



## 2010 FLA Senior Circuit

Fort Lauderdale Aquatic Complex  
Fort Lauderdale, Florida  
May 28-30

**SANCTIONED BY:** Florida Gold Coast LSC of United States Swimming, Inc. **Sanction # 052810FG-SR-43**

**SPONSORED BY:** Fort Lauderdale Aquatics and the City of Fort Lauderdale

<b>TIME:</b>	<u>DAY</u>	<u>DATE</u>	<u>WARM UP</u>	<u>START</u>
	Friday	May 28	4:00 PM	5:30 PM
	Saturday	May 29	11:30 AM	1:00 PM
	Sunday	May 30	8:30 AM	10:00 AM

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

**LOCATION:** **Fort Lauderdale Aquatic Complex**  
501 Seabreeze Blvd  
Fort Lauderdale, FL 33316

**FACILITY:** Two – 10 lane, 50 meter pools. Each pool has Colorado timing and separate scoreboard. Two courses can be run if meet size dictates. Hy-Tek Meet Manager will be used for data handling. ***“The competition course has been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming.”***

**REFEREE:** Adam Zeichner

**ELIGIBILITY:** Open to all 2010 registered USA Swimming swimmers & foreign athletes that have been invited by USA Swimming, who achieve on the time standards for the events entered.  
***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, May 21<sup>st</sup>, 2010.

**\*\*\*NO FAX ENTRIES\*\*\***

**ENTRY:** **Electronic Entries** – Friday, May 21st. Entries will be accepted via email attachment to the meet director at **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, USA Swimming #. 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 hrs. after receipt of file. All entry fees must be paid before the start of the first event.

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

**ENTRY LIMIT:** Limit 5 individual events per day plus relays. No limit in the number of relay entries per team.

**ENTRY FEES:** \$7.50 per SWIMMER, \$4 per INDIVIDUAL EVENT, \$8 per RELAY EVENT

**Make checks payable to: FLA \*\*\* Note: One Check per Team\*\*\***

Send checks to:

**Fort Lauderdale Aquatics  
501 Seabreeze Blvd.  
Fort Lauderdale, FL 33316**

E-mail entries to:

**lmcluckie@FLAswim.com**

***ENTRY FEES FOR EVENTS NOT ENTERED IN HY-TEK ARE DOUBLE:***

***\$15 Surcharge - \$8.00 Per Individual Event - \$16 Per Relay Event***

**SEEDING:** Enter in long course, 50 meter times only. Swimmers meeting the yards qualifying time need to enter at the long course cut.

**THE FGC DECK SEED & SCRATCH POLICIES WILL BE IN EFFECT.**

Policies can be seen at [www.fgcswim.org](http://www.fgcswim.org)

**CHECK-IN:** The 400 FR, 400 IM, and 1500 FR and all relays will be positive check-in events. Check-in will close 30 minutes before the beginning of each session.

**50 FL, 50 BA, 50 BR:** These events are for swimmers ages 13 & Over only.

**SCORING:** 11-9-8-7-6-5-4-3-2-1. All relays score double.

**AWARDS:** Individual: Meda1s 1-3

**Individual High Point Awards for top 3 women and men.**

Team: Plaques for 1-3 in Combined teams.

**ADMISSION:** \$3.00 per session

**HEAT SHEETS:** \$3.00 per session

***FOR ADDITIONAL INFORMATION CALL the FLA OFFICE at 954-468-5590***

***OR Email lmcluckie@FLAswim.com***

For hotel-lodging and parking information go to the City of Fort Lauderdale website at [www.fortlauderdale.gov/flac](http://www.fortlauderdale.gov/flac) and click on link.



## 2010 FLA Senior Circuit ORDER OF EVENTS

WOMEN							MEN	
FLSC Q-SCY	FLSC Q-LCM	EVENT #	EVENT	EVENT #	FLSC Q-LCM	FLSC Q-SCY		
<b>Friday, May 28, 2010 – 5:30 pm</b>								
34.89	39.69	1	50 BA	2	35.39	31.79		
2:09.29	2:24.49	3	200 FR	4	2:13.59	1:56.79		
1:18.89	1:30.79	5	100 BR	6	1:20.49	1:11.09		
1:06.59	1:14.89	7	100 FL	8	1:07.39	1:00.59		
5:06.29	5:46.39	9	400 IM*	10	5:21.49	4:48.79		
<b>10-Min Break</b>								
19:38.29	19:58.09	11	1500 FR**	12	18:44.29	18:27.49		
<i>*400 IM will be swum slowest to fastest, fastest 3 heats of women, fastest 3 heats of men.            All remaining heats will swim alternation women and men, fastest to slowest.            **The 1500 will be swum alternating women and men, fastest to slowest.</i>								
<b>Saturday, May 29, 2010 – 1:00 pm</b>								
39.39	45.29	13	50 BR	14	40.19	35.49		
1:09.89	1:19.49	15	100 BA	16	1:11.29	1:01.59		
2:24.49	2:43.89	17	200 IM	18	2:30.19	2:12.79		
28.39	31.89	19	50 FR	20	28.69	25.29		
5:36.59	4:59.29	21	400 FR**	22	4:42.39	5:14.89		
<b>5-Min Break</b>								
NTS	NTS	23	200 F.R.	24	NTS	NTS		
<i>**400 FR will be swum slowest to fastest, fastest 4 heats of women, fastest 4 heats of men.            All remaining heats will swim alternation women and men, fastest to slowest; after the relays.</i>								
<b>Sunday, May 30, 2010 – 10:00 am</b>								
33.29	37.39	25	50 FL	26	33.69	30.29		
2:49.69	3:13.39	27	200 BR	28	2:57.79	2:35.09		
1:00.79	1:08.19	29	100 FR	30	1:01.99	54.79		
2:25.49	2:42.39	31	200 FL	32	2:31.99	2:13.59		
2:29.19	2:48.19	33	200 BA	34	2:32.99	2:15.59		
<b>5-Min Break</b>								
NTS	NTS	35	200 M.R	36	NTS	NTS		

Meet management reserves the right with the approval of the FG Senior Chairman, to adjust logistics in order to run an efficient meet.