

SWIM MEET SIGN UP

SWIMMER'S NAME: _____

MEET Florida Gold Coast Area 1 Developmental Championship Meet
DATE February 24-26, 2012
FACILITY Lake Lytal Pool is located within Lake Lytal Park, 3645 Gun Club Rd., West Palm Beach, Fl.
DATES & TIMES: Session I –Timed Finals – Friday – Feb. 24, 2012 - Warm-up 3:30pm – Meet Starts 4:30pm
Session II – Saturday – Feb. 25, 2012 – Warm-up 7:00am – Meet Starts 8:00am
Prelims 10 & Under and 18 & Under
Session III – Saturday – Feb. 25, 2012 – Warm-up 11:30am – Meet Starts 12:30pm
Prelims 12 & Under and 14 & Under
Session IV – **Finals** All Age Groups - Saturday – Feb. 25, 2012 – Warm-up 5:00 pm – Meet Starts 6:00 pm

Session V – Sunday – Feb. 26, 2012 – Warm-up 7:00 am – Meet Starts 8:00 am
Prelims 10 & Under and 18 & Under
Session VI – Sunday – Feb. 26, 2012 – Warm-up 11:30 am – Meet Starts 12:30 pm
Prelims 12 & Under and 14 & Under
Session VII – **Finals** All Age Groups - Sunday – Feb. 26, 2012– Warm-up 5:00 pm – Meet Starts 6:00 pm

ELIGIBILITY: Open to all 18 & Under, 2010 USA Swimming registered athletes in Palm Beach County, Martin County Aquatics, Pine Crest Swimming and Ft. Lauderdale Swim Team (Boca Raton satellite) and foreign athletes with proper travel credential that have been invited by USA swimming. **14 &**

Under

Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum “B” time standard in any event 200 meters or longer. 15 & Over Swimmers must not have achieved a Senior Circuit qualifying time in the event entered and must have a minimum “B” time standard in any event 200 meters or longer.

Swimmers may not enter any event in which they have achieved a Qualifying time in, either SCY, LC, or SCM. Relay swimmers must also comply with this rule (in strokes / age brackets where no 50-meter standard is listed, the 100-meter stroke eligibility applies). Teams entering and swimming

athletes who have achieved Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between March 8 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time but are will not be eligible at the start of the Junior Olympic meet may swim at Division II in the above age group.

ENTRY LIMIT Six (6) individual events for the meet-no more than three (3) individual events per day

ENTRY FEE \$4.00 per Individual event entry - \$7.50 per swimmer surcharge

FINALS Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.

AWARDS Individual Events: Medals 1st – 3rd Ribbons 4th – 10th
Relay Events: Ribbons 1st –3rd

DISTANCE EVENTS The 400 Individual Medley, 500 Freestyle, and 1650 Freestyle are timed finals and positive check-in events. They will be swum fastest to slowest alternating girls and boys. The top 10 times entered in the 500 Free for each age group will swim with finals.

ADMISSION \$3.00 per person per session. Heat Sheets - \$2.00 each session

PLEASE HIGHLIGHT OR CIRCLE WITH A PEN THE EVENTS YOU WANT TO SWIM.
ENTER EVENTS IN WHICH YOU HAVE NOT ACHIEVED JUNIOR OLYMPIC STANDARD.
RETURN THIS FORM AND PAYMENT (CASH OR CHECK PAYABLE TO JDPO) **ASAP OR LATEST BY WEDNESDAY FEBRUARY 14, 2012** TO YOUR COACH. AFTER RECEIVING FORM AND PAYMENT THE SWIMMER WILL BE ENTERED IN THE MEET.

I WOULD LIKE TO BE ENTERED IN _____ EVENTS X \$4.00 = \$ _____
SWIMMER SURCHARGE \$ 7.50 = \$ _____
TOTAL = \$ _____

Order Of Events

**** = Timed Final Events – Swum in Prelims**

All Time Standards are “Slower Than”

Session I - Timed Finals- Friday –Feb. 24, 2012 Warm-up: 3:00pm Meet Starts: 4:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
1a			5:42.59	12 & Under	400IM**	5:42.59			2a
1b	6:03.19	5:53.79	5:20.19	13-14	400IM**	5:02.89	5:34.69	5:46.79	2b
1c	5:57.59	5:47.09	5:14.09	15-18	400IM**	4:49.09	5:19.49	5:29.99	2c
3a			22:17.09	12 & Under	1650FR**	22:17.09			4a
3b	19:48.09	19:14.89	19:21.69	13-14	1650FR**	19:14.89	19:14.89	19:48.09	4b
3c	19:37.29	19:02.29	19:08.99	15-18	1650FR**	18:47.99	18:41.39	19:22.99	4c

