

**Florida Gold Coast  
January Open Invitational-January 25-27, 2008  
Pine Crest Swimming @ Pompano Aquatic Center**

Sanctioned By: Florida Gold Coast Swimming & USA Swimming  
Sanction #012508-BO2

Sponsored By: Pine Crest Swimming & Pine Crest School

Date & Time: Friday, January 25<sup>th</sup>  
Session 1- Warm-up at 4:30 PM      Meet starts at 5:30 PM

Saturday, January 26<sup>th</sup>  
Session 2- Warm-up at 7:00 AM      Meet starts at 8:30 AM  
Session 3- Warm-up at 10:30 AM      Meet starts at 12:00 PM

Sunday, January 27<sup>th</sup>  
Session 4- Warm-up at 7:00 AM      Meet starts at 8:30 AM  
Session 5- Warm-up at 10:30 AM      Meet starts at 12:00 PM

**All swimmers will have at least 30 minutes in the competition pool before the start of the afternoon session.  
Meet Director reserves the right to change warm-up and meet start times with the approval of the Age Group Chairman.**

Location: **Pompano Aquatic Center @ Pompano Community Park  
820 Northeast 18<sup>th</sup> Avenue-Pompano Beach**

Directions: **Coming from the South:** I-95 North to Atlantic Blvd. Go East on Atlantic Blvd to NE 18<sup>th</sup> Avenue. Make a left at the light on NE 18<sup>th</sup> Ave. Go to NE 8<sup>th</sup> Street and make a right. The Aquatic Center is on the left.

**Coming from the North:** I-95 South to Atlantic Blvd. Go East on Atlantic Blvd to NE 18<sup>th</sup> Avenue. Make a left at the light on NE 18<sup>th</sup> Ave. Go to NE 8<sup>th</sup> Street and make a right. The Aquatic Center is on the left.

Rules: 2008 USA Swimming and FGC rules will govern this meet. Safety rules outlined by USA Swimming and as recommended by the referee, will be in effect.

Eligibility: Open to all 2008 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.

Disability Athletes: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the meet director ahead of time to allow for preparations. Call 954-492-4173 or email [swimming@pinecrest.edu](mailto:swimming@pinecrest.edu)

- Entry: All entries must be received by **Wednesday, January 16, 2008**.  
Entries will be accepted starting **Monday, December 10, 2007**.  
Please enter electronically, NO MAILED entries.  
For electronic entries, CL or SDIF format only.  
Email entries to [swimming@pinecrest.edu](mailto:swimming@pinecrest.edu)  
Confirmation for electronic entries will be sent via e-mail.  
**Submission of electronic entries signifies that all athletes are USA Swimming registered.**  
Fees will be **doubled** if not entered electronically.  
Verbal commitments with number of swimmers will be accepted, actual entry must be sent prior to the entry deadline.
- If entries are not electronic, please mail them to the following address:  
Pine Crest Swimming  
1501 NE 62<sup>nd</sup> Street  
Fort Lauderdale, Florida 33334
- Pool/Timing: 10-lane 25 yard pool will be used for competition.  
5-lane 25 meter pool will be available for warm-up and warm-down.  
Colorado Timing System will be used.  
All events are timed finals.  
Fly-over starts will be used.
- Entry Fees: \$2.50 per individual event  
\$5.00 per relay  
\$3.00 per swimmer-facility surcharge  
Make check payable to **Pine Crest Swimming**.
- Entry Limit: Swimmers may swim a maximum of 4 events per day, plus relays.
- Meet Size: Limited to 475 swimmers in the FGC and 125 swimmers from outside.
- Scoring: Individual: 11-9-8-7-6-5-4-3-2-1
- Awards: Individual: Medals: 1<sup>st</sup>-3<sup>rd</sup> Ribbons: 4<sup>th</sup>-10<sup>th</sup>  
Relays: Ribbons 1<sup>st</sup>-3<sup>rd</sup>  
Age Group High Point: Champion and Runner-up.  
The High Point will be awarded in the following age group:  
8&Under, 9-10, 11-12, 13-14, 15&Over.  
All 10&Under individual events will be scored and awarded 8&Under and 9-10.
- Events on Friday: All events on Friday will be positive check-in events. The 500 Free and 400 IM will be swum alternating women then men, fastest to slowest.

Check-In: Positive check-in for events on Friday 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.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-in Closing Time</u>
200 Free	9-10	Friday	5:00 PM
500 Free	11&Over	Friday	5:00 PM
200 IM	9-10	Friday	5:30 PM
200 IM	11-12	Friday	5:30 PM
400 IM	13&Over	Friday	5:30 PM

Deck Entries: FGC Policy will be in effect and it can be seen at [www.fgcswim.org](http://www.fgcswim.org)  
All deck entered swimmers must present their current USA Swimming Card in order to be entered. Deck entries permitted into open lanes only on a first-come first-serve basis. Deadline for deck entries is 30 minutes before the start of the meet.

Meet Referee: Joe DeVenuto

Meet Director: Robert Caragol

Meet Committee: A Meet Committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet, such as, severe weather and equipment issues.

Admission: Admission is \$2.00 per session.  
Heat Sheets are \$2.00 per session.

Concession: Concession Stand will be open for all sessions.

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

Information: Call Robert Caragol at 954-492-4173 or email him at [swimming@pinecrest.edu](mailto:swimming@pinecrest.edu)

Hotel: If hotels are needed, please call Coach Robert Caragol at 954-492-4173.

**Order of Events**  
**Girls are odd # and Boys are even**  
**All events are Timed Finals**

**Friday, January 25, 2008**

**Session #1 Warm-up at 4:30 PM Meet Starts at 5:30 PM**

Event #	Event	Age Group
1-2	200 Free	9-10
3-4	500 Free	11& Over
5-6	200 IM	9-10
7-8	200 IM	11-12
9-10	400 IM	13&Over

**All events on Friday are positive check-in events.**

**The 500 Free and 400 IM will be swum fastest to slowest, alternating women then men.**

**The 500 Free will be swum together and scored 11-12, 13-14 and 15&Over.**

**The 400 IM will be swum together and scored 13-14, 15&Over.**

**Saturday, January 26, 2008**

**Session #2 Warm-up at 7:00 AM Meet Starts at 8:30 AM**

Event #	Event	Age Group
11-12	200 Medley Relay	11-12
13-14	200 Medley Relay	10&Under
15-16	200 Free	11-12
17-18	100 Breast	10&Under
19-20	100 Breast	11-12
21-22	50 Back	10&Under
23-24	50 Back	11-12
25-26	100 Fly	10&Under
27-28	100 Fly	11-12
29-30	50 Free	10&Under
31-32	50 Free	11-12
33-34	100 IM	10&Under
35-36	200 Back	11-12

**Saturday, January 26, 2008**

**Session #3 Warm-up at 10:30 AM Meet Starts at 12:00 PM**

Event #	Event	Age Group
37-38	200 Medley Relay	13-14
39-40	200 Medley Relay	15&Over
41-42	200 Free	13-14
43-44	200 Free	15&Over
45-46	100 Breast	13-14
47-48	100 Breast	15&Over
49-50	200 Back	13-14
51-52	200 Back	15&Over
53-54	100 Fly	13-14
55-56	100 Fly	15&Over
57-58	50 Free	13-14
59-60	50 Free	15&Over

**Sunday, January 27, 2008****Session #4 Warm-up at 7:00 AM****Meet Starts at 8:30 AM**

<b>Event #</b>	<b>Event</b>	<b>Age Group</b>
61-62	200 Free Relay	11-12
63-64	200 Free Relay	10&Under
65-66	100 Free	11-12
67-68	100 Free	10&Under
69-70	50 Breast	11-12
71-72	50 Breast	10&Under
73-74	200 Fly	11-12
75-76	100 Back	11-12
77-78	100 Back	10&Under
79-80	50 Fly	11-12
81-82	50 Fly	10&Under
83-84	200 Breast	11-12
85-86	100 IM	11-12

**Sunday, January 27, 2008****Session #5 Warm-up at 10:30 AM****Meet Starts at 12:00 PM**

<b>Event #</b>	<b>Event</b>	<b>Age Group</b>
87-88	200 Free Relay	13-14
89-90	200 Free Relay	15&Over
91-92	200 IM	13-14
93-94	200 IM	15&Over
95-96	100 Free	13-14
97-98	100 Free	15&Over
99-100	200 Breast	13-14
101-102	200 Breast	15&Over
103-104	100 Back	13-14
105-106	100 Back	15&Over
107-108	200 Fly	13-14
109-110	200 Fly	15&Over