16 / OPEN	SCY	SCM	LCM
30.99	29.99	27.19	50 Free	24.49	26.99	28.09
1:07.19	1:05.09	58.89	100 Free	53.09	58.69	1:01.39
2:23.19	2:20.29	2:06.99	200 Free	1:55.79	2:07.89	2:13.39
4:59.79	4:53.49	5:35.39	400/500 Free	5:11.69	4:32.79	4:41.09
10:15.19	10:00.39	11:25.99	800/1000 Free	11:12.19	9:48.29	10:04.59
19:37.29	19:07.29	19:08.99	1500/1650 Free	18:47.99	18:41.39	19:22.99
1:18.69	1:15.29	1:08.09	100 Back	1:01.79	1:08.29	1:11.99
2:47.59	2:41.99	2:26.59	200 Back	2:12.69	2:26.39	2:34.89
1:27.79	1:24.79	1:16.79	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:05.59	2:45.29	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:14.29	1:07.29	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.29	200 Fly	2:14.59	2:28.69	2:32.19
2:41.09	2:37.29	2:22.39	200 IM	2:09.99	2:23.69	2:30.69
5:57.59	5:47.09	5:14.09	400 IM	4:49.09	5:19.49	5:29.99