

2011 Coral Springs Invitational
Coral Springs, FL – September 24 - 25, 2011

- SANCTIONED BY:** Florida Gold Coast Swimming.
Sanction by USA Swimming # 092411-FG1
- SPONSORED BY:** Coral Springs Swim Club, Coral Springs Aquatic Complex
- LOCATION:** Coral Springs Aquatic Center,
12441 Royal Palm Blvd.,
Coral Springs, FL 33065
Tel 954-345-2121
- POOL COURSE** 8/10 lane 25 yard course pool will be used for competition. With a separate 25 yard pool available for warm-up/warm down
Daktronics timing System will be used at both ends and Hy-Tek Meet Manager software will be used for scoring. Water depth at start end is 4.5 feet. **The competition course has been certified in accordance with article 104.2.2C (4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming.**
- ELIGIBILITY:** Open to all registered 2011 USA Swimming athletes in FGC, USAS athletes outside of the FGC, and foreign athletes with proper travel credentials and have achieved the qualifying times. Athletes who are not registered with USA Swimming may register on deck. Deck entries will be accepted in accordance with the policy posted on the FGC website. **Foreign teams must pay for the entries in cash only!!!**
- 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.
- DATE & TIME:** Saturday, September 24, 2011.
Session I Warm up: 7:30am Start of meet: 9:00am
Session II Warm up: 11:30am Start of meet: 1:00pm (estimated)
Sunday, September 25, 2011.
Session III Warm up: 7:30am Start of meet: 9:00am
Session IV Warm up: 11:30am Start of meet: 1:00pm (estimated)
- Meet Management reserves the right to adjust logistics, with the approval of the FGC Age-Group Chairman, in order to run an efficient meet.
- ENTRY LIMIT:** Individual events: Three (3) individual events per swimmer per day.
- ENTRY FEES:** **\$3.25 per individual event.**
- FACILITY SURCHARGE:** **\$5.00 per swimmer**
- DECK ENTRIES:** The FGC deck entry policy is in effect. Swimmers who want to deck enter and were not entered in the meet before, must show their current USA Swimming card. Submission of electronic entries states that all entered swimmers are currently USA Swimming registered. Deck entries will close 30 minutes prior to the start of the session.
NOTE: A hard copy of meet results with “proof of time “or a copy of times from USA Swimming database must be present with deck entry. **Coaches will not be permitted to use the meet host computers for proof of times.** Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. **NOTE:** CASH ONLY will be accepted for deck seeds.
- ENTRY DEADLINE:** All entries must be submitted by email. Please email your entries to Marianne Goldman at: csscswimentries@gmail.com
All entries must be received by: Wednesday, September 14, 2011

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.
RACING STARTS:	“Any swimmer entered in the meet must be certified by a USA Swimming member 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.
SEEDING:	Use SCY times only for entries.
DISTANCE/ POSITIVE CHECK-IN:	Saturday’s 500y free and Sunday’s 400y IM are positive check in events. The 500 Freestyle and 400 IM are swum as timed finals, swum fastest to slowest alternating women and men.
AWARDS:	Individuals Event: Ind. medals 1 st – 3 rd , ribbons 4 th -8 th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups. Awards will be prepared for any swimmer aged 13 & over upon <u>request only</u> .
IDENTIFICATION:	Coaches and Officials shall wear their 2011 USA registration card in a visible location at the meet at all times 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.csscswim.com
MEET DIRECTOR:	Charlie Alexander/ Bruno Darzi
REFEREE:	Ken Hosfeld
ADMISSION:	\$3.00 per session. Heat sheets: \$3.00 per session.
PARKING:	Free across from the Aquatic Complex on Royal Palm Blvd.
INFORMATION:	Bruno Darzi at 954-340-5032
LOCATION/ DIRECTIONS:	Coral Springs Aquatic Complex, 12441 Royal Palm Blvd. If taking I-95, take Copans Road exit and go west approx.10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road east. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to next light, Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 mile).
WARM-UP PROCEDURES:	NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday Preliminaries 7:30 a.m. – 8:15 a.m. General Warm Up Swimming and Pulling Only, Push Off No Racing Starts No Sprinting or Pace Work 8:15 a.m. – 8:55 a.m. Controlled Warm Up Lane 1 Pace, 50 and 100 Circle Swim, Push Off Lane 2 Racing Starts, 25 yards One Length. Lane 3 Swimming and Pulling, Push Off Lane 4 Swimming and Pulling, Push Off Lane 5 Swimming and Pulling, Push Off Lane 6 Swimming and Pulling, Push Off Lane 7 Racing Starts, 25 yards One Length Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

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

ORDER OF EVENTS

- **Girls odd#, Boys even#**

Saturday – Session 1

Warm-up – 7:30am

Start of Meet – 9:00am

Event #	Event	Age Group
1-2	200 Individual Medley	10 & under
3-4	200 Individual Medley	11-12
5-6	200 Individual Medley	13 & over
7-8	50 Butterfly	10 & under
9-10	50 Butterfly	11-12
11-12	50 Butterfly	13 & over
13-14	100 Freestyle	10 & under
15-16	100 Freestyle	11-12
17-18	100 Freestyle	13 & over
19-20	100 Backstroke	10 & under
21-22	100 Backstroke	11-12
23-24	100 Backstroke	13 & over
25-26	50 Breaststroke	10 & under
27-28	50 Breaststroke	11-12
29-30	50 Breaststroke	13 & over

