



**FLA International Invitational**  
**June 23-26, 2016**  
Plantation Aquatic Complex



- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:  
Sanction No. #FGI062316FLA-B-19
- Sponsored by:** **FLA Aquatics.**
- Rules:** 2016 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect  
**ALL SESSIONS ARE TIMED FINALS**  
Thursday and Friday Distance Events will be positive check-in.  
Saturday and Sunday sessions will be pre-seeded.  
A Session: Ages 13 & Over – all but the Top 8 in each event.  
C Session: Ages 13 & Over – the Top 8 in each event + relays.  
B Session: ALL 12 & Unders. This is to comply with the full letter and intent of the USA Swimming “4-hour rule.”
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. |
- Camera Free:** The Florida Gold Coast Swimming **CAMERA FREEZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Eligibility:** Open to all current 2016 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.  
Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement - USA Swimming Rule 202.3.3. The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming Registrations at the meet. All USA Swimming Registrations must be done prior to the start of competition.
- Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact Duffy Dillon ahead of time to allow for preparations - 954-980-8666 - DDillon@FLAswim.com |
- Pool/Timing:** **Plantation Aquatic Complex:** |  
Competition Course – One, 8-lane, 50-meter course. Continuous warm-up and warm-down area will be available in second 50 meter x 25-yard pool. Water depth at the competition starting end is 11’6 and turn end is 4’. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System with full VIVILED video scoreboard will be utilized.

**Date & Time:**

Date – Day	Sess #	SESSION	WARM UP	START
Thur, June 23	1	1500 FR and 800 FR	3:00PM	4:00PM
Fri, June 24	2a	400 FR	3:00PM	4:00PM
	2b	400 IM / 200 M.R.	Warmup pool	6:00PM
Sat, June 25 Sun, Jun 26	3 & 4	A session (non-Top 8 – 13 & Over)	7:00AM	8:00AM
		B session (ALL 12 & Under)	30 min in main pool	30 min after end of A
		C session (TOP 8 – 13 & Over)	4:30PM	5:30PM

*\*Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval. Chase starts may be used to run a more efficient meet.*

**Location:**

**Plantation Aquatic Complex**

9151 NW 2<sup>nd</sup> Street • Plantation, Florida 33324

**Directions:**

**Plantation Aquatic Complex:**

Plantation Aquatic Complex is located in Central Park Drive.

From I-95 go west on 595. Exit north on Pine Island Blvd. to Broward Blvd.

On Broward Blvd. head west approximately ¾ of a mile to Central Park Drive. (1<sup>st</sup> Stop light) On Central Park Drive make a right. Park entrance is located on the right hand side.

**Entry:**

All entries must be received by **Wednesday, June 15<sup>th</sup>, 2016**

PLEASE enter electronically, NO MAILED entries.

For electronic entries (TeamUnify or HyTek Team Manager format only!!)

**E-mail to: Meets@FLAswim.com**

Confirmation for electronic entries will be sent via e-mail.

\*\*Submission of electronic entries signifies that all swimmers are USA registered (or are International swimmers who have received the proper USA Swimming invitation.

International teams are encouraged to provide their complete team roster long in advance so this request can be made on your behalf. Questions, please contact office at 954-980-8666.

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

**\*\*\* Entry Fees will be Double if not entered electronically. \*\*\***

**Meet Limit:**

**The FLA International Invitational is one of the most popular meets in the country and fills up fast. The Team whose entry reservation causes the swimmer count to exceed 800 will be accepted in its entirety. At this point, the host clubs, FLA and PST, will be accepted. Swimmers not accepted into the meet may enter on the day of the meet using the FGC Deck Entry Policy.**

**Seeding:**

**Conforming and Non-Conforming Times** – Enter in LONG COURSE METERS, then SHORT COURSE METERS, then SHORT COURSE YARDS times only. No converted times permitted. Swimmers wishing to be guaranteed seeding into their morning (A or B) sessions on Saturday and Sunday MUST enter with NT to be entered in that session. The top 8 entries with a time will be seeded in the C session for those events. Chase starts with odd / even heats may be used to ensure efficient operation of the meet.

