

Florida Gold Coast Division II South Long Course Championships July 11th – 13th, 2008

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction#** 071108-FGS4

Sponsored By: North Miami Swim Team

Location: Tamiami Pool- 11201 SW 24th Street Miami, Florida

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.

Pool: 25 Yard by 50 Meter outdoor pool, eight lanes long-course racing course, with separate 8 lanes 25 short course yards pool for warm-up and swim-down. Colorado Timing will be used.

Dates & Times: Session I – Prelims (All Age Groups) - Friday- July 11, 2008. Warm-up 7:00am. Meet starts 8:30am.
Session II- Finals (All Age Groups) - Friday - July 11, 2008. Warm-up 4:00pm. Meet Starts 5:30pm.
Session III– Prelims (All Age Groups) - Saturday – July 12, 2008. Warm-up 7:00am. Meet Starts 8:30am
Session IV – Finals (All Age Groups) - Saturday – July 12, 2008. Warm-up 4:00pm. Meet Starts 5:30pm
Session V- Prelims (All Age Groups)- Sunday – July 13, 2008. Warm-up 7:00am. Meet Starts 8:30am
Session VI – Finals (All Age Groups) - Sunday July 13, 2008. Warm-up 4:00pm. Meet Starts 5:30pm

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

Eligibility: **Open to all 18 & Under, 2008 USA Swimming registered athletes in the Dade County, Monroe County and Team Weston, Comets Swim Team, Cooper City Cyclones, Broward County YMCA** and foreign athletes with proper travel credential that have been invited by USA swimming. Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in. If a swimmer has a JO time in the 1650yd. Free this qualifies him/her in the 1500mtr. Free, the same rule applies to the 500yds Free and 400mtr. Free.

Swimmers who have achieved Junior Olympic Qualifying times in either SCY, LC, or SCM, MAY NOT enter this meet. Teams entering and swimming athletes who have achieved JO Qualifying times will be subject to a \$50 fine per swim.

Swimmers who age up between July 14 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time in an event but will not be eligible at the start of the Junior Olympic in that event meet may swim that event in Division II in the next age group.

Entry Deadline: Entries Open- Friday June 13th, 2008 Entries Close- Wednesday July 2nd, 2008

Disability: Swimmers with a disability are welcome to enter this meet. The coach or athlete is responsible for notifying the meet director or meet referee of any accommodations required in accordance with USA Swimming Rule 105.

Entry Limit: **Individual Events:** Seven (7) individual events total for the meet but and no more than Three (3) individual events per day.

Relays: Unlimited amount of team relays.

Entry Procedure: **ELECTRONIC ENTRIES ONLY.** Entries should be sent via email to:

Coachjohn@swimneptunes.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 responsibilities 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.**

Suggested Express Mail Address: North Miami Swim Team
4000 Jefferson Street
Hollywood, FL 33021

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Long Course
Sanction # 071108-FGS4

Entry Fees: \$4.00 – Individual Event \$8.00 – Relay Event \$7.50 – per swimmer surcharge
All paper entries are doubled the entry fee and swimmers surcharge.
Please make checks payable to: **NMST** or **North Miami Swim Team**.

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

Finals: Finals will consist of the top 8 swimmers per individual event.

Distance Events: The 400 Individual Medley, 400 Freestyle and 1500 Freestyle are timed finals and positive check-in events. They will be combined, scored separately and swum fastest to slowest alternating girls and boys. The top 8 swimmers in each age group checked in the 400 IM and 400 Free will swim with finals. Swimmers who fail to show up for an event in which they have checked-in will be fined \$25. All 1500 Freestyle will take place 10 minutes after the conclusion of Sunday's prelims.

Positive Check In: Positive check in on Friday for the 400 IM, on Saturday for the 400 Free, and on Sunday for the 1500 Free, will close at 10:30am. Swimmers who are not checked in, may be eligible to swim, only if an open lane is available without having to create an additional heat.

Relays: All Relays are timed finals and will be swum with prelims.

Awards: Individual Events: Medals 1st – 3rd Ribbons 4th – 8th
Relay Events: Ribbons 1st – 3rd

Admission: \$3.00 each session. Heat Sheet -\$3.00 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, Psyche Sheets, and meet results will be posted on our website: www.swimneptunes.com or call **Coach John at 305 987-6441**

Referee: Adam Zeichner

Meet Marshall: TBA

Meet Director: John Turnipseed

Directions: From the North: Turnpike South exit east on SW 8th Street. Travel 1.5 miles on 8th street to SW 107th Ave, turn right on SW 107 Ave. Travel 1 mile south to SW 24 Street. Turn Right on SW 24th Street, Travel west on 24th street to 112th Ave. Make a right on 112th Ave.

