

# 2012 – Florida Gold Coast Vs Florida Swimming Dual Meet March 24 – 25, 2012

- Sanctioned By: Florida Swimming member of USA Swimming Sanction # 5768  
“In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.”
- 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, March 24, 2012 - 9:00 AM (Warm-up 7:30 AM)  
Session II - Saturday, March 24, 2012 - 5:00 PM (Warm-up 3:30 PM)  
Session III - Sunday, March 25, 2012 - 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. The pool depth at the competition starting and turn end of the pool is 5 ft and 8 inches.
- 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 2011 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. Swimmers current USA Swimming registration number must be listed on the 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 Friday, March 16, 2012 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: Bart Smith                      Administrative Referee: Robert Thompson  
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.

Camera Zones: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video Photography of a race or a race competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession areas, turn-end of competition course when not in use as a "start-end", etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

## 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, March 24 and Sunday, March 25, 2012**

#### 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 &amp; 14</u> | <u>100 Backstroke</u>   |
| 7 - 8          | 10 & Under         | 100 Freestyle           |
| 9 - 10         | 11 & 12            | 100 Freestyle           |
| <u>11 - 12</u> | <u>13 &amp; 14</u> | <u>200 Freestyle</u>    |
| 13 - 14        | 10 & Under         | 100 Breaststroke        |
| 15 - 16        | 11 & 12            | 100 Breaststroke        |
| <u>17 - 18</u> | <u>13 &amp; 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 &amp; 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 &amp; Under</u> | <u>50 Freestyle</u>    |
| 37 - 38        | 13 & 14               | 100 Butterfly          |
| 39 - 40        | 11 & 12               | 100 Butterfly          |
| <u>41 - 42</u> | <u>10 &amp; Under</u> | <u>100 Butterfly</u>   |
| 43 - 44 **     | 13 & 14               | 500 Freestyle          |
| 45 - 46        | 11 & 12               | 200 Freestyle          |
| <u>47 - 48</u> | <u>10 &amp; 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 &amp; Under</u> | <u>100 Backstroke</u>   |
| 61 - 62          | 13 & 14               | 100 Freestyle           |
| 63 - 64 **       | 11 & 12               | 500 Freestyle           |
| <u>65 - 66 *</u> | <u>13 &amp; 14</u>    | <u>1650 Freestyle</u>   |
| 67 - 68          | 11 & 12               | 50 Breaststroke         |
| 69 - 70          | 10 & Under            | 50 Breaststroke         |
| <u>71 - 72</u>   | <u>13 &amp; 14</u>    | <u>200 Breaststroke</u> |
| 73 - 74          | 11 & 12               | 50 Butterfly            |
| 75 - 76          | 10 & Under            | 50 Butterfly            |
| <u>77 - 78</u>   | <u>13 &amp; 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: March 24-25, 2012

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 Friday, March 16, 2012 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          | _____ at \$5.00 per relay | = _____ |                    |
| Total Entry Fees paid |                           | = _____ |                    |