Saturday – Session 2

Warm up – 11:30am (estimated)

Start of Meet – 5 min after completion of session 1

Event #	Event	Age Group
31-32	500 Freestyle	11 & Over

Sunday – Session 3

Warm- up – 07:30am

Start of the meet – 9:00am

Event #	Event	Age Group
33-34	200 Freestyle	10 & under
35-36	200 Freestyle	11-12
37-38	200 Freestyle	13 & over
39-40	50 Backstroke	10 & under
41-42	50 Backstroke	11-12
43-44	50 Backstroke	13 & over
45-46	100 Butterfly	10 & under
47-48	100 Butterfly	11-12
49-50	100 Butterfly	13 & over
51-52	50 Freestyle	10 & under
53-54	50 Freestyle	11-12
55-56	50 Freestyle	13 & over
57-58	100 Breaststroke	10 & under
59-60	100 Breaststroke	11-12
61-62	100 Breaststroke	13 & over
63-64	100 Individual Medley	10 & under
65-66	100 Individual Medley	11-12
67-68	100 Individual Medley	13 & over

Sunday – Session 4

Warm-up – 11:30am (estimated)

Start of Meet – 5 min after completion of session 1

67-68	400 Individual Medley	11 & over
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2011 Coral Springs Invitational TIME STANDARDS

WOMEN

MEN

17 & Over	15-16	13 -14	11-12	10 & Under	Events	10 & Under	11-12	13 -14	15-16	17 & Over
31.09	32.09	33.09	35.09	42.99	50 fly	41.99	35.19	31.19	30.19	29.19
1.10.99	1.11.79	1.13.49	1.20.19	1.42.09	100 fly	1.40.39	1.18.69	1.08.09	1.05.09	1.03.59
32.89	33.89	34.89	36.79	43.49	50 back	43.69	36.49	31.79	30.79	29.79
1.11.69	1.12.09	1.14.19	1.21.09	1.33.99	100 back	1.32.09	1.19.09	1.09.59	1.06.19	1.04.19
37.39	38.39	39.39	40.89	47.79	50 breast	47.89	40.79	35.49	34.49	33.49
1.21.49	1.21.99	1.24.09	1.29.29	1.46.69	100 breast	1.43.69	1.27.79	1.18.09	1.14.69	1.13.19
30.09	30.39	30.99	31.89	35.99	50 free	35.19	30.99	28.49	27.39	26.59
1.04.89	1.05.79	1.07.39	1.08.29	1.21.59	100 free	1.19.99	1.07.89	1.02.19	59.79	58.09
2.20.29	2.21.19	2.24.99	2.31.49	2.58.29	200 free	2.50.89	2.27.49	2.15.69	2.10.09	2.07.89
6.13.69	6.16.29	6.22.39	6.40.09		500 free		6.35.09	6.03.19	5.51.29	5.44.19
1.14.09	1.16.09	1.18.09	1.20.09	1.33.79	100 IM	1.31.19	1.17.59	1.15.59	1.13.59	1.11.59
2.37.39	2.39.29	2.42.99	2.50.69	3.19.39	200 IM	3.18.09	2.49.39	2.31.99	2.26.39	2.22.59
5.35.49	5.35.69	5.44.29	6.04.19		400 IM		5.56.29	5.25.49	5.11.79	5.05.99

Hotels in Coral Springs

 La Quinta Inns & Suites 3701 University Dr. Coral Springs, FL 33065 Lourdes Robitaille – 954-753-9000	 La Quinta Inns & Suites 3100 North University Drive Coral Springs, FL 33065 Lourdes Robitaille – 954-753-9000
 Courtyard Marriott 620 N. University Drive Coral Springs, FL 33071 Myra Tashman – 954-227-1300 Alison Higgins – 954-227-1300 Reservation – 800-321-2211	 Coral Springs Marriott 1175 Heron Bay Boulevard Coral Springs, FL 33076 Lynn Thomas - 954-753-5598

 Studio Six 5645 University Drive Coral Springs, FL 33067 Charles Carter – 954-796-0011
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Hotels in Deerfield



[Best Western](#)

1050 E. Newport Center Drive
Deerfield Beach, Florida 33442
Shirley Barton – 954-570-8888 ext 571



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[Comfort Suites](#)

1040 E. Newport Center Dr
Deerfield Beach, FL, US, 33442
Shirley Barton – 954-570-8888 ext 571



Hilton

Deerfield Beach / Boca Raton

[Hilton](#)

100 Fairway Drive
Deerfield Beach, FL 33441
Jennifer Petigrow – 954-422-1798

Hotels in Plantation



[Quality Inn Sawgrass Center](#)

1711 N. University Dr.
Plantation (Ft. Lauderdale), FL, US, 33322
Norma Alchae – 954-556-8200



[Holiday Inn Express](#)

1701 N. University Dr.
Plantation (Ft. Lauderdale), FL, US, 33322
Dorothy Mclean – 954-472-5600



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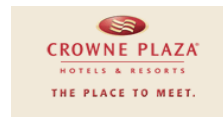
1851 SE 10th Avenue
Fort Lauderdale, FL 33316, USA
Jodie Linhart – 954-370-2220 ext 7197

Hotels in Sunrise and Tamarac



[Holiday Inn Hotel & Suite Fort Lauderdale/Sunrise](#)

3003 N. University Drive
Sunrise, FL, 33322
Jim Mullins – 954-748-7000



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