## SPECIAL NOTES:

- **ALL EVENTS ARE TIMED FINALS**
- **Positive check-in for all Thursday and Friday events is required:**  
1500 FR, 800 FR, 400 FR, 400 IM, and Mixed 200 Medley Relays.  
Check-in will close 45 minutes prior to that event.  
**\*\*Swimmers in distance events must provide his/her own Timer AND Counter\*\***
- **1500 FR and 800 FR (THUR)**  
All ages swim together. Male and Female Swum together; chase starts as needed.  
Age groups, Male and Female, awarded separately. **Swim fastest to slowest.**  
**Heats of the 1500 FR not completed by 6pm will be swum at the conclusion of the 800 FR or 8pm; whichever comes first. Heats of the 800 FR not completed by 8pm will be swum after the conclusion of the 1500 FR. 12 & Unders will be accommodated to be completed within a 4 hour session.**
- **400 FREE (FRI)**  
Swim fastest to slowest.  
Alternating girls & boys; or chase starts.  
All ages swim together. Scored separately by age group.  
Any heats not completed by 6pm will be completed after all other events on this day.
- **400 IM (FRI)**  
Swim fastest to slowest  
Alternating girls & boys; or chase starts.  
All ages swim together. Scored separately by age group.  
12 & Unders will be accommodated to be completed within a 4-hour session.
- **Mixed 200 Medley Relay (FRI)** – Must have at least one female and at least one male swimmer per team. Unlimited entries.
- **Saturday and Sunday, all other events will be swim as follows:**
  - A session. Ages 13 & Over – ALL except top 8 seeds.
  - B session. Ages 12 & Under Individual events and Relays
  - C session. Ages 13 & Over – **TOP 8 SEEDS plus relays**  
**Athletes seeded in the top 8 will be asked to check-in prior to their morning session to allow for any morning athletes to fill scratched lanes. No athlete will swim the same event twice.**
- **RELAYS (SAT and SUN)**  
Ages 13 & Over will swim in the evening C sessions.  
Ages 12 & Under will swim in the daily B sessions.

**Entry Fees:** \$6.00 per individual event    **Facility Surcharge:** \$15.00 per swimmer  
\$6.00 per relay event

**\*Entry fees are made payable to “FLA” (note: one check per team)**

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

**Entry Limit:** Swimmers can swim 5 individual events per day, plus relays.

**Awards:**        **Individuals: Medals:**        1<sup>st</sup>-3<sup>rd</sup>  
   **Ribbons:**        4<sup>th</sup>-8<sup>th</sup>  
**\*\*\* High Point Awards in each Age Group**

**Relays:            Ribbons            1<sup>st</sup>-3<sup>rd</sup>**

**Teams:            USA Cup – Top 5 USA Teams**  
**International Cup – Top 5 International Teams**

**Scoring:**        **Individual events:**    14-10-7-5-4-3-2-1  
**Relay events:**        28-20-14-10-8-6-4-2

**Deck Entries:** THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org). All deck entered swimmers must present current USA Swimming Card in order to be entered.

**Head Referee:** **Nelson Gonzalez**    [nelsonhorses1@aol.com](mailto:nelsonhorses1@aol.com)

**Meet Director:** **Duffy Dillon**        [ddillon@flaswim.com](mailto:ddillon@flaswim.com)

**Admin Official:** **Cindy Jones**

**Officials:** Teams entering 20 or more swimmers are asked to bring one USA Swimming Certified Official. Each Official will be afforded free parking and hospitality. Uniform for officials will be white shirt and KHAKI shorts, slack or skirt (as appropriate).

**Please email Meet Director Duffy Dillon at [DDillon@FLAswim.com](mailto:DDillon@FLAswim.com) with names of attending officials; copy [nelsonhorses1@aol.com](mailto:nelsonhorses1@aol.com). Thank you.**

**National Officials Certification:** This meet has been applied for N3 & N2 certification and re-certification in the USA Swimming NOC Program. Our evaluator will be Mr. Frank Ching. Officials wishing to be evaluated should notify the referee, Sr. Gonzalez at [nelsonhorses1@aol.com](mailto:nelsonhorses1@aol.com).

**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:** \$5 / Session (All sessions pass will be offered). Heat Sheets - \$3.00 / session.

**Information:** (954) 980-8666.        [www.FLAswim.com](http://www.FLAswim.com)

**Timing:** All teams will be asked to provide lane timers in accordance with the size of their entry

**Hotels Reservations: Hampton Inn Plantation**

7801 SW 6<sup>th</sup> St.  
Plantation, FL 33324

**To make a reservation call (800)426-7866, give the dates & hotel name, and ask for the “FLA International” group rate or click on the link below: (press 1 and give hotel name)**

<http://hamptoninn.hilton.com/en/hp/groups/personalized/F/FLLPTHX-FIP-20160623/index.jhtml>

Rates: (Include comp. internet, comp. breakfast, & comp. parking)

Queen/Queen Room \$105/night

**\*These rates are valid as long as you book on or before: 6/2/16 |**



## POSITIVE CHECK-IN / DISTANCE EVENTS

<b>Thursday – June 23, 2016 – Session 1</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
<b>Timed Finals – 4:00pm</b>		
1	17 & Over	Mixed 1500 FR
	15-16	
	13-14	
	12 & Under	
<b>Timed Finals – @ 6:00pm</b>		
2	17 & Over	Mixed 800 FR
	15-16	
	13-14	
	12 & Under	