Hotel Information: Comfort Suites
3901 SW 117th Avenue
Miami, Fl 33175
305-220-3901
(5 minutes to pool)

Hampton Inn & Suites
11600 NW 41st Street
Miami, Fl 33178
305-223-7607
(10 minutes to pool)

Wesley Inn & Suites
11750 Mills Drive
Miami, Fl 33183
305-270-1334
(10 minutes to pool)

2008
Florida Gold Coast Division II South Championships
Long Course
Sanction # 071108-FGS4
Order of Events for
Friday July 11th

Session I - Prelims July 11 – Warm ups: 7:00am
Session I - Prelims July 11– Meet Start: 8:30am

Session II - Finals – Warm ups: 4:00pm
Session II - Finals – Meet Starts: 5:30pm

Event Number	Event	Age Group
1-2	200 Back	12 & Under
3-4	200 Back	14 & Under
5-6	200 Back	18 & Under
7-8	50 Breast	10 & Under
9-10	50 Breast	12 & Under
11-12	50 Breast	14 & Under
13-14	50 Breast	18 & Under
15-16	200 Free	10 & Under
17-18	200 Free	12 & Under
19-20	200 Free	14 & Under
21-22	200 Free	18 & Under
23-24	50 Fly	10 & Under
25-26	50 Fly	12 & Under
27-28	50 Fly	14 & Under
29-30	50 Fly	18 & Under
10 Minute Break		
31-32	400 IM-P/S/T/F	14 & Under
33-34	400 IM-P/S/T/F	18 & Under

P- Positive Check In (Top 8 checked in each age group will swim with finals)

S- Special Seeding, All ages will be combined after entries, swum together scored separately

T- Timed Finals

F- Fastest to Slowest Alternating Girls and Boys

2008
Florida Gold Coast Division II South Championships
Long Course
Sanction # 071108-FGS4
Order of Events for
Saturday July 12th

Session III - Prelims June 12 – Warm ups: 7:00am
Session III - Prelims June 12 – Meet Start: 8:30am

Session IV - Finals – Warm ups: 4:00pm
Session IV - Finals – Meet Starts: 5:30pm

Event Number	Event	Age Group
35-36	200 Medley Relay	10 & Under
37-38	200 Medley Relay	11-12
39-40	200 Medley Relay	13-14
41-42	200 Medley Relay	15-18
43-44	200 Breast	12 & Under
45-46	200 Breast	14 & Under
47-48	200 Breast	18 & Under
49-50	50 Back	10 & Under
51-52	50 Back	12 & Under
53-54	50 Back	14 & Under
55-56	50 Back	18 & Under
57-58	100 Fly	10 & Under
59-60	100 Fly	12 & Under
61-62	100 Fly	14 & Under
63-64	100 Fly	18 & Under
65-66	50 Free	10 & Under
67-68	50 Free	12 & Under
69-70	50 Free	14 & Under
71-72	50 Free	18 & Under
	5 Minute Break	
73-74	400 Free-P/S/T/F	12 & Under
75-76	400 Free-P/S/T/F	14 & Under
77-78	400 Free-P/S/T/F	18 & Under

P- Positive Check In (Top 8 checked in each age group will swim with finals)

S- Special Seeding, All ages will be combined after entries, swum together scored separately

T- Timed Finals

F- Fastest to Slowest Alternating Girls and Boys

2008
Florida Gold Coast Division II South Championships
Long Course
Sanction # 071108-FGS4
Order of Events for
Sunday July 13th

Session V - Prelims June 13 – Warm ups: 7:00am

Session VI - Finals – Warm ups: 4:00pm

Session V - Prelims June 13 – Meet Start: 8:30am

Session VI - Finals – Meet Starts: 5:30pm

Event Number	Event	Age Group
79-80	200 Freestyle Relay	10 & Under
81-82	200 Freestyle Relay	12 & Under
83-84	200 Freestyle Relay	14 & Under
85-86	200 Freestyle Relay	18 & Under
87-88	200 Fly	12 & Under
89-90	200 Fly	14 & Under
91-92	200 Fly	18 & Under
93-94	100 Back	10 & Under
95-96	100 Back	12 & Under
97-98	100 Back	14 & Under
99-100	100 Back	18 & Under
101-102	200 IM	10 & Under
103-104	200 IM	12 & Under
105-106	200 IM	14 & Under
107-108	200 IM	18 & Under
109-110	100 Free	10 & Under
111-112	100 Free	12 & Under
113-114	100 Free	14 & Under
115-116	100 Free	18 & Under
117-118	100 Breast	10 & Under
119-120	100 Breast	12 & Under
121-122	100 Breast	14 & Under
123-124	100 Breast	18 & Under
10 Minute Break		
125-126	1500 Free-P/S/T/F*	14 & Under
127-128	1500 Free- P/S/T/F*	18 & Under

**All 1500 Freestyle will be swum in the morning!*

P- Positive Check In

S- Special Seeding, All ages will be combined after entries, swum together scored separately

