



**Palm Beach County Developmental Meet**  
**April 30<sup>th</sup> – May 1<sup>st</sup>, 2010**

**SANCTIONED BY:** Florida Gold Coast Swimming, *Sanction #: 050110-PB1*

**SPONSORED BY:** FLA Aquatics

<b>TIME:</b>	<b>Session</b>	<b>Day</b>	<b>Date</b>	<b>Warm-Up</b>	<b>Start</b>
	1	Friday	April 30	5:00pm	6:00pm
	2	Saturday	May 1	9:00am	10:00am
	3	Saturday	May 1	30 minutes after conclusion of Session 2	

**Note: All sessions are timed finals.**

**LOCATION:** Florida Atlantic University Aquatic Center  
777 Glades Road,  
Boca Raton, FL 33431

From I-95 or Turnpike take the Glades Road exit and head east. Turn left into the first FAU entrance and follow the road to the left. The pool will be on the left.

**FACILITY:** One 8-lane 50 meter course. Continuous warm-up will be available. **“The competition course has been certified in accordance with Section 104.2.2C(4) of the USA Swim Rule Book, and a copy of such certification is on file with USA Swimming.”**

**REFEREE:** Cathy Silveria

**TIMING:** Colorado Timing System will be used.

**ELIGIBILITY:** Open to all 2010 USA Swimming registered athletes in Palm Beach and foreign athletes who are invited by USA Swimming. Swimmers may only enter events for which they have not equaled or bettered the FGC Junior Olympic or FGC Senior Championship qualifying time.

**Disability Swimmers:** FLA is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer’s disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards and score points for their team in the same manner as able bodied swimmers. Such swimmers need not have achieved the qualifying time for this meet. **Entries for swimmers with disabilities should be submitted with the team’s entry file. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4.**

- 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.**
- DEADLINE:** **All entries must be received by Friday, April 23<sup>rd</sup>.**  
**\*\*\* NO FAX ENTRIES\*\*\***
- ENTRIES:** **Electronic Entries** – Entries will be accepted via email attachment to the Meet Director at [lmcluckie@FLAswim.com](mailto:lmcluckie@FLAswim.com). Entries must be in a Zipped Hy-Tek Meet Entry File. Free text e-mail entries will not be accepted. For e-mail – 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.**
- ENTRY LIMIT:** 4 Individual events per swimmer per day, plus relays.
- ENTRY FEES:** \$4.00 per swimmer Surcharge - \$2.50 per Individual Event - \$5.00 per Relay Event  
**Make checks payable to: FLA \*\*\*Note: One check per team\*\*\***
- Send checks to: E-mail entries to:  
**FLA** [lmcluckie@FLAswim.com](mailto:lmcluckie@FLAswim.com)  
**501 Seabreeze Blvd**  
**Fort Lauderdale, FL 33316**
- ENTRY FEES FOR EVENTS NOT ENTERED IN HY-TEK ARE DOUBLE: \$8 PER INDIVIDUAL EVENT, \$10.00 PER RELAY EVENT***
- SEEDING:** Enter in long course 50 meter times only.
- All events will be swum **MIXED AGE GROUP AND GENDER** and **SEEDED FASTEST TO SLOWEST**.
- THE FGC DECK SEED POLICY WILL BE IN EFFECT.  
Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org)
- CHECK-IN:** The 200 FR, 200 IM and 400 FR and relays will be positive check-in events. Check-in will close when session starts.
- MIXED RELAY:** Relays must include at least one girl and one boy (4 total), two age 12 & under / two age 13 & over
- AWARDS:** Individual Events: Ribbons for places 1-8  
Relay Events: Ribbons for places 1-3
- AWARDS WILL BE SEPARATED BY AGE GROUP AND GENDER**
- ADMISSION:** \$3.00 per session, Heat Sheet: \$3.00 per session
- PARKING:** Parking is located in the front of the pool.
- INFORMATION:** FLA Office: (954) 468-5590 or [lmcluckie@FLAswim.com](mailto:lmcluckie@FLAswim.com)



## ORDER OF EVENTS

### Session 1

Friday April 30<sup>th</sup>

Warm-Up: 5:00pm, Start: 6:00pm

### Session 2

Saturday May 1<sup>st</sup>

Warm-Up: 9:00am, Start: 10:00am

Event #	Age	Event		Event #	Age	Event
1	Open	100 BK		7	Open	100 BR
2	Open	50 BR		8	Open	50 BK
3	Open	100 FL		9	Open	100 FR
4	Open	50 FR		10	Open	50 FL
5	Open	200 Free Relay		11	Open	200 Med.Relay
<b>5-Min Break</b>				<b>5 Min-Break</b>		
6	Open	200 FR		12	Open	200 IM
				<b>Session 3</b> <b>(starts 30 minutes after conclusion of session 2)</b>		
				13	Open	400 FR