<b>Friday – June 24, 2016</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
<b>Session 2a - Timed Finals – 4:00pm</b>		
3-4	17 & Over	400 FR
	15-16	
	13-14	
	11-12	
	10 & Under	
<b>- Session 2b - Timed Finals – 6:00pm</b>		
5-6	17 & Over	400 IM
	15-16	
	13-14	
	12 & Under	
<b>5 - Minute Break</b>		
7	Open	Mix 200 MED Rel **
8	15-16	Mix 200 MED Rel**
9	14 & Und	Mix 200 MED Rel**

## SATURDAY – JUNE 25, 2016

<b>Session 3A – 8:00am (Non-Top 8 for 13 &amp; Over)</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
<b>13-14</b>	<b>13-14</b>	<b>200 FL</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>17-18</b>	<b>13-14</b>	<b>200 IM</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>21-22</b>	<b>13-14</b>	<b>50 BA</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>25-26</b>	<b>13-14</b>	<b>100 BR</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>29-30</b>	<b>13-14</b>	<b>50 FL</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>33-34</b>	<b>13-14</b>	<b>200 BA</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>37-38</b>	<b>13-14</b>	<b>100 FR</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	

<b>Session 3C – 5:30pm (Top 8 for 13 &amp; Over)</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
<b>13-14</b>	<b>13-14</b>	<b>200 FL</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>17-18</b>	<b>13-14</b>	<b>200 IM</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>21-22</b>	<b>13-14</b>	<b>50 BA</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>25-26</b>	<b>13-14</b>	<b>100 BR</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>29-30</b>	<b>13-14</b>	<b>50 FL</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>33-34</b>	<b>13-14</b>	<b>200 BA</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>37-38</b>	<b>13-14</b>	<b>100 FR</b>
	<b>15-16</b>	
	<b>17 &amp; Over</b>	
<b>5 Minute Break</b>		
<b>41-42</b>	<b>13-14</b>	<b>200 FR Rel</b>
<b>43-44</b>	<b>15-16</b>	<b>200 FR Rel</b>
<b>45-46</b>	<b>Open</b>	<b>200 FR Rel</b>

<b>Session 3B – 30 minutes after morning (ALL 12 &amp; Under)</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
<b>11-12</b>	<b>12 &amp; Und</b>	<b>200 FL</b>
<b>15-16</b>	<b>10 &amp; U</b>	<b>200 IM</b>
	<b>11-12</b>	
<b>19-20</b>	<b>10 &amp; U</b>	<b>50 BA</b>
	<b>11-12</b>	
<b>23-24</b>	<b>10 &amp; U</b>	<b>100 BR</b>
	<b>11-12</b>	
<b>27-28</b>	<b>10 &amp; U</b>	<b>50 FL</b>
	<b>11-12</b>	
<b>31-32</b>	<b>12 &amp; Und</b>	<b>200 BA</b>
<b>35-36</b>	<b>10 &amp; U</b>	<b>100 FR</b>
	<b>11-12</b>	
<b>5 Minute Break</b>		
<b>39-40</b>	<b>12 &amp; U</b>	<b>200 FR Rel</b>

## SUNDAY – JUNE 26, 2016

<b>Session 4A – 8:00am (Non-Top 8 for 13 &amp; Over)</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
53-54	13-14	200 FR
	15-16	
	17 & Over	
57-58	13-14	50 BR
	15-16	
	17 & Over	
61-62	13-14	100 BA
	15-16	
	17 & Over	
65-66	13-14	100 FL
	15-16	
	17 & Over	
69-70	13-14	200 BR
	15-16	
	17 & Over	
73-74	13-14	50 FR
	15-16	
	17 & Over	

<b>Session 4B – 30 minutes after morning (ALL 12 &amp; Under)</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
51-52	10 & U	200 FR
	11-12	
55-56	10 & U	50 BR
	11-12	
59-60	10 & U	100 BA
	11-12	
63-64	10 & U	100 FL
	11-12	
67-68	12 & Und	200 BR
71-72	10 & U	50 FR
	11-12	
<b>5 Minute Break</b>		
75-76	12 & U	200 MED Rel

<b>Session 4C – 5:30pm (Top 8 for 13 &amp; Over)</b>		
<b>Event #</b>	<b>Age</b>	<b>Event</b>
53-54	13-14	200 FR
	15-16	
	17 & Over	
57-58	13-14	50 BR
	15-16	
	17 & Over	
61-62	13-14	100 BA
	15-16	
	17 & Over	
65-66	13-14	100 FL
	15-16	
	17 & Over	
69-70	14 & Un	200 BR
	15-16	
	17 & Over	
73-74	13-14	50 FR
	15-16	
	17 & Over	
<b>5 Minute Break</b>		
77-78	13-14	200 MED Rel
79-80	15-16	200 MED Rel
81-82	Open	200 MED Rel





## 2016 FLA International Invitational - Entry Reservation Process

The FLA International Invitational has established itself as one of the most popular age group invitational meets in the United States. The meet has become so popular that it fills to capacity well before the entry deadline.