T- Timed Finals

F- Fastest to Slowest Alternating Girls and Boys

2008
Florida Gold Coast Division II South Time Trials
Long Course
Sanction #071208-TT5

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 071208-TT5
- Sponsored by: North Miami Swim Team
- Dates and Time: Saturday July 12th, 2008- 15 minutes after the conclusion of prelims.
Sunday July 13th, 2008- 15 minutes after the conclusion of prelims.
- Course/Timing: 25 Yard by 50 Meter outdoor pool, eight lanes long-course racing course, with separate 8 lanes 25 short course yards pool for warm-up and swim-down. Colorado Timing will be used.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division II Swim Meet. Swimmers not in the Division II Meet can swim 3 events per day.
- Entry Fees: \$5.00 per Individual Event \$10.00 per Relay
- Entries: Entry cards will be filled out on deck.
- Eligibility: Open to all currently registered USA Swimming athletes for 2008, who are in the Division II Swim Meet. Swimmers not in the meet may still swim at the Time Trials.
- Distance Event: The 800/1500 Free will only be offered on Saturday
- Awards: None (other than fast times and satisfaction).
- Location: Tamiami Aquatic Center
- Referee: Adam Zeichner
- Directions: **From the North: Turnpike South exit east on SW 8th Street. Travel 1.5 miles on 8th street to SW 107th Ave, turn right on SW 107 Ave. Travel 1 mile south to SW 24 Street. Turn Right on SW 24th Street, Travel west on 24th street to 112th Ave. Make a right on 112th Ave.**
- Information: John Turnipseed-

2008
Florida Gold Coast Division II North Time Trials
Long Course
Sanction # 071208-TT5

ORDER OF EVENTS

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	800/1500 Free(Saturday Only)
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-38	800 Free Relay
39-40	200 Medley Relay
41-42	400 Medley Relay
5-10 Minute Break as needed	

We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the Division II Meet may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.

2008 Florida Gold Coast – Junior Olympic Qualifying Times

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
36.49	35.79	32.39	10 & Under	50 Free	33.79	37.29	38.29
1:21.89	1:19.99	1:12.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89
2:59.89	2:52.79	2:36.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19
43.69	42.19	38.19	10 & Under	50 Back	41.29	45.59	47.39
1:35.29	1:30.89	1:22.19	10 & Under	100 Back	1:27.09	1:36.19	1:39.89
48.29	46.49	41.99	10 & Under	50 Breast	45.39	50.09	51.79
1:47.49	1:43.19	1:33.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89
42.09	41.19	37.29	10 & Under	50 Fly	39.39	43.49	43.99
1:38.69	1:35.79	1:26.69	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59
3:20.59	3:14.49	2:55.99	10 & Under	200 IM	3:06.69	3:26.39	3:31.89

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
33.69	32.99	29.89	11-12	50 Free	29.89	32.99	34.49
1:14.19	1:11.99	1:05.19	11-12	100 Free	1:05.59	1:12.49	1:14.59
2:39.69	2:34.89	2:20.19	11-12	200 Free	2:22.59	2:37.49	2:42.79
5:32.39	5:23.19	6:09.29	11-12	400 Free	6:21.29	5:33.69	5:44.69
39.19	37.89	34.29	11-12	50 Back	35.59	39.29	40.59
1:26.29	1:22.79	1:14.89	11-12	100 Back	1:16.49	1:24.49	1:27.49
43.19	41.99	37.99	11-12	50 Breast	39.39	43.39	45.29
1:33.79	1:30.79	1:22.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09
36.79	36.19	32.69	11-12	50 Fly	33.99	37.49	38.49
1:24.09	1:21.89	1:14.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69
3:00.19	2:55.59	2:38.89	11-12	200 IM	2:43.59	3:00.69	3:05.99

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

LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
30.99	29.99	27.19	Open	50 Free	24.49	26.99	28.09
1:07.19	1:05.09	58.89	Open	100 Free	53.09	58.69	1:01.39
2:23.19	2:20.29	2:06.99	Open	200 Free	1:55.79	2:07.89	2:13.39
4:59.79	4:53.49	5:35.39	Open	400 Free	5:11.69	4:32.79	4:41.09
10:15.19	10:00.39	11:25.99	Open	800 Free	11:12.19	9:48.29	10:04.59
19:37.29	19:02.29	19:08.99	Open	1500 Free	18:47.99	18:41.39	19:22.99
1:18.69	1:15.29	1:08.09	Open	100 Back	1:01.79	1:08.29	1:11.99
2:47.59	2:41.99	2:26.59	Open	200 Back	2:12.69	2:26.59	2:34.89
1:27.79	1:24.79	1:16.79	Open	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:05.59	2:45.29	Open	200Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:14.29	1:07.29	Open	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.29	Open	200 Fly	2:14.59	2:28.69	2:32.19
2:41.09	2:37.29	2:22.39	Open	200 IM	2:09.99	2:23.69	2:30.69
5:57.59	5:47.09	5:14.09	Open	400 IM	4:49.09	5:19.49	5:29.99