



XX FLA International Cup
June 21-24, 2018
Academic Village Swimming Pool,
Pembroke Pines, FL



- Sponsored by:** FLA Aquatics and South Florida Aquatic Club, and City of Pembroke Pines.
- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. #FGI062118FLA-B-20
- Condition of Sanction:** The completion course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming, Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and FLA Aquatics 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. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect, 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 FREE ZONE 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.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions.
- Drones:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior approval of the Vice President of Program Operations.
- Eligibility:** Open to all current 2018 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.
- 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 - 954-593-8552 - DDillon@FLAswim.com

Deck Change: Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room, or other space designated for changing purposes while at practice, competition, or other pool-related activity is PROHIBITED.

Location: **Academic Village Swimming Pool**
17191 Sheridan Street
Pembroke Pines, FL 33331

Directions: **Coming from the North:** Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2ND ENTRANCE INTO FACILITY.**

Coming from the South: Take SR-826 South to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2ND ENTRANCE INTO FACILITY.**

Pool/Timing: 50-meter by 25 yard heated outdoor pool. Seven (7) long-course racing lanes with separate warm up and swim down lane available or 8 lanes with no warmup lanes and short breaks. © Colorado Time System® will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Certification is on file with USA Swimming. The depth at the east end where all events will start varies from 8.5 feet to 12 feet depending on lane assignment in accordance with 202.3.

Date & Time:

Date – Day	Sess #	SESSION	WARM UP	START
Thur, June 21	1A	800 FR	3:00PM	4:00PM
	1B	12 & Under 400 FR 12&UN 400IM / 13&OV 400IM Remaining 800 FR	Warmup Pool	6:00PM
Fri, June 22	2A	13&OV 400 FR	3:00PM	4:00PM
	2B	12 & UN 200 FR	Warmup Pool	5:20PM
	2C	Mixed Relays 200 IM Remaining 13&OV 400 FR	Warmup pool	6:00PM
Sat, June 23	3 & 4	A session - Morning Non-Top 16 – 13 & Over	7:00AM	8:00AM
Sun, Jun 24		C session - Afternoon TOP 16 – 13 & Over & Relays	4:00PM	5:00PM

ALL SESSIONS ARE TIMED FINALS

ALL Thursday and Friday Events will be positive check-in (close 45 minutes prior to session)
Saturday and Sunday sessions will be pre-seeded.
All Swimmers are subject to the 5 individual event per day limit.

**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.*

Entries:

All entries must be received by **Tuesday, June 12th, 2018**
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 954-593-8552.

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 600 will be accepted in its entirety. At this point, the host clubs, FLA and SOFL, will be accepted. Swimmers not accepted into the meet may enter on the day of the meet using the FGC Deck Entry Policy.

Seeding:

MAIN MEET - Enter in LONG COURSE METERS.
Swimmers wishing to be guaranteed seeding into the morning (A) sessions on Saturday and Sunday MUST enter with NT to be entered in that session.
The top 16 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.
~~**DEVELOPMENTAL MEET - Enter in SHORT COURSE YARDS.**~~

Entry Fees:

\$7.00 per individual event **Facility Surcharge:** \$20.00 per swimmer
\$7.00 per relay event **Heat Sheets:** **FREE online**

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

Refunds:

Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i.v applies.

Entry Limit:

Swimmers can swim 5 individual events per day, plus relays.

Hotels Reservations: Holiday Inn Express Plantation

1701 N University Drive
Plantation, FL. 33322

**To make a reservation call the hotel directly at 954-472-5600 or toll free 1-866-285-0961.
Please give dates and refer to group name 2018 FLA International at time of reservation.**

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

Double (Queen/Queen) - \$99/night

***These rates are valid if you book on or before: 5/31/18**

*****If you are having problems with any reservations please feel free to contact Craig Rehak at (708)288-1673 for assistance*****

Swim Meet Hotels Information 2018

Hotels:

Holiday Inn Express & Suites Pembroke Pines-Sheridan St

14651 Northwest 20th Street
Pembroke Pines, FL 33028

Book online or call: 1 888 HOLIDAY (1 888 465 4329)

Hotel contact info: front desk 954-430-9404 Fax 954-432-1996

http://www.ihg.com/holidayinnexpress/hotels/us/en/pembroke-pines/flpp/hoteldetail?cm_mmc=GoogleMaps--ex--USEN--flpp

2.7 miles 6 minutes

Hampton Inn Pembroke Pines

1900 Northwest 150th Avenue
Pembroke Pines, FL 33028

Phone: (954) 441-4242 - Fax: (954) 441-1118 - Email: reservations@hamptoninnpembrokepines.com

