



FGC Invitational January 30th – February 1st, 2009

SANCTIONED BY: Florida Gold Coast Swimming, *Sanction #: 013009 – FG3*

SPONSORED BY: Fort Lauderdale Aquatics & The City of Fort Lauderdale

TIME:	Day	Date	Warm-Up	Start
	Friday	January 30	4:00pm	5:00pm
	Saturday	January 31	8:00am	9:00am (12 & Under only)
	Sunday	February 1	8:00am	9:00am (12 & Under only)

Note: On Saturday only, the 8 & Under session will start approximately 30 minutes after the 12 & Under session. On Saturday, Open events will start approximately 15 minutes after 8 & Under session. On Sunday, Open events will start approximately 60 minutes after the 12 & Under session. Continuous warm-up will be available. *Once entries are received we will inform teams of a more accurate starting time.*

LOCATION: Fort Lauderdale Aquatic Complex, 501 Seabreeze Blvd, Fort Lauderdale.
From the North or South: Take I-95 or the Turnpike to I-595 east. Exit to US-1 North. Go North on US-1 to SE 17th Street. Turn right (east) and follow SE 17th Street past Port Everglades, over the Intracoastal Bridge, through the residential section to (which will become A1A north) Hall of Fame Drive. Turn left one block to the Complex.

POOL COURSE: 8-Lane, 25-yard course. 10-lanes or two courses of 8-lanes can be used, if the number of entries dictates to do so. Continuous warm-up will be available. **“The competition course has been certified in accordance with 104.2.2C(4) . The copy of such certification is on file with USA Swimming.”**

TIMING: Colorado Timing System will be used.

ELIGIBILITY: Open to all 2009 USA Swimming registered athletes and foreign athletes who are invited by USA Swimming.

ENTRIES: **Electronic Entries** – Entries will be accepted via electronic mail attachment to the Meet Director at meetdir@flaswim.com or via mailed 1.44mb disk. Entries must be in “Zipped COMMLINK” or USA Swimming SDIF format. Free text e-mail entries will not be accepted. For e-mail and disk entries – RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the e-mail. List swimmer, sex, age and USS #. Event #

not required. List all attending coaches and contact phone numbers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 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 the file. All entry fees must be paid before the start of the first event. **NOTE: Swimmers without proper USA Registration numbers will not be entered. Submission of electronic entries signifies that all swimmers entered are currently registered with USA Swimming.**

SEEDING: THE FGC DECK SEED POLICY WILL BE IN EFFECT.

Policy can be seen at www.fgcswim.org

Enter in 25-yards times only.

Please see Seeding/Awarding after the order of events to understand "Super Seeding".

ENTRY LIMIT: 4 Individual events per swimmer per day, plus relays.

DEADLINE: All entries must be received by Wednesday, January 21st, 2009

E-mail entries to: meetdir@FLAswim.com

Disks & Checks to: FLA, 501 Seabreeze Blvd, Fort Lauderdale, FL 33316

ENTRY FEES: \$5.00 per swimmer Surcharge

\$3.25 per Individual Event

\$5.00 per Relay Event

Make checks payable to: Fort Lauderdale Aquatics

*****Note: One check per team*****

AWARDS: Individual Events: Medals for 1-3, Ribbons for 4-8

Relay Events: Ribbons for places 1-3

ADMISSION: \$2.00 per session, Heat Sheet: \$2.00 per session

PARKING: Parking is available at the Aquatic Complex for \$1.00 per hour and at other lots near the facility.

INFORMATION: FLA Office: (954) 468-5590 or meetdir@FLAswim.com

REFEREE: TBA

ACCOMMODATION: **Bahia Cabana Days Inn:** Standard Room \$130, Efficiency \$150, 1-bedroom suite \$170
(954) 524-1555

Best Western Oceanside Inn: Standard Room \$149.00
(954) 660-1160

Bahia Mar Beach Resort: Group Rate \$169.00
(954) 627-6319

Meet Management reserves the right to adjust logistics in order to run an efficient meet

ORDER OF EVENTS
GIRLS odd #'s, BOYS even #'s

Friday, January 30th, 2009		
Warm-Up: 4:00pm		
Start: 5:00pm		
Event #	Age	Event
1-2	Open	200 FR
3-4	Open	200 IM
5-6	Open	50 FR
10 – Minute Break		
7-8	Open	1650 FR

Saturday, January 31st, 2009			Sunday February 1st, 2009		
Warm-Up: 8:00am			Warm-Up: 8:00am		
Start: 9:00am			Start: 9:00am		
Event #	Age	Event	Event #	Age	Event
9-10	12&U	100 BA	45-46	12&U	50 BA
11-12	12&U	50 BR	47-48	12&U	100 BR
13-14	12&U	100 FL	49-50	12&U	50 FL
15-16	12&U	100 IM	51-52	12&U	100 FR
5 – Minute Break			5 – Minute Break		
17-18	12&U	200 FR Rel	53-54	12&U	200 MED Rel
5 – Minute Break			5 – Minute Break		
19-20	12&U	500 FR	55-56	12&U	400 IM

Saturday, January 30th, 2009		
Warm-up:		
Immediately After the 12 & Under Session		
Start:		
30 minutes after the 12 & Under Session		
Event #	Age	Event
21-22	8 & U	25 FL
23-24	8 & U	25 BA
25-26	8 & U	25 BR
27-28	8 & U	25 FR
5 – Minute Break		
29-30	8 & U	100 FR Rel

Saturday, January 31st, 2009			Sunday February 1st, 2009		
Warm-up: Immediately After the 12 & Under Session Start: 15 minutes after the 8 & Under Session			Warm-up: Immediately After the 12 & Under Session Start: 60 minutes after the 12 & Under Session		
Event #	Age	Event	Event #	Age	Event
31-32	Open	100 BA	57-58	Open	100 FR
33-34	Open	50 BR	59-60	Open	50 BA
35-36	Open	100 FL	61-62	Open	200 FL
37-38	Open	100 IM	63-64	Open	100 BR
39-40	Open	200 BR	65-66	Open	200 BA
5 – Minute Break			67-68	Open	50 FL
41-42	Open	200 FR Rel	5 – Minute Break		
5 – Minute Break			69-70	Open	200 MED Rel
43-44	Open	500 FR	5 – Minute Break		
			71-72	Open	400 IM

SEEDING/AWARDING:

Friday Afternoon's Events:

- ✓ **Events 1-6 will be Super-Seeded, all ages together and swum fastest to slowest.**
 - Heat 1 will be the fastest 15 & Over heat.
 - Heat 2 will be the fastest 13-14 heat.
 - Heat 3 will be the fastest 11-12 heat.
 - Heat 4 will be the fastest 10 & Under heat.
 - All remaining heats will be swum together by time, regardless of age, fastest to slowest.
 - Awards will still be based on age group.
- ✓ **Events 7-8; the 1650 FR.**
 - Will be swum all ages together, fastest to slowest.
 - Awards will be given for 15 & Over and 14 & Under Age Groups.
 - Only the fastest heat will be guaranteed to swim 1 swimmer per lane.
 - All remaining heats may swim 2 swimmers per lane.
 - Each participant in this event must provided his/her own timer and counter.

Saturday and Sunday morning sessions; the 12 & Unders.

- ✓ **All events except the Relays, 500 FR and 400 IM will be Super-Seeded, all ages together and swum fastest to slowest.**
 - Heat 1 will be the fastest 11-12 heat.
 - Heat 2 will be the fastest 10 & Under heat.
 - All remaining heats will be swum together by time, regardless of age, fastest to slowest.
 - Awards will still be based on age group.
- ✓ **Relays will be seeded normally.**
- ✓ **500 FR & 400 IM.**
 - Will be swum all ages together, fastest to slowest.
 - Each participant in this event must provided his/her own timer and counter.

Saturday, the 8 & Under Session

- ✓ **All events will be seeded and swum together**
- ✓ **Awards will be given for the 6 & Under and 7-8 Age Groups.**

Saturday and Sunday Afternoon's Events; the Open Division:

- ✓ **All events except the Relays, 500 FR and 400 IM will be Super-Seeded, all ages together and swum fastest to slowest.**
 - Heat 1 will be the fastest 15 & Over heat.
 - Heat 2 will be the fastest 14 & Under heat.
 - All remaining heats will be swum together by time, regardless of age, fastest to slowest.
 - Awards will still be based on age group.
- ✓ **Relays will be seeded normally.**
- ✓ **500 FR & 400 IM.**
 - Will be swum all ages together, fastest to slowest.
 - Awards will be given for 15 & Over and 14 & Under Age Groups.
 - Each participant in this event must provided his/her own timer and counter.



**FLA 'A' Invitational
January 30th – February 1st, 2009**

Financial Recap and Team Information

TEAM NAME: _____

CALL LETTERS: _____

COACHES: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ FAX: _____

E-MAIL: _____

Number of Swimmers entered _____ x \$5.00 = _____

Number of Girls Individual Events _____ x \$3.25 = _____

Number of Boys Individual Events _____ x \$3.25 = _____

Number of Relays _____ x \$5.00 = _____

TOTAL AMOUNT DUE: \$ _____

Please make checks payable to: Fort Lauderdale Aquatics
501 Seabreeze Blvd
Fort Lauderdale
FL 33316

