

2010 – Florida Gold Coast Vs Florida Swimming Dual Meet April 10 – 11, 2010

Sanctioned By: Florida Swimming member of USA Swimming Sanction # 5083

Condition of Sanction: The Competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Sponsored By: Florida Swimming, Inc. and Florida Gold Coast.

Hosted By: Indian River Aquatics

Type of Meet: 25-Yard Short Course;
10 & U, 11 & 12, and 13 & 14. All events are Timed Finals.

Date & Time:	Session I	- Saturday, April 10, 2010	- 9:00 AM	(Warm-up 7:30 AM)
	Session II	- Saturday, April 10, 2010	- 5:00 PM	(Warm-up 3:30 PM)
	Session III	- Sunday, April 11, 2010	- 9:00 AM	(Warm-up 7:30 AM)

Location: Indian River State College, 3209 Virginia Avenue, Fort Pierce, FL 34981

Pool Specs: Eight (8) lane certified 25-yard course with non-turbulent lane lines.
Warm-up/down is available during competition.

Timing Equipment: Colorado 5000 timing system with 8-lane scoreboard readout.

Warm-up: One and a half (1 ½) hours before each session.
Warm up schedule is attached.

Eligibility: Open to 2010 USA Swimming registered swimmers of FGC and Florida Swimming Committees' Dual Meet teams as selected by their respective LSC's. There is no time standard limitation on eligibility.

Entry Limit: Six (6) individual events for the meet. No more than three (3) individual events per session or five (5) per day. Swimmers over entered will be considered as entered in their first events for that session and/or first six (6) individual events for the meet. In the 400 IM and 500 Free, each LSC is limited to 12 swimmers. Each LSC is limited to 4 swimmers in the 1650 Free.

Relay Entries: Each team will be limited to four (4) relays per event indicated as A, B, C and D.
All relay swimmers must be listed on the entry form.

Entry Forms: Entries must be submitted on the enclosed entry form or in the SDIF or CL2 format. Disk entries must be accompanied by a back up hard copy including relay only swimmers, which will serve as proof of entry. Swimmers current USA Swimming registration number must be listed on the proof of entry form and a current USA Swimming Non-Athlete Member must sign the form. The Master Entry Form must accompany the proof of entries.

Entry Fee: \$7.50 facility fee
\$3.00 per individual event

\$5.00 per relay

Seeding: Use short course yard times. Swimmers from any heat are eligible to score.

Entry Deadline: All entries must be received by Wednesday, March 31, 2010 by 5:00 PM.

Mail Entries to:

Scott Kimmelman
3209 Virginia Avenue
Ft. Pierce, FL 34981

Make check payable to:

IRCC Foundation

Scratches: No penalty for scratching on the blocks. An LSC's empty lane in the "A" heat may be filled with one of their swimmers from the "B" or "C" heats.

Awards: Top 8 Individual awards and Top 3 Relay awards.

Scoring: Each Team may only score 2 places.

Individual Events: 7-4-3-1.

Relay Events: 8-6-2.

Rules: Current USA Swimming Technical rules will govern

Team

Representative: Other than the coach, only the LSC Executive Director or General Chairman will check with the referee about any matter pertaining to the meet. For each team, the coach and only those people will be recognized.

Officials: Referee: Al St. Pierre
Administrative Referee: Jack Goltz

Meet Manager: Scott Kimmelman

For Information: Scott Kimmelman (772) 462-7760

Identification: Coaches and Officials shall wear their current USA Swimming registration card in a conspicuous manner on their person at all times while on the deck during the meet.

Warm-up Schedule

NO EQUIPMENT PERMITTED

EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL

The Head Marshall may vary the scheduled warm-up as it fits the needs of the competitors

Saturday, April 10 and Sunday, April 11, 2010

First Half Hour General Warm-up

No Racing Starts
Swimming and Pulling only, Push Off
No sprinting or Pace Work

Second Half Hour Controlled Warm-up

Lane 1 Pace, 50 & 100 Circle swim, Push Off
Lane 2 Racing Starts (One length from start end only)
Lane 3 Swimming & Pulling, Push Off
Lane 4 Swimming & Pulling, Push Off
Lane 5 Swimming & Pulling, Push Off
Lane 6 Swimming & Pulling, Push Off
Lane 7 Swimming & Pulling, Push Off
Lane 8 Swimming & Pulling, Push Off