Order Of Events

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Session II - Prelims- Saturday –Feb. 25, 2012 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
5	1:37.29	1:32.89	1:26.49	10 & Under	100BK	1:27.09	1:36.19	1:39.89	6
11	1:18.69	1:15.29	1:08.09	15-18	100BK	1:01.79	1:08.29	1:11.99	12
13	NT	NT	NT	10 & Under	200 Free Relay**	NT	NT	NT	14
19	NT	NT	NT	15-18	200 Free Relay**	NT	NT	NT	20
21	43.09	42.19	37.99	10 & Under	50FL	39.39	43.49	43.99	22
27	37.49	36.89	32.09	15-18	50FL	29.59	33.99	34.59	28
29	1:49.49	1:45.19	1:35.39	10 & Under	100BR	1:38.89	1:49.19	1:52.89	30
35	1:27.79	1:24.79	1:16.79	15-18	100BR	1:09.19	1:16.49	1:20.59	36
37	37.49	36.79	33.39	10 & Under	50FR	33.79	37.29	38.29	38
43	30.99	29.99	27.19	15-18	50FR	24.49	26.99	28.09	44
45	3:01.89	2:54.79	2:38.39	10 & Under	200FR	2:41.39	2:58.79	3:03.19	46
51	2:23.19	2:20.29	2:06.99	15-18	200FR	1:55.79	2:07.89	2:13.39	52
53		1:33.89	1:25.19	10 & Under	100IM	1:26.39	1:34.39		54
57	2:44.69	2:42.79	2:27.29	15-18	200FL**	2:14.59	2:28.69	2:32.19	58
59a	6:25.69	6:12.29	7:05.89	10 & Under	500FR**	7:09.89	6:16.29	6:29.69	60a
59b	4:59.79	4:53.49	5:35.39	15-18	500FR**	5:11.69	4:32.79	4:41.09	60b

Order Of Events

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Session III – Prelims - Saturday Feb. 25, 2012 y - Warm-up: 11:00am Meet Starts: 12:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
7	1:28.29	1:24.79	1:15.29	11-12	100BK	1:15.29	1:24.49	1:26.19	8
9	1:20.49	1:17.09	1:09.79	13-14	100BK	1:04.89	1:11.69	1:15.59	10
15	NT	NT	NT	11-12	200 Free Relay**	NT	NT	NT	16
17	NT	NT	NT	13-14	200 Free Relay**	NT	NT	NT	18
23	37.79	37.19	32.69	11-12	50FL	32.69	37.49	37.99	24
25	36.59	35.59	32.39	13-14	50FL	30.09	33.79	34.69	26
31	1:37.39	1:32.79	1:24.19	11-12	100BR	1:24.29	1:33.89	1:38.09	32
33	1:29.09	1:26.19	1:17.99	13-14	100BR	1:12.29	1:19.89	1:23.59	34
39	34.69	33.99	30.89	11-12	50FR	29.89	32.99	34.49	40
41	31.49	30.39	27.59	13-14	50FR	26.59	29.39	30.69	42
47	2:41.69	2:36.89	2:22.19	11-12	200FR	2:22.59	2:37.49	2:42.79	48
49	2:26.19	2:22.09	2:08.59	13-14	200FR	2:06.69	2:19.99	2:24.99	50
55		1:24.19	1:13.29	11-12	100IM	1:13.79	1:23.79		56
61a	3:04.59	2:58.49	2:41.69	11-12	200FL**	2:44.89	3:02.19	3:08.39	62a
61b	2:49.59	2:44.19	2:28.59	13-14	200FL**	2:22.29	2:37.19	2:41.59	62b
					5 Minute Break				
63a	5:36.39	5:27.19	6:14.29	11-12	500FR**	6:21.29	5:33.69	5:44.69	64a
63b	5:03.49	4:55.99	5:38.29	13-14	500FR**	5:40.09	4:57.69	5:05.59	64b

Session IV – Finals - Saturday Feb. 25. 2012- Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
5-6	100 Back	10 & Under	35-36	100 Breast	15-18
7-8	100 Back	11-12	37-38	50 Free	10 & Under
9-10	100 Back	13-14	39-40	50 Free	11-12
11-12	100 Back	15-18	41-42	50 Free	13-14
21-22	50 Fly	10 & Under	43-44	50 Free	15-18
23-24	50Fly	11-12	45-46	200 Free	10 & Under
25-26	50 Fly	13-14	47-48	200 Free	11-12
27-28	50 Fly	15-18	49-50	200 Free	13-14
29-30	100 Breast	10 & Under	51-52	200 Free	15-18
31-32	100 Breast	11-12	53-54	100 IM	10 & Under
33-34	100 Breast	13-14	55-56	100 IM	11-12

Order Of Events

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Session V – Prelims - Sunday - Feb. 26. 2012 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
65	1:23.89	1:21.99	1:14.39	10 & Under	100FR	1:15.39	1:23.29	1:25.89	66
71	1:07.19	1:05.09	58.19	15-18	100FR	53.09	58.69	1:01.39	72
73	NT	NT	NT	10 & Under	200 Medley Relay **	NT	NT	NT	74
79	NT	NT	NT	15-18	200 Medley Relay **	NT	NT	NT	80
81	3:29.89	3:24.39	3:04.69	10 & Under	200IM	3:06.69	3:26.39	3:31.89	82
87	2:41.09	2:37.29	2:22.39	15-18	200IM	2:09.99	2:23.69	2:30.69	88
89	44.69	43.19	39.19	10 & Under	50BK	39.59	45.59	44.89	90
95	37.49	36.89	32.09	15-18	50BK	29.59	33.99	34.59	96
97	1:44.69	1:37.79	1:33.29	10 & Under	100FL	1:33.19	1:42.89	1:45.59	98
103	1:16.09	1:14.29	1:07.27	15-18	100FL	1:00.79	1:07.19	1:09.09	104
105	49.29	47.49	43.49	10 & Under	50BR	45.39	50.09	51.79	106
111	41.79	40.79	36.09	15-18	50BR	33.29	36.49	37.49	112
					5 Minute Break				
113	2:47.59	2:41.99	2:26.59	15-18	200BK**	2:12.69	2:26.59	2:34.89	114
115	3:08.49	3:05.59	2:45.29	15-18	200 BR**	2:30.09	2:45.89	2:54.29	116

Order Of Events

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Session VI – Prelims - Sunday - Feb. 26. 2012 - Warm-up: 11:00am Meet Start: 12:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
67	1:16.19	1:13.99	1:07.19	11-12	100FR	1:05.59	1:12.49	1:14.59	68
69	1:08.39	1:06.29	59.99	13-14	100FR	58.09	1:04.19	1:06.59	70
75	NT	NT	NT	11-12	200 Medley Relay **	NT	NT	NT	76
77	NT	NT	NT	13-14	200 Medley Relay **	NT	NT	NT	78
83	3:02.19	2:57.59	2:35.89	11-12	200IM	2:38.69	3:00.69	3:03.29	84
85	2:45.19	2:40.39	2:25.19	13-14	200IM	2:22.49	2:37.49	2:44.59	86
91	40.19	38.89	34.79	11-12	50BK	34.59	39.29	39.99	92
93	38.49	36.09	32.79	13-14	50BK	30.89	33.69	35.59	94
99	1:26.09	1:23.89	1:16.09	11-12	100FL	1:16.09	1:24.09	1:26.69	100
101	1:17.59	1:15.59	1:08.39	13-14	100FL	1:04.09	1:10.79	1:12.69	102
107	44.89	42.99	38.99	11-12	50BR	39.39	43.39	45.29	108
109	42.09	41.19	36.99	13-14	50BR	34.29	38.09	39.59	110
					5 Minute Break				
117a	3:02.69	2:55.59	2:39.09	11-12	200BK**	2:40.19	2:57.09	3:07.79	118a
117b	2:51.99	2:45.39	2:29.69	13-14	200BK**	2:19.49	2:34.19	2:42.09	118b
119a	3:25.69	3:18.29	2:59.69	11-12	200 BR**	3:00.19	3:19.09	3:29.59	120a
119b	3:11.99	3:05.69	2:47.99	13-14	200 BR**	2:36.29	2:52.69	3:02.39	120b

Session VII – Finals – Sunday - Feb. 26. 2012 - Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
65-66	100 Free	10 & Under	93-94	50 Back	13-14
67-68	100 Free	11-12	95-96	50 Back	15-18
69-70	100 Free	13-14	97-98	100 Fly	10 & Under
79-80	100 Free	15-18	99-100	100 Fly	11-12
81-82	200 IM	10 & Under	101-102	100 Fly	13-14
83-84	200 IM	11-12	103-104	100 Fly	15-18
85-86	200 IM	13-14	105-106	50 Breast	10 & Under
87-88	200 IM	15-18	107-108	50 Breast	11-12
89-90	50 Back	10 & Under	109-110	50 Breast	13-14
91-92	50 Back	11-12	111-112	50 Breast	15-18