In order to ensure fairness to the entry process the following procedure will be in effect regarding entries to the meet:

1. Entry reservations will be split into two groups:
  - a. Reservations from **PREVIOUS attendees ONLY** will be given preference through March 31, 2016.
  - b. Reservations from **NEW (and Previous) attendees** will be accepted at any time.  
NEW Teams Reservations will be confirmed and charged **beginning April 4, 2016.**
2. An entry reservation will only be accepted upon receipt of a **NON-REFUNDABLE** deposit of \$40.00 per athlete. Payment date establishes the order of entry reservation. Payment may be in the form of a team Check, Money Order and Cashier's Check, Bank Wire Transfer, Visa, Mastercard, Discover or American Express through the FLA office.
  - a. **Example** – Starfish Swim Club notifies the host via email on February 26<sup>th</sup> that they intend to bring 20 swimmers to the meet. Starfish Swim Club pays a deposit for \$800.00 to the host that arrives March 18. Effective March 18 – Starfish Swim Club is guaranteed 20 swimmers participating in the meet provided entry limit has not been exceeded. Starfish has established no priority.
  - b. **Example** – STUD Swim Club emails intent to bring 10 swimmers on March 5. STUD does not pay its deposit for \$400.00 until May April 22. On April 14, the meet entry limit was reached. STUD is NOT accepted into the meet due to late payment.
3. Confirmation of acceptance in the meet will be confirmed by email.
4. Any differential in payment made and actual entry fees due will be settled upon arrival at the meet.
5. **IMPORTANT** – Once an initial entry reservation has been made and accepted, it is only necessary to send a single entry file **PRIOR** to the deadline – Wednesday June 15th. Please do not send multiple updated files. A single file is sufficient.

**ENTRY LIMIT – The team whose entry reservation causes the swimmer count to exceed 800 will be accepted in its entirety. At that point the host clubs', FLA and PST, swimmers entries will be accepted. Swimmers not accepted in the meet may enter on the day of the meet utilizing the FGC Deck Entry Policy.**

**TEAM NAME:** \_\_\_\_\_

**Authorization/Release Statement:** By submitting this application, applicant hereby affirms that it is expressly understood and agreed that Host (FLA and PST) extend no guarantees or warranties regarding the entry process. Applicant hereby waives any claim or action against Hosts stemming from the application process. Applicant agrees to assume all risks related to the application process, and certifies that they have read this document in its entirety and completely understand and agree with its contents.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Position

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email



### 2016 METHOD OF PAYMENT FORM

For your convenience, we gladly accept the following forms of payment:  
Team Check, Money Order, and Cashier’s Check, Bank Wire Transfer, Visa, MasterCard, Discover or American Express.

Please complete the necessary information below and circle one of the payment options. You may:

- Scan/E-mail this form to: [Meets@FLAswim.com](mailto:Meets@FLAswim.com) (preferred)
- Fax to: (954) 788-7360 (first call 954-980-8666 or 954-593-8552)
- Mail to: FLA AQUATICS, 289 SE 3RD TERR, POMPANO BEACH, FL 33060

TEAM NAME: \_\_\_\_\_

\_\_\_\_\_ X \$40.00/swimmer = \_\_\_\_\_  
 # of swimmers Total Due Today’s Date

- I have enclosed a **Team Check, cashier’s check or money order** payable to **FLA** in the amount of:

\$\_\_\_\_\_.

- I have **wired funds** from my bank to your bank in the amount of \$\_\_\_\_\_.

**Bank Transfer Information:**

- Transfer funds to: Bank of America
- Address: 100 W. 33<sup>rd</sup> Street, New York, NY, 10001
- **ABA #02600953 (Domestic) or Swift Code: BOFAUS3N (International)**
- For Credit to: FLA Aquatics, Inc Account # 8980 5359 9945
- Please add the \$25.00 Bank of America charge to your total amount due.
- After you have made the transfer, **please call (954) 980-8666** or email **DDillon@FLAswim.com** to inform us of the bank confirmation.

- I would like to **charge my credit card** the total amount due: \$\_\_\_\_\_.

VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ American Express \_\_\_\_\_

Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Vcode: \_\_\_\_\_

Name on card (Please Print) \_\_\_\_\_

Signature \_\_\_\_\_