Last Half Hour Open Warm-up

Lane 1 Pace, 50 & 100 Circle swim. Push Off
Lane 2 Racing Starts (One length from start end only)
Lane 3 Swimming & Pulling, Push Off
Lane 4 Swimming & Pulling, Push Off
Lane 5 Swimming & Pulling, Push Off
Lane 6 Racing Starts (One length from start end only)
Lane 7 Racing Starts (One length from start end only)
Lane 8 Swimming & Pulling, Push Off

ORDER OF EVENTS

SESSION I Sat.-9:00 AM

1 - 2	10 & Under	50 Backstroke
3 - 4	11 & 12	50 Backstroke
<u>5 - 6</u>	<u>13 & 14</u>	<u>100 Backstroke</u>
7 - 8	10 & Under	100 Freestyle
9 - 10	11 & 12	100 Freestyle
<u>11 - 12</u>	<u>13 & 14</u>	<u>200 Freestyle</u>
13 - 14	10 & Under	100 Breaststroke
15 - 16	11 & 12	100 Breaststroke
<u>17 - 18</u>	<u>13 & 14</u>	<u>100 Breaststroke</u>
19 - 20	10 & Under	200 Ind. Medley
21 - 22	11 & 12	200 Ind. Medley
23 - 24 **	13 & 14	400 Ind. Medley

**** Event 23 & 24 will be limited to three heats, maximum of 12 swimmers from each team.**

SESSION II Sat.-5:00 PM

25 - 26	13 & 14	200 Ind. Medley
27 - 28	11 & 12	100 Ind. Medley
<u>29 - 30</u>	<u>10 & Under</u>	<u>100 Ind. Medley</u>
31 - 32	13 & 14	50 Freestyle
33 - 34	11 & 12	50 Freestyle
<u>35 - 36</u>	<u>10 & Under</u>	<u>50 Freestyle</u>
37 - 38	13 & 14	100 Butterfly
39 - 40	11 & 12	100 Butterfly
<u>41 - 42</u>	<u>10 & Under</u>	<u>100 Butterfly</u>
43 - 44 **	13 & 14	500 Freestyle
45 - 46	11 & 12	200 Freestyle
<u>47 - 48</u>	<u>10 & Under</u>	<u>200 Freestyle</u>
49 - 50	13 & 14	200 Medley Relay
51 - 52	11 & 12	200 Medley Relay
53 - 54	10 & Under	200 Medley Relay

**** Events 43 & 44 will be limited to three heats, maximum of 12 swimmers from each team.**

SESSION III Sun.-9:00 AM

55 - 56	13 & 14	200 Backstroke
57 - 58	11 & 12	100 Backstroke
<u>59 - 60</u>	<u>10 & Under</u>	<u>100 Backstroke</u>
61 - 62	13 & 14	100 Freestyle
63 - 64 **	11 & 12	500 Freestyle
<u>65 - 66 *</u>	<u>13 & 14</u>	<u>1650 Freestyle</u>
67 - 68	11 & 12	50 Breaststroke
69 - 70	10 & Under	50 Breaststroke
<u>71 - 72</u>	<u>13 & 14</u>	<u>200 Breaststroke</u>
73 - 74	11 & 12	50 Butterfly
75 - 76	10 & Under	50 Butterfly
<u>77 - 78</u>	<u>13 & 14</u>	<u>200 Butterfly</u>
79 - 80	11 & 12	200 Free Relay
81 - 82	10 & Under	200 Free Relay

83 - 84

13 & 14

200 Free Relay

**** Events 63 & 64 will be limited to three heats, maximum of 12 swimmers from each team.**

* Events 65 & 66 are limited to one heat of girls & one heat of boys, four swimmers from each team.

MASTER ENTRY FORM

Name of Meet: Florida Gold Coast Vs Florida Swimming Dual Meet

Course: 25 Yard Short Course

Date of Meet: April 10 – 11, 2010

Team Name _____ Call Letters _____

Address _____

Coach _____ LSC _____

Home Phone #(_____) _____ Office Phone#(_____) _____

e-mail _____

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a Current USA Swimming non-athlete member.

Signature (must be USA Swimming Member) _____ Date _____

Entry Deadline

Entries must be received by Wednesday, March 31, 2010 at 5:00PM

Mail to: Scott Kimmelman, IRCC Foundation
3209 Virginia Avenue
Ft. Pierce, FL 34981

Financial Recap

We have the following:

Individual Swimmers	_____ at \$7.50	= _____	Facility Surcharge
Women's Ind. Events	_____ at \$3.00 per event	= _____	
Men's Ind. Events	_____ at \$3.00 per event	= _____	
Women's Relays	_____ at \$5.00 per relay	= _____	

Men's Relays
Total Entry Fees paid

_____ at \$5.00 per relay = _____
= _____