

**SWIM MEET SIGN UP**

SWIMMER'S NAME: \_\_\_\_\_

**MEET** 2010 Florida Gold Coast Junior Olympics-Short Course March 10, 12-14, 2010  
**DATES & TIMES** Session I – Timed Finals- Wednesday – March 10, 2010. Warm-up 4:00pm Meet starts 5:00pm (1650)  
Session II - Prelims - Friday - March 12, 2010. Warm-up 8:00 am. Meet starts 9:00 am. West/East Pool  
Session III-Finals – Friday – March 12, 2010. Warm-up 3:00 pm-West pool. Final two heats of 1000  
Free start at 4:15pm - Remaining Finals Start at 5:10 pm-West pool  
Session IV - Prelims-Saturday-March 13, 2010. Warm-up 8:00 am. Meet starts 9:00 am. West/East pool  
Session V - Prelims- Saturday-March 13, 2010. Warm-up 4:00 pm. Meet starts 5:00 pm. West pool  
Session VI - Prelims- Sunday-March 14, 2010. Warm-up 8:00 am. Meet starts 9:00 am. West/East pool  
Session VII–Finals - Sunday-March 14, 2010. Warm-up 4:00 pm. Finals Start 5:00 pm. – West pool

**FACILITY** Coral Springs Aquatic Complex, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121  
See a map on our website: <http://www.jdswim.com/directions.htm>

**ENTRY FEE** \$4.00 per individual event, \$7.50 swimmer surcharge

**ELIGIBILITY** Open to all **14 & Under**, 2010 Florida Gold Coast registered athletes that have achieved the Qualifying times. Swimmers will qualify for the meet by attaining the Junior Olympic Qualifying times during the period **3/10/08- 3/10/10. The time must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded. All swimmers must have achieved the qualifying time to be eligible for the meet with the following exceptions:**

- 10&U - Achieve Q-time in the 200 Free may swim the 500 Free**
- 10&U and 11-12 - Achieve the Q time in the 100 of an event may swim the 50 or 200 of that event.**
- 13 & Over- Achieve the Q time in the 100 Fly, Back or Breast, may swim the 50 of that stroke.**

**ENTRY LIMIT** Each swimmer will be limited to **7 individual events but no more than 3 events per day**  
**SEEDING** Eligible entries shall be seeded in the following order- Short Course Yards, followed by Short Course Meters, followed by Long Course Meters

**FINALS** Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.  
**AWARDS** Individual Events: Medals 1-10, Relay Events: Medals 1<sup>st</sup>, Ribbons 2<sup>nd</sup> and 3<sup>rd</sup>  
Individual High Point Awards - Top 3 in each age group

**DISTANCE EVENTS** Wednesday's 1650 Freestyle (11-14) will be swum as timed finals. All ages swum together, scored separately (11-12, 13-14) Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25. Friday's 1000 Free is swum as timed finals, swum together and scored separately. The overall top 10 female and male swimmers will swim on Friday night starting at 4:15 PM before the rest of the finals, which will start at 5:10pm. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25. Saturday's 500 Free and Saturday's 400 IM are swum as timed finals, swum together and scored separately. The top 10 swimmers in each age group (10 & under, 11-12, 13-14 for the 500 Free); (11-12, 13-14 for the 400IM) will swim at night, all others with the preliminaries. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

**Check In:** Positive check in for the 1650 Freestyle, 1000 Freestyle, 800 Freestyle Relay, 500 Freestyle and 400 IM will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
1650 Free	11-12/13-14	Wednesd	4:00 PM
1000 Free	11-12/13-14	Friday	10:00 AM
800 Fr Relay	13-14	Friday	6:00 PM
500 Free	10 & Under/11-12/13-14	Saturday	10:00 AM
400 IM	11-12/13-14	Sunday	10:00 AM

PLEASE HIGHLIGHT OR CIRCLE WITH A PEN THE EVENTS YOU WANT TO SWIM.  
**(UP TO 3 EVENTS PER SESSION AND NOT MORE THAN 7 EVENTS IN TOTAL) RETURN THIS FORM AND PAYMENT (CASH OR CHECK PAYABLE TO JDPO) BY FRIDAY MARCH 5 2010 TO COACH “K”.**  
SWIMMERS QUALIFYING AT NORTH DIVISION WILL BE ELIGIBLE TO ENTER IN JO'S.  
ONLY 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 = \$ \_\_\_\_\_

**2010**  
**Florida Gold Coast Junior Olympic Championships**  
**Short Course**  
Sanction# 031410-FGC1  
Order of Events

