



SUNRISE SWIMMING BOOSTER CLUB

FGC OPEN INVITATIONAL
Hosted by the City of Plantation
February 19-21, 2010

Sanctioned By: Florida Gold Coast and USA Swimming, Sanction #021910-FG1

VERY IMPORTANT NOTE!!

THIS MEET WILL BE HELD AT THE CITY OF PLANTATION CENTRAL PARK POOL. IT IS SPONSORED BY SUNRISE SWIMMING. ALL CHECKS SHOULD BE MADE TO:

SUNRISE SWIMMING BOOSTERS!!

Sponsored By:	The Sunrise Booster Club, The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
Location:	Plantation Aquatic Complex 9151 NW 2 nd Street Plantation, Florida 33324
Pool:	10 lanes, 25 yard course, with separate warm up and warm down pool will be available. Colorado Timing System will be used. The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.
Eligibility:	Open to all 2010 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming. (Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)
Entries:	Entries will be accepted via electronic attachment by Dave Wathen at Coachsun1@aol.com . Entries must be in "Zipped COMLINK" or USA Swimming SDIF format. Free text entries will not be accepted. Corrupted,

unreadable or incorrectly formatted files must be corrected with in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event.

NOTE: Swimmers without registration numbers and birth dates will not be entered.

Entry Deadline: All entries must be received by Wednesday, February 10, 2010. 12 noon EST. Email entries to Coachsun1@aol.com – (No Faxed Entries)

The FGC deck seed policy will be in effect. Cash only for deck seeds.

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.

Entry Limit: Individual Events: Three events per day, seven total events for the meet.

Entry Fees: \$3.25 Individual events
\$5.00 per athlete meet surcharge

NOTE: Please make checks payable to

Sunrise Swimming Booster Club (One check only per Team.)

Seeding: SCY, LCM, SCM

Check-in: Positive check in for the 500 / 1000 Freestyle will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

500/1000 check in will close at 4:30 pm, Friday night.

13&Over400 IM/500 free check in will close at 2:00 pm Sat. and Sun.

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.

Awards: Medals 1-3, Ribbons 4-10

Admission: \$3.00 per session / Heat Sheets \$2.00 each session

Concessions: Concession stand will be available.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

Identification: Coaches and Officials shall wear their 2010 USA registration card in a visible location at the meet at all times during 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.sunriseswimming.com .

Referee: Carlos Hernandez

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff

Meet Director: Dave Wathen – Coachsun1@aol.com - (954)-452-2526

Assistant Meet Director: Terrell Woods – TerrellWPST@aim.com – (954)-452-2526

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Warm-up Procedures: Warm-up: East Main competition Course
Friday – 4:00 pm. to 5:00 pm.
Saturday – 8:00 a.m. to 9:00 a.m. / after morning session is completed.
Sunday - 8:00 a.m. to 9:00 a.m. / after morning session is completed.
 General Warm-Up
 Swimming and Pulling Only, Push Off
 No Racing Starts
 No Sprinting or Pace Work

West – Pool Continuous during entire meet
 Continuous General Warm-up **NO DIVING**
 General Warm-Up
 Swimming and Pulling Only, Push Off
 No Racing Starts
 No Sprinting or Pace Work

Hotels:

Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.	La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.	Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.
Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com	Marriot Courtyard 7780 SW 6 th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.	Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.
Wellesley Inn 7901 SW 6 th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool	Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool	Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252
Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220		

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

GIRLS ODD #'S, BOYS EVEN #'S

ORDER OF EVENTS

FRIDAY, FEBRUARY 19, 2010

WARM UP 4:00 PM MEET STARTS 5:00PM

EVENT #	EVENT	AGE GROUP
1-2	500 FREE	12 & UNDER
3-4	1000 FREE	OPEN

****EVENTS 1 AND 2 ARE CHECK IN EVENTS SWUM FASTEST TO SLOWEST
ALTERNATING GIRLS AND BOYS
BOTH EVENTS WILL BE SWUM TOGETHER BUT SCORED SEPARATELY**

SATURDAY, FEBRUARY 20, 2010

ALL EVENTS ARE TIMED FINALS

WARM UP 8:00 AM MEET STARTS 9:00 AM

EVENT #	EVENT	AGE GROUP
5-6	100 IM	11-12
7-8	100 IM	10 & UNDER
9-10	100 BACK	11 & 12
11-12	100 BACK	10 & UNDER
13-14	50 BREAST	11 & 12
15-16	50 BREAST	10 & UNDER
17-18	100 FREE	11-12
19-20	100 FREE	10 & UNDER
21-22	50 FLY	11-12
23-24	50 FLY	10 & UNDER
25-26	200 FREE	11-12
27-28	200 FREE	10 & UNDER

SATURDAY, FEBRUARY 20, 2010

WARM UP 12:00 PM MEET STARTS 1:00 PM

EVENT #	EVENT	AGE GROUP
29-30	200 IM	13 & OVER
31-32	50 FLY	13 & OVER
33-34	100 FREE	13 & OVER
35-36	50 BREAST	13 & OVER
37-38	200 FLY	13 & OVER
39-40	100 BACK	13 & OVER
41-42	200 BREAST	13 & OVER
43-44	500 FREE**	13 & OVER

ALL EVENTS WILL BE SWUM TOGETHER BUT SCORED 13-14 AND OPEN

****500 FREE WILL BE SWUM FASTEST TO SLOWEST ALTERNATING
GIRLS AND BOYS**

SUNDAY, FEBRUARY 21, 2009

WARM UP 8:00 AM MEET STARTS 9:00 AM

EVENT #	EVENT	AGE GROUP
45-46	200 IM	11-12
47-48	200 IM	10 & UNDER
49-50	100 FLY	11-12
51-52	100 FLY	10 & UNDER
53-54	50 FREE	11-12
55-56	50 FREE	10 & UNDER
57-58	100 BREAST	11-12
59-60	100 BREAST	10 & UNDER
61-62	50 BACK	11-12
63-64	50 BACK	10 & UNDER

SUNDAY, FEBRUARY 21, 2010

WARM UP 12:00 PM MEET STARTS 1:00 PM

EVENT #	EVENT	AGE GROUP
65-66	200 FREE	13 & OVER
67-68	100 FLY	13 & OVER
69-70	200 BACK	13 & OVER
71-72	50 FREE	13 & OVER
73-74	100 BREAST	13 & OVER
75-76	50 BACK	13 & OVER
77-78	400 IM**	13 & OVER

ALL EVENTS WILL BE SWUM TOGETHER BUT SCORED 13-14 AND OPEN

****400 I M WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS
AND BOYS**