

**2010 FLORIDA SWIMMING vs FLORIDA GOLD COAST
DUAL MEET AT INDIAN RIVER STATE COLLEGE
FORT PIERCE, FLORIDA - April 10-11, 2010
SELECTION PROCEDURE**

1. The All-Star team will be selected from the results of the 2010 Florida Swimming LSC Junior Olympic Short Course Championships, to be held the weekend of Feb. 18-21, 2010 in Clearwater.

2. **Application & Selection Information:** Swimmers who finish in the Top 6 for the 10-Under, 11-12 and 13-14 and are eligible* for the All-Star selection. It is the coach's responsibility to pick up the information packet from the All Star desk (pool side) during that evening finals session. Swimmers must complete the necessary forms and return them before the end of the preliminary session on the following day. Any swimmer qualifying on Sunday evening must turn in the application immediately following the finals session on Sunday or may fax the paperwork to the Florida Swimming Office by noon on Monday, Feb 22nd. (352-242-5245)

* There is no upper limit to eligibility this year. Any athlete participating in the Junior Olympic Meet is eligible to participate in the All Star Meet.

* An individual aging up before April 10, 2010 must notify the All-Star desk that they intend to swim in the upper age group before selection of that event begins.

3. Swimmers requirements:

- A. Provide own transportation and lodging during the all-star meet.
- B. Complete the entry form sheet with \$50.00 check payable to Florida Swimming.
- C. Agree to adhere to and sign Code of Conduct.
- D. Parent or guardian sign a Release Form with insurance information on medical coverage.
- E. Swimmers must bring their own swimsuit and goggles. Each swimmer will receive a "Team Florida" T-shirt and cap.

4. Hotel Information:

Comfort Inn - Ft. Pierce (772) 461 – 2323
3236 South US Highway 1
Approx. 10 – 15 minute drive

Days Inn (772) 466-4066
6651 Darter Ct.
Approx. 5-minute drive

Days Inn – Ft. Pierce Beach (772) 461 – 8737
1920 Seaway Drive
Approx. 15 – 20 minute drive

Hampton Inn – Ft. Pierce (772) 460-9855
2831 Reynolds Drive
Approx. 5 minute drive

Holiday Inn Express (772) 464-5000
7151 Okeechobee Road
Approx. 5 minute drive

Radisson Beach Resort (772) 465-5544
2600 North A1A
Approx. 15 – 20 minute drive

Springhill Suites by Marriott (772) 871-2929
Exit 63C off I-95
Approx. 15-minute drive

**2010 FLORIDA SWIMMING vs FLORIDA GOLD COAST
DUAL MEET AT INDIAN RIVER STATE COLLEGE
FORT PIERCE, FLORIDA - April 11-12, 2010**

ORDER OF EVENTSSATURDAY, April 10, 2010

WARMUP 7:30AM
START 9:00AM

1- 2 10-U 50 BACK
3- 4 11-12 50 BACK
5- 6 13-14 100 BACK
7- 8 10-U 100 FREE
9-10 11-12 100 FREE
11-12 13-14 200 FREE
13-14 10-U 100 BRST
15-16 11-12 100 BRST
17-18 13-14 100 BRST
19-20 10-U 200 IM
21-22 11-12 200 IM
23-24 13-14 400 IM*

SATURDAY, April 10, 2010

WARMUP 3:30PM
START 5:00PM

25-26 13-14 200 IM
27-28 11-12 100 IM
29-30 10-U 100 IM
31-32 13-14 50 FREE
33-34 11-12 50 FREE
35-36 10-U 50 FREE
37-38 13-14 100 FLY
39-40 11-12 100 FLY
41-42 10-U 100 FLY
43-44 13-14 500 FREE*
45-46 11-12 200 FREE
47-48 10-U 200 FREE
49-50 13-14 200 M. RELAY
51-52 11-12 200 M. RELAY
53-54 10-U 200 M. RELAY

SUNDAY, April 11, 2010

WARMUP 7:30AM
START 9:00AM

55-56 13-14 200 BACK
57-58 11-12 100 BACK
59-60 10-U 100 BACK
61-62 13-14 100 FREE
63-64 11-12 500 FREE*
65-66 13-14 1650 FREE**
67-68 11-12 50 BRST
69-70 10-U 50 BRST
71-72 13-14 200 BRST
73-74 11-12 50 FLY
75-76 10-U 50 FLY
77-78 13-14 200 FLY
79-80 11-12 200 FR. RELAY
81-82 10-U 200 FR. RELAY
83-84 13-14 200 FR. RELAY

* EVENTS 23-24, 43-44, 63-64 ARE LIMITED TO THREE (3) HEATS OF GIRLS AND THREE (3) HEATS OF BOYS.

Therefore, TWELVE (12) SWIMMERS FROM EACH TEAM.

** EVENTS 65-66 ARE LIMITED TO ONE (1) HEAT OF GIRLS AND ONE HEAT OF BOYS.

Therefore, FOUR (4) SWIMMERS FROM EACH TEAM

**2010 FLORIDA SWIMMING
MEDICAL RELEASE FORM & CODE OF CONDUCT**

Medical Release

I, _____, natural parent or guardian of _____, do hereby relieve FLORIDA SWIMMING, the AGE GROUP VICE-CHAIRMAN, and the COACHING STAFF, from any and all liability in connection with the 2010 FLORIDA SWIMMING-FLORIDA GOLD COAST DUAL MEET AT THE INDIAN RIVER STATE COLLEGE campus on April 10 – 11, 2010.

In the event he/she is incapacitated due illness or injury and it is impossible to contact me for any medical treatment, I then hereby grant permission to the coaches and or chaperones to use their own best judgment in the medical treatment they may secure for my child.

In the event this should be necessary, the above named athletes insurance carrier is _____ and the policy number is _____.

SIGNED BY: _____

ADDRESS: _____

CITY: _____

HOME PHONE: () _____

CELL PHONE: () _____ (must be available at all times!)

E-MAIL: _____

CODE OF CONDUCT

I, as a member of the 2010 FLORIDA SWIMMING ALL-STAR TEAM understand and agree to comply with the following guidelines set forth by FLORIDA SWIMMING while on the pool deck and for every activity associated with this event:

1. Will comply with all uniform requirements.
2. No use of tobacco products or controlled substances.
3. No possession or use of alcoholic beverages.
4. Swimmers will train and stay in shape for the weeks between FL Swimming Spring Junior Olympics and All-Star dual meet.
5. Swimmers must be on time for the warm-up times outlined by the All-Star Coaching Staff
Swimmers arriving late may be taken off relays.

By signing this agreement, I hereby acknowledge these guidelines as set forth by FLORIDA SWIMMING, the AGE GROUP CHAIRMAN, and the HEAD COACH. I understand that the violation of any of these guidelines will be cause for disciplinary actions as determined by the COACHING STAFF, subject to my right to appeal.

ATHLETES SIGNATURE

DATE

PARENT OR GUARDIAN SIGNATURE

DATE

2010 FLORIDA SWIMMING ALL-STAR TEAM

All forms and fees must be turned in to the All-Star desk by the end of the preliminary session on the following day. Any swimmer qualifying on Sunday evening at the Junior Olympic Meet must turn in the application immediately following the finals session on Sunday or may fax the paperwork to the Florida Swimming Office by noon on Monday, Feb 22nd. (FL Swim Fax: 352-242-5245)

NAME: (legal name including middle initial) _____ SEX: _____

ADDRESS: _____

CITY: _____ ZIP CODE: _____

HOME PHONE: including area code (_____) _____ E-Mail: _____

Birthdate including year: _____ AGE AS OF April 11th: _____

TEAM: _____ USA SWIM NUMBER: _____

T-SHIRT SIZE (Circle one): CHILD: M L XL ADULT: S M L XL

Please list your first 6 choices and 2 alternate events. Provide your current best times. The head coach will adjust any time improvements made at the Junior Olympic meet.

	<u>Event</u>	<u>Time</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

Alternate events

1.	_____	_____
2.	_____	_____

- TIMES LISTED ABOVE MUST BE FROM THE 2009-2010 SHORT COURSE SEASON.