**KEY – P** – Positive Check-in  
**S** – Special Seeding–All ages seeded and swum together - scored separately  
**SS**-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.  
**T** – Timed Final –  
**F** – Swum Fastest to Slowest alternating women and men.  
**F1** – Same as F plus fastest 10 in each age group swimming in finals.  
\*All Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries

**Wednesday, March 10, 2010- Timed Finals Warm-up 3:30pm Meet Start: 5:00pm**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
1	23:09.79	22:18.09	22:17.09	11-12	1650 Free - P/S/T/F	22:17.09	22:18.09	23:09.79	2
3	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:21.69	19:14.89	19:48.09	4

**Friday, March 12, 2010**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
5	--	--	--	13-14	200 Fr Relay T*	--	--	--	6
7	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	8
9	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	10
11	1:49.49	1:45.19	1:35.39	10&Uner	100 Breast	1:38.89	1:49.19	1:52.89	12
13	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	14
15	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	16
17	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	18
19	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	20
21	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	22
23	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	24
25	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	26
27	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	28
29	44.69	43.19	39.19	10&Under	50 Back	39.59	45.59	44.89	30
31	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	32
33	<b>100</b>	<b>Back</b>	<b>Cut</b>	13-14	50 Back	<b>100</b>	<b>Back</b>	<b>Cut</b>	34
35	11:59.39	11:35.29	13:14.69	11-12	1000 Free P/T/S/F1	13:14.69	11:35.29	11:59.39	36
37	10:20.99	10:10.29	11:37.29	13-14	1000 Free P/T/S/F1	11:37.29	10:10.29	10:20.99	38
39	--	--	--	11-12	400 Free Relay T*	--	--	--	40
41	--	--	--	13-14	800 Free Relay P/T*	--	--	--	42

**Friday Finals Order of events:**

**Events 35-37 and 36-38 will be combined and scored separately. The fastest 10 girls and fastest 10 boys will swim at 4:15pm.**

**Remaining events will start at 5:10PM and will be swum in event number order.**

**2010**  
**Florida Gold Coast Junior Olympic Championships**  
**Short Course**  
 Sanction#  
Order of Events

**Saturday March 13, 2010**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
43	--	--	--	10 & Under	200 Free Relay -T*	--	--	--	44
45	--	--	--	13-14	200 Med Relay-T*	--	--	--	46
47	--	--	--	11-12	200 Med Relay - T*	--	--	--	48
49	--	--	--	10 & Under	200 Med Relay -T*	--	--	--	50
51	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	52
53	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	54
55	3:29.89	3:24.39	3:04.69	10&Under	200 IM	3:06.69	3:26.39	3:31.89	56
57	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	58
59	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	60
61	37.49	36.79	33.39	10&Under	50 Free	33.79	37.29	38.29	62
63	3:11.99	3:05.69	2:47.99	13-14	200Breast	2:36.29	2:52.69	3:02.39	64
65	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	66
67	<b>100</b>	<b>Butterfly</b>	<b>Cut</b>	13-14	50 Fly	<b>100</b>	<b>Butterfly</b>	<b>Cut</b>	68
69	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	70
71	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	72
73	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	74
75	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	76
77	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	78
79	5:03.49	4:55.99	5:38.29	13-14	500 Free-P/SS/T/F1	5:40.09	4:57.69	5:05.59	80
81	5:36.39	5:27.19	6:14.29	11-12	500 Free -P/SS/T/F1	6:21.29	5:33.69	5:44.69	82
83	6:25.69	6:12.29	7:05.89	10 & Under	500 Free -P/SS/T/F1	7:09.89	6:16.29	6:29.69	84
85	--	--	--	13-14	400 Med Relay - T*	--	--	--	86
87	--	--	--	11-12	400 Med Relay - T*	--	--	--	88

**Saturday Finals Order of Events: Event number order – 43-88**

**Sunday, March 14, 2010**

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
89	--	--	--	11-12	200 Free Relay - T	--	--	--	90
91	--	--	--	13-14	400 Free Relay -T	--	--	--	92
93	-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-	94
95	-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-	96
97	<b>100</b>	<b>Breast</b>	<b>Cut</b>	13-14	50 Breast	<b>100</b>	<b>Breast</b>	<b>Cut</b>	98
99	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	100
101	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	102
103	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	104
105	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	106
107	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	108
109	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	110
111	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	112
113	6:03.19	5:53.79	5:20.49	13-14	400 IM-P/SS/T/F1	5:02.89	5:34.69	5:46.79	114
115	6:35.99	6:23.49	5:42.59	11-12	400 IM-P/SS/T/F1	5:42.59	6:23.49	6:35.99	116

**Sunday Finals Order of Events: Event order number 93 – 116 . Note: Events 89-92 swum in prelims.**