

SWIM MEET SIGN UP

SWIMMER'S NAME: _____

MEET **FGC Long Course Invitational June 5, 2010 hosted by NPB**
DATE **Session I - Open Age Group- Saturday- June 5, 2010. Warm-up 8:00 a.m. Meet starts 9:00 a.m.**
Session II - 12 & Under Age Group- Saturday - June 5, 2010. Warm-up 12:30 p.m. Meet Starts 1:30 p.m.
FACILITY Pompano Beach; 820 NE 18th Ave, Pompano Beach, Fl 33060- 954-786-4128

DIRECTIONS **Coming from the North:** I-95 South to Atlantic Blvd. Go East on Atlantic Blvd to NE 18th Avenue. Make a left at the light on NE 18th Ave. Go to NE 8th Street and make a right. The Aquatic Center is on the left.

ENTRY FEE \$3.25 per individual event. \$5.00 surcharge.

ENTRY LIMIT Three (3) individual events per day.

POOL 50 Meters by 25 Yards outdoor pool, 9 long-course racing lanes, with a separate five lane 25 meter warm- up and swim-down pool. Colorado Timing will be used.

ELIGIBILITY Open to all 2010 USA Swimming registered athletes in the Florida Gold Coast and foreign athletes with proper travel credential that have been invited by USA swimming.

AWARDS Individual Events: Medals 1st – 3rd Ribbons 4th – 16th

ADMISSION \$3.00 each session. Heat Sheet -\$2.00 each session

MEET INFO Updates to meet information as well as Time Lines, Psyche Sheets and Results for the meet will be posted

on: www.npbswimming.com

POSITIVE **Events Day Check-In Time**

CHECK IN: **400 Individual Medley Saturday 10:30am**

Swimmers who fail to check-in may swim if a lane is available without creating an additional heat.

Order of Events

Session I - Open Age Group- Saturday- June 5, 2010. Warm-up 8:00 a.m. Meet starts 9:00 a.m.

Event #	Age Group	Event
1-2	Open *	200 Freestyle
3-4	Open *	100 Breast stroke
5-6	Open *	200 Backstroke
7-8	Open *	100 Butterfly
9-10	Open *	50 Freestyle
11-12	Open *	400 Individual Medley**

* events awarded separately as 13-14 and 15 & Over. * events are Open event to all age-groups

**400 Individual Medley is a positive check-in event and will be swum fastest to slowest, alternating girls and boys

Session II - 12 & Under Age Group- Saturday - June 5, 2010. Warm-up 12:30 p.m. Meet Starts 1:30 p.m.

Event #	Age Group	Event
13-14	10 & Under	200 Freestyle
15-16	11-12	200 Freestyle
17-18	10 & Under	100 Breