



**Florida Gold Coast Winter Championships
Short Course Championships
November 20-23, 2008**

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, **Sanction 112008-FGC3**

Sponsored By: The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club

Location: Plantation Aquatic Complex – 9141 NW 2nd Street – Plantation, Florida 33324 Phone: 954-452-2526

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: **Plantation Aquatic Complex:**
Competition will be Short Course Yards. 2 – 25Y x 50M pools available for competition. Preliminaries will be held in two courses simultaneously. Finals will be held in one 10 lane course. Continuous warm-up and warm-down will be available in both courses – 10 lanes total. CTS – 5 timers will be used. A 10 lane scoreboard will display east course preliminaries and finals. A single line scoreboard will be used for the west pool. Hy-Tek Meet Management software will be used.

Dates & Times: **Timed Finals: Thursday November 20, 2008**
Session I – Plantation (All Age Groups) Warm-up 3:30pm. Meet starts 5:00pm

Prelims: Friday November 21, 2008
Session II – East Pool (13 & Over) Prelims Warm-up 7:00 am. Meet starts 8:30am.
Session III – West Pool (12 & Under) Prelims Warm-up 7:30 am. Meet starts 9:00 am.

Finals: Friday November 21, 2008
Session IV – East Pool (All Age Groups) Finals- Warm-up 3:30 pm. Finals Start 5:00 pm.

Prelims: Saturday November 22, 2008
Session V – East Pool (13 & Over) Prelims- Warm-up 7:00 am. Meet starts 8:30 am.
Session VI – West Pool (12 & Under) Prelims- Warm-up 7:30 am. Meet starts 9:00 am.

Finals: Saturday November 22, 2008
Session VII – East Pool (All Age Groups) Finals- Warm-up 3:30 pm. Finals Start 5:00 pm.

Prelims: Sunday November 23, 2008
Session VIII – East Pool (13 & Over) Prelims- Warm-up 7:00 am. Meet starts 8:30 am.
Session IX – West Pool (12 & Under) Prelims- Warm-up 7:30 am. Meet starts 9:00 am.

Finals: Sunday November 23, 2008
Session X – East Pool- 1650 Free Warm-up 3:00 pm. 1650 Free Finals Start 4:00 pm.
Session X – East Pool(All Age Groups) Finals- Warm-up 3:30 pm. Finals Start 5:10 pm.

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

Eligibility: Open to all current registered USA Swimming members and foreign athletes with proper travel credential who have been invited by USA swimming, who achieved the Qualifying times as listed in the meet information.

Meet Size: Limited to the first 1100 Swimmers.

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

Entries: **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.** Entries should be sent via email to: JimmyPPST@aol.com Mailed and hand delivered disks will be accepted. RELAY ONLY SWIMMERS – Must be pre-loaded into relays or be annotated as “Relay Only” in the body of the email. Swimmers entered over the qualifying time in an event will not be entered in that event. Any exceptions from the entry file must be resolved within 24 hours of the entry deadline. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically are the responsibility 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.**

NON Electronic Entries – Use only the entry forms attached. Valid USA Swimming numbers must be included for ALL USA Swimming Registered athletes.
Foreign athletes must include birth-date.

Suggested Express Mail Address: Plantation Swim Team
Attention Jimmy Parmenter
9151 NW 2nd Street
Plantation, FL 33324 – Phone 954-452-2526

Entry Deadline Entries Close- 6:00PM EST – Wednesday – November 12, 2008

NO LATE ENTRIES ACCEPTED. NO DECK ENTRIES.

Entry Limit: **Individual Events:** Nine (9) individual events for the meet but no more than Three (3) individual events per day. Individuals over entered will be considered entered in the first nine (9) of the meet and/or first three (3) of the day.

Relays: Two (2) per team per event.

Entry Fees: \$4.00 – Individual Event \$7.00 – Relay Event \$6.50 – per swimmer surcharge
Non-Electronic entries will be double the entry fees & Surcharge.
Please make all checks payable to: Plantation Booster Club.

Seeding: Short Course Yards Times will be used for Seeding.

Finals: Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event. The 15-16 will be separated from the open category for each event swum in finals, except the 1650 Freestyle.

Distance Events: Thursday’s 1000 Freestyle (Open/13-14) and the 500 Freestyle (11-12/10 & Under) are swum as timed finals, each age group swum together, scored separately, swum fastest to slowest alternating girls and boys. Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.

Friday’s 400 IM and Saturday’s 500 Free are swum as timed finals. The top 10 swimmers in each age group (13-14/15-16/Open) will swim at night. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Sunday’s 1650 Free is swum as timed finals, swum together and scored separately. The overall top 10 female and male swimmers will swim on Sunday night starting at 4:00 PM before the rest of the finals, which will start at 5:10pm. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

2008 Florida Gold Coast Winter Championships Short Course

Check In: Positive check in for the 1000 Freestyle, 500 Freestyle, 400 IM and 1650 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.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
1000 Free	All Age Groups	Thursday	4:00 PM
500 Free	10 & Under/11-12	Thursday	5:00 PM
400 IM	13 & Over	Friday	9:30 AM
500 Free	13 & Over	Saturday	9:30 AM
1650 Free	Open	Sunday	9:30 AM

Relays: All relays will be swum at night on Thursday, Friday and Saturday. Sunday's relays will all be swum in the prelims. "A" and "B" relays only, in each relay event.

NEW! All 10 & under relays will be swum during finals on Saturday.

Scoring: Individual: **11-9-8-7-6-5-4-3-2-1**
Relay: **22-18-16-14-12-10-8-6-4-2**

NOTE: Age Group swimmers who choose to swim in Open events and score in those events will carry those points towards the age group individual high point award

Awards:

Individual Events:	Medals 1 st – 10 th
Relay Events:	Medals 1 st – 3 rd
Team Awards:	Overall Team Championship 1 st – 3 rd Senior Team Champion (Ages 15 & Over) 1 st - 3 rd Age Group Team Champion (Ages 14 & Under) 1 st -3 rd Age Group Team awards: 1 st place for each age group and sex
Individual High Point Awards:	Top 3 in each age group & sex

Admission: \$2.00 each session. Heat Sheet -\$2.00 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 and Psyche Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com.

Referee: TBA

Meet Marshall: TBA

Meet Director: Jimmy Parmenter – Jimmypst@aol.com (954)-452-2526

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

Directions: Plantation Aquatic Center is located in Central Park Pool. From I-95 go west on 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd to Broward Blvd. On Broward Blvd head west approximately 1 mile to Central Park. On Central Park make a right. Park entrance is located on the right hand side.

Hotels: Staybridge Suites 410 N. Pine Island Road Plantation, Florida 33324 954-577-9696 1/3 mile from pool	La Quinta 8101 Peters road Plantation, Florida 33324 800-687-6667 2.5 miles from pool	Sheraton Suites Plantation 311 N. University Drive Plantation, Florida 33324 954-424-3300 1 ½ miles from pool	Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Florida 33322 Phone: 954-556-8200 Fax: 954-556-8285 sales@plantationhotelcc.com www.plantationhotelcc.com
Amerisuites 8350 W. Broward Blvd. Plantation, Florida 33324 954-370-2220 .5 miles from pool	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, Florida 33324 954-473-2257 2.1 miles from pool	Renaissance Plantation 1230 South Pine Island Rd. Plantation, FL 33324 954-472-2252 2.5 miles from pool	Hampton Inn Plantation 7801 SW 6 th Street Plantation, FL 33324 954-382-4500 2.5 miles from pool	

Order of Events

KEY – P – Positive Check-in
S – Special Seeding–All ages seeded and swum together - scored separately
T – Timed Final –
F – Swum Fastest to Slowest alternating women and men.

Thursday November 20 - **East and West Pool** – Timed Finals: Warm-up 3:00pm Meet Starts 4:30 pm

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
1	10:15.19	10:00.39	11:25.99	Open/15-16	1000 Free - P/S/T/F	11:12.19	9:48.29	10:04.59	2
1	10:20.99	10:10.29	11:37.29	13-14	1000 Free - P/S/T/F	11:37.29	10:10.29	10:20.99	2
3	5:32.39	5:23.19	6:09.29	11-12	500 Free - P/S/T/F	6:21.29	5:33.69	5:44.69	4
3	6:09.69	5:57.39	6:48.39	10 & Under	500 Free - P/S/T/F	7:09.89	6:16.29	6:29.69	4
5	--	--	NT	13-14	800 Fr Relay - P/T	NT	--	--	6
7	--	--	NT	Open	800 Fr Relay - P/T	NT	--	--	8

Friday November 21 - **East Pool** – Prelims: Warm-up 7:00am Meet Start 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
9	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	10
11	2:23.19	2:20.29	2:06.99	Open	200 Free	1:55.79	2:07.89	2:13.39	12
17	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	18
19	2:47.59	2:41.99	2:26.59	Open	200 Back	2:12.69	2:26.59	2:34.89	20
25	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	26
27	1:16.09	1:14.29	1:07.29	Open	100 Fly	1:00.79	1:07.19	1:09.09	28
35	6:03.19	5:53.79	5:20.49	13-14	400 IM-P/T/F	5:02.89	5:34.69	5:46.79	36
37	5:57.59	5:47.09	5:14.09	Open	400 IM-P/T/F	4:49.09	5:19.49	5:29.99	38

Friday - November 21 West Pool – Prelims: Warm-up 7:30am Meet Starts 9:00am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
13	2:39.69	2:34.89	2:20.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	14
15	2:59.89	2:52.79	2:36.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	16
21	1:26.29	1:22.79	1:14.89	11-12	100 Back	1:16.49	1:24.49	1:27.49	22
23	1:35.29	1:30.89	1:22.19	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	24
29	36.79	36.19	32.69	11-12	50 Fly	33.99	37.49	38.49	30
31	42.09	41.19	37.29	10 & Under	50 Fly	39.39	43.49	43.99	32
33	3:23.69	3:16.29	2:57.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	34
39	-	1:31.89	1:23.19	10 & Under	100 IM	1:26.39	1:34.39	-	40
41	-	1:22.19	1:14.39	11-12	100 IM	1:15.89	1:23.79	-	42

Friday – November 21 East Pool- Finals: Warm-up 3:30pm Meet Starts 5:00pm

Event #	Age Group	Event	Event #	Age Group	Event
13-14	11-12	200 Free	25-26	13-14	100 Fly
15-16	10 & Under	200 Free	27-28	15-16	100 Fly
9-10	13-14	200 Free	27-28	Open	100 Fly
11-12	15-16	200 Free	33-34	11-12	200 Breast
11-12	Open	200 Free	35-36	13-14	400 IM
21-22	11-12	100 Back	37-38	15-16	400 IM
23-24	10 & Under	100 Back	37-38	Open	400 IM
17-18	13-14	200 Back	39-40	10 & Under	100 IM
19-20	15-16	200 Back	41-42	11-12	100 IM
19-20	Open	200 Back	43-44	13-14	400 Free Relay
29-30	11-12	50 Fly	45-46	Open	400 Free Relay
31-32	10 & Under	50 Fly	47-78	11-12	400 Free Relay

Saturday – November 22 East Pool- Prelims: Warm-up 7:00am Meet Start 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
51	3:11.99	3:05.69	2:47.99	13-14	200Breast	2:36.29	2:52.69	3:02.39	52
53	3:08.49	3:05.59	2:45.29	Open	200Breast	2:30.09	2:45.89	2:54.29	54
59	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	60
61	30.99	29.99	27.19	Open	50 Free	24.49	26.99	28.09	62
67	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	68
69	1:18.69	1:15.29	1:08.09	Open	100 Back	1:01.79	1:08.29	1:11.99	70
75	5:03.49	4:55.99	5:38.29	13-14	500 Free P/T/F	5:40.09	4:57.69	5:05.59	76
77	4:59.79	4:53.49	5:35.39	Open	500 Free P/T/F	5:11.69	4:32.79	4:41.09	78

Saturday - November 22 West Pool- Prelims: Warm-up 7:30am Meet Start 9:00am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
49	3:02.59	2:56.49	2:39.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	50
55	1:47.49	1:43.19	1:33.39	10&Uner	100 Breast	1:38.89	1:49.19	1:52.89	56
57	1:33.79	1:30.79	1:22.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	58
63	36.49	35.79	32.39	10&Under	50 Free	33.79	37.29	38.29	64
65	33.69	32.99	29.89	11-12	50 Free	29.89	32.99	34.49	66
71	43.69	46.49	38.19	10&Under	50 Back	41.29	45.59	47.39	72
73	39.19	37.89	34.29	11-12	50 Back	35.59	39.29	40.59	74
79	3:20.59	3:14.49	2:55.99	10&Under	200 IM	3:06.69	3:26.39	3:31.89	80
81	3:00.19	2:55.59	2:38.89	11-12	200 IM	2:43.59	3:00.69	3:05.99	82

Saturday – November 22 Plantation Central Park- Finals: Warm-up 3:30pm Meet Start 5:00

Event #	Age Group	Event	Event #	Age Group	Event
83-84	11-12	200 Free Relay	69-70	15-16	100 Back
85-86	10 & Under	200 Free Relay	69-70	Open	100 Back
49-50	11-12	200 Fly	71-72	10 & Under	50 Back
51-52	13-14	200 Breast	73-74	11-12	50 Back
53-54	15-16	200 Breast	75-76	13-14	500 Free
53-54	Open	200 Breast	77-78	15-16	500 Free
55-56	10 & Under	100 Breast	77-78	Open	500 Free
57-58	11-12	100 Breast	79-80	10 & Under	200 IM
59-60	13-14	50 Free	81-82	11-12	200 IM
61-62	15-16	50 Free	87-88	10 & Under	200 Medley Relay
61-62	Open	50 Free	89-90	11-12	200 Medley Relay
63-64	10 & Under	50 Free	91-92	13-14	400 Medley Relay
65-66	11-12	50 Free	93-94	Open	400 Medley Relay
67-68	13-14	100 Back			

Sunday – November 23 East Pool- Prelims: Warm-up 7:00am Meet Start 8:30am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
95	--	--	NT	13-14	200 Med. Relay-T	NT	--	--	96
97	--	--	NT	Open	200 Med. Relay-T	NT	--	--	98
101	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	102
103	2:41.09	2:37.29	2:22.39	Open	200 IM	2:09.99	2:23.69	2:30.69	104
109	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	110
111	1:07.19	1:05.09	58.89	Open	100 Free	53.09	58.69	1:01.39	112
117	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	118
119	2:44.69	2:42.79	2:27.29	Open	200 Fly	2:14.59	2:28.69	2:32.19	120
125	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	126
127	1:27.79	1:24.79	1:16.79	Open	100 Breast	1:09.09	1:16.49	1:20.59	128
131	--	--	NT	13-14	200 Free Relay-T	NT	--	--	132
133	--	--	NT	Open	200 Free Relay-T	NT	--	--	134
					10 min break				
135	19:37.29	19:02.29	19:08.99	Open	1650 Free P/S/T/F	18:47.99	18:41.39	19:22.99	136
135	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:21.69	19:14.89	19:48.09	136

Event 139-140-141-142 will be combined after entries. The combined top 10 girl and the combined top 10 boys will swim with finals.

Sunday - November 23 West Pool- Prelims: Warm-up 7:30am Meet Start 9:00am

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
99	3:00.69	2:53.59	2:37.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	100
105	1:21.89	1:19.99	1:12.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	106
107	1:14.19	1:11.89	1:05.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	108
113	1:38.69	1:35.79	1:26.69	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	114
115	1:24.09	1:21.89	1:14.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	116
121	48.29	46.49	41.99	10 & Under	50 Breast	45.39	50.09	51.79	122
123	43.19	41.99	37.99	11-12	50 Breast	39.39	43.39	45.29	124
					5 min break				
129	--	--	NT	11-12	400 Medley Relay – T	NT	--	--	130

Sunday – Nov. 23 Plantation Central Park- 1500 Free Finals: Warm-up 3:00pm Event Start 4:15pm

Event #	Age Group	Event
135-136	Combined Open/13-14	1650 Free

Sunday – November 23 Plantation Central Park- Finals: Warm-up 4:00pm Event Start 5:15pm

Event #	Age Group	Event	Event #	Age Group	Event
99-100	11-12	200 Back	115-116	11-12	100 Fly
101-102	13-14	200 IM	117-118	13-14	200 Fly
103-104	15-16	200 IM	119-120	15-16	200 Fly
103-104	Open	200 IM	119-120	Open	200 Fly
105-106	10 & Under	100 Free	121-122	10 & Under	50 Breast
107-108	11-12	100 Free	123-124	11-12	50 Breast
109-110	13-14	100 Free	125-126	13-14	100 Breast
111-112	15-16	100 Free	127-128	15-16	100 Breast
111-112	Open	100 Free	127-128	Open	100 Breast
113-114	10 & Under	100 Fly			

2008
Florida Gold Coast Winter Championships
Short Course Time Trials
Sanction # 112008-TT9

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction #
- Sponsored by: Plantation Swim Team
- Dates and Time: Friday November 21, 2008 – 10 minutes after the conclusion of prelims
Saturday November 22, 2008- 10 minutes after the conclusion of prelims.
Sunday November 23, 2008- 10 minutes after the conclusion of prelims.
- Course/Timing: Two 25y x 50m, The east pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 50m may be used for warm-up/warm-down lanes. Colorado timing System will be used and Hy-Tek Meet Manager software will be used for scoring.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Winter Championships. Swimmers not in the Winter Championships can swim 3 events per day.
- Entry Fees: \$10.00 per Individual Event \$20.00 per Relay
- Entries: Entry cards will be filled out on deck.
- Eligibility: Open to all current registered USA Swimming athletes and swimmer. Swimmers entered in the Winter Championship may not exceed the event entry limit for the day.
- Awards: None (other than fast times and satisfaction).
- Location: Plantation Central Park
- Referee: TBA
- Directions: Plantation Aquatic Center is located in central park pool. From I-95 go west on 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd to Broward Blvd. On Broward Blvd head west approximately 1 mile to Central Park. On Central Park make a right. Park entrance is located on the right hand side.
- Information: Jimmy Parmenter- JimmyPPST@aol.com

2008
Florida Gold Coast Winter Championships
Short Course
Sanction# 112008-TT9

ORDER OF EVENTS

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free
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	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	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 Winter Championship 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.