<http://www.hamptoninnpembrokepines.com>

2.9 miles 7 minutes

Wingate by Wyndham Miramar

2800 South West 149th Ave
Miramar, FL 33027

Phone: 954 441 0122 - Fax: 954 441 0328

Email: reservations@wingatemiramar.com

<http://wingatemiramar.com>

7.1 miles 11 minutes

Marriott Residence Inn Fort Lauderdale Weston

2605 Weston Road
Weston, FL 33331

Phone: 1-954-659-8585

Fax: 1-954-659-3130

<http://www.marriott.com/hotels/travel/flwt-residence-inn-fort-lauderdale-weston/>

7.2 miles 11 minutes

Marriott Residence Inn Fort Lauderdale SW/Miramar

14700 Hotel Road
Miramar, FL 33027

Phone: 1-954-450-2717

Fax: 1-954-450-9395

<http://www.marriott.com/hotels/travel/flmr-residence-inn-fort-lauderdale-sw-miramar/>

7.0 miles 11 minutes

Hilton Garden Inn Ft. Lauderdale SW/Miramar

14501 Hotel Road
Hollywood, FL 33027

TEL: +1-954-438-7700 FAX: +1-954-392-8606

<http://hiltongardeninn3.hilton.com/en/hotels/florida/hilton-garden-inn-ft-lauderdale-sw-miramar-FLLSWGI/index.html>

7.1 miles 11 minutes

Comfort Suites Weston

2201 North Commerce Parkway
Weston, FL 33326
(954) 659-1555

guestservices@comfordsuitesweston.com

<http://www.comfordsuitesweston.com>

5.5 miles 12 minutes

Mizner Place at Weston Town Center

1775 Bonaventure Boulevard
Weston, FL 33326
Phone: 954.217.0162 Fax: 954.385.3651

Email: vacvillages@dmresorts.com

Resort Manager: Pury Belilty

http://www.vacationvillageresorts.com/VVR/mizner_place/index.php

6.1 miles 11 minutes

Marriott Courtyard Fort Lauderdale Weston

2000 North Commerce Parkway
Fort Lauderdale, FL 33326
Phone: 1-954-343-2225

Fax: 1-954-343-2277

<http://www.marriott.com/hotels/travel/flwc-courtyard-fort-lauderdale-weston/>

5.8 miles 12 minutes

Marriott Courtyard Fort Lauderdale SW/Miramar

14500 Southwest 29th Street
Miramar, FL 33027
Phone: 1-954-450-1801

Fax: 1-954-450-9130

<http://www.marriott.com/hotels/travel/flmm-courtyard-fort-lauderdale-sw-miramar/>

7.1 miles 10 minutes

Bonaventure Resort & Spa

250 Racquet Club Road
Weston, FL 33326
Tel: 954 389 3300

Reservations: 800 327 8090

<http://www.bonaventureresortandspa.com>

8.8 miles 16 minutes

Vacation Village

16461 Racquet Club Road
Weston, FL 33326
Phone: 954.217.0162 Fax: 954.217.0984

Email: vacvillages@dmresorts.com

General Manager: James J Bushey

http://www.vacationvillageresorts.com/vvr/vacation_village_weston/

8.2 miles 15 minutes

Marriott Towne Place Suites Fort Lauderdale Weston

1545 Three Village Road
Weston, FL 33326
Phone: 1-954-659-2234

Fax: 1-954-659-2282

Fax: 1-954-659-2282

<http://www.marriott.com/hotels/travel/fltw-towneplace-suites-fort-lauderdale-weston/>

6.1 miles 11 minutes



SPECIAL NOTES:

- **ALL EVENTS ARE TIMED FINALS**
- **Positive check-in for all Thursday and Friday events is required:**
THUR: 800 FR, 12&UN 400 FR, and 400 IM
FRI: 13&OV 400 FR, 12&UN 200 FR, Mixed 200 Medley & Free Relays, and 200 IM.
Check-in will close 45 minutes prior to each session.
****Swimmers in 800 FR, 400 FR, and 400 IMs must provide his/her own Timer.
800 FR must provide their own Counter****
- **Session 1A - THUR – 800 FR - Mixed**
All ages swim together. Male and Female Swum together.
Age groups, Male and Female, awarded separately. **Swim fastest to slowest. The Top 10 Heats will swim in Session 1A. Any remaining heats will swim at the END of Session 1B.**
12 & Unders will be accommodated (as needed) to be completed within a 4-hour session.
- **Session 1B – THUR -**
12 & Under 400 FREE, 12 & Under 400 IM, Open 400 IM, Remaining 800 FR – 13 & Over
Swim fastest to slowest. 11-12 Swim All Girls, then All Boys. 13 & Over alternate girls & boys.
Events swim accordingly as ages together as written, scored separately by age group.
12 & Unders will be accommodated (as needed) to be completed within a 4-hour session.
- **Session 2A – FRI -**
13 & Over 400 FREE
Swim fastest to slowest. Alternate girls & boys. **The Top 14 heats total (7 Women and & Men, or any other combination if there are not 7 heats of one or the other) will swim in Session 2A. Any remaining heats will swim at the END of Session 2C.**
Events swim accordingly as ages together as written, scored separately by age group.
- **Session 2B – FRI -**
12 & Under 200 FREE
Swim fastest to slowest. All girls, then all boys.
Events swim accordingly as ages together as written, scored separately by age group.
- **Session 2C - FRI**
 - **Mixed 200 Medley and 200 Free Relays (FRI) –**
Must have at least one female and at least one male swimmer per team. Unlimited entries.
 - **12 & Under 200 IM**
Swim fastest to slowest. All girls, then all boys.
Events swim accordingly as ages together as written, scored separately by age group.
 - **13 & Over 200 IM**
Swim fastest to slowest. Alternate girls & boys.
Events swim accordingly as ages together as written, scored separately by age group.
 - **Any remaining heats of the 13 & Over 400 FREE**

- **Saturday and Sunday, all other events will be swim as follows:**
 - **A session - Morning**
13 & Over – ALL except top 16 seeds in each 13-14, 15-16, and 17 & Over Age Groups.
12 & Under – ALL swimmers plus relays
 - **C session. Ages 13 & Over – TOP 16 SEEDS per age group; plus relays**
Athletes seeded in the top 16 that intend to scratch will be asked to work with the referee prior to their morning session to allow for any morning athletes to fill scratched lanes in the Afternoon. No athlete will swim the same event twice.
 - **RELAYS (SAT and SUN)**
Ages 12 & Under will swim in the morning A sessions.
Ages Open and 14 & Under will swim in the afternoon C sessions.



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ORDER OF EVENTS

POSITIVE CHECK-IN EVENTS

Check-in will be due 45 minutes before the beginning of each session.

Thursday – June 21, 2018		
Session 1A – 4:00pm		
Event #	Age	Event
1	17 & OV	Mixed 800 FR (Top 10 heats)
	15-16	
	13-14	
	12 & UN	

Friday – June 22, 2018		
Session 2A – 4:00pm		
Event #	Age	Event
9-10	17 & OV	400 FR (alternate Top 14 Heats Total - 7 Wom / 7 Men)
	15-16	
	13-14	

Session 2B – @5:20pm		
Event #	Age	Event
11-12	11-12	200 FR
	10 & Under	

Session 1B – 6:00pm		
Event #	Age	Event
3-4	11-12	400 FR
	10 & UN	
5-6	12 & UN	400 IM
7-8	17 & OV	400 IM (alternate Women and Men)
	15-16	
	13-14	
1	17 & OV	Mixed 800 FR (remaining heats)
	15-16	
	13-14	

Session 2C – @6:00pm		
Event #	Age	Event
13	14 & Under	Mix 200 MED Rel **
14	Open	Mix 200 MED Rel **
15	14 & Und	Mix 200 FR Rel **
16	Open	Mix 200 FR Rel **
5 - Minute Break		
17-18	11-12	200 IM
	10 & UN	
19-20	17 & OV	200 IM (alternate Women & Men)
	15-16	
	13-14	
9-10	17 & OV	400 FR (Remaining Heats)
	15-16	
	13-14	

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SATURDAY – JUNE 23, 2018

Session 3A – 8:00am		
ALL 12&UN / Non-Top 16 for 13&OV		
Event #	Age	Event
21-22	12 & UN	200 FL
23-24	13-14	200 FL
	15-16	
	17 & OV	
25-26	10 & U	50 BA
	11-12	
27-28	13-14	50 BA
	15-16	
	17 & OV	
29-30	10 & U	100 BR
	11-12	
31-32	13-14	100 BR
	15-16	
	17 & OV	
33-34	10 & UN	50 FL
	11-12	
35-36	13-14	50 FL
	15-16	
	17 & OV	
37-38	12 & UN	200 BA
39-40	13-14	200 BA
	15-16	
	17 & OV	
41-42	10 & U	100 FR
	11-12	
5 Minute Break		
45-46	12 & UN	200 FR Rel
43-44	13-14	100 FR
	15-16	
	17 & OV	

Session 3B – 30 min after AM		
Developmental - 25 yards		
Event #	Age	Event
101-102	8 & UN	25 BA
	9-10	
	11-12	
103-104	10 & UN	50 BA
	11-12	
	13 & OV	
105-106	8 & UN	25 BR
	9-10	
	11-12	
107-108	10 & UN	50 BR
	11-12	
	13 & OV	
109	OPEN	Mix 100 MED Relay
5 Minute Break		
110	OPEN	Mix 100 FR

Session 3C – 5:00pm		
Top 16 for 13 & Over		
Event #	Age	Event
23-24	13-14	200 FL
	15-16	
	17 & Over	
27-28	13-14	50 BA
	15-16	
	17 & Over	
31-32	13-14	100 BR
	15-16	
	17 & Over	
35-36	13-14	50 FL
	15-16	
	17 & Over	
39-40	13-14	200 BA
	15-16	
	17 & Over	
43-44	13-14	100 FR
	15-16	
	17 & Over	
5 Minute Break		
47-48	14 & Und	200 FR Rel
49-50	Open	200 FR Rel

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ORDER OF EVENTS

SUNDAY – JUNE 24, 2018

4A – 8:00am ALL 12&UN / Non-Top 16 for 13&OV		
Event #	Age	Event
53-54	10 & UN	50 BR
	11-12	
55-56	13-14	50 BR
	15-16	
	17 & OV	
57-58	10 & U	100 BA
	11-12	
59-60	13-14	100 BA
	15-16	
	17 & OV	
61-62	10 & U	100 FL
	11-12	
63-64	13-14	100 FL
	15-16	
	17 & OV	
65-66	12 & UN	200 BR
67-68	13-14	200 BR
	15-16	
	17 & OV	
69-70	10 & U	50 FR
	11-12	
71-72	13-14	50 FR
	15-16	
	17 & OV	
5 Minute Break		
73-74	12 & UN	200 FR Rel
51-52	13-14	200 FR
	15-16	
	17 & OV	

Session 4B – 30 min after AM Developmental – 25 yards		
Event #	Age	Event
111-112	8 & UN	25 FL
	9-10	
	11-12	
113-114	10 & UN	50 FL
	11-12	
	13 & OV	
115-116	8 & UN	25 FR
	9-10	
	11-12	
117-118	10 & UN	50 FR
	11-12	
	13 & OV	
119	OPEN	Mix 100 FR Relay
5 Minute Break		
120	OPEN	Mix 100 IM

Session 4C – 5:00pm Top 16 for 13 & Over		
Event #	Age	Event
51-52	13-14	200 FR
	15-16	
	17 & OV	
55-56	13-14	50 BR
	15-16	
	17 & OV	
59-60	13-14	100 BA
	15-16	
	17 & OV	
63-64	13-14	100 FL
	15-16	
	17 & OV	
67-68	13-14	200 BR
	15-16	
	17 & OV	
71-72	13-14	50 FR
	15-16	
	17 & OV	
5 Minute Break		
75-76	14 & UN	200 MED Rel
77-78	Open	200 MED Rel



2018 FLA International Cup - Entry Reservation Process

The FLA International Cup 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 30, 2018.
 - b. Reservations from **NEW (and Previous) attendees** will be accepted at any time.
 - c. NEW Teams Reservations will be confirmed and charged **beginning March 31, 2018.**
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, OR visa Visa, Mastercard, Discover, and American Express.
 - a. **Example** – Starfish Swim Club notifies the host via email on February 26th 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 7. Effective March 7 – 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 6, the meet entry limit was reached. STUD CANNOT be accepted into the meet due to late payment and the meet capacity has been reached.
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 550 will be accepted in its entirety. At that point the host clubs', FLA and SOFL, 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: _____

We agree that our team will provide at least 1 official or 2 timers for each session we have swimmers participating.

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	Preferred Phone



2018 METHOD OF PAYMENT FORM

For your convenience, we gladly accept the following forms of payment: Team Check, Money Order, and Cashier's Check and 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 (preferred)

Mail to: FLA AQUATICS, 2151 Woodlands Way, Deerfield Beach, FL 33442

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 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: _____

Street Address: _____

City: _____ State/Province: _____

Phone: _____ Zip/Postal Code: _____

Email: _____

- I would like to wire funds from my bank to your bank in the amount of \$_____

Please, contact us for current wire instructions:

(954) 593-8552 or DDillon@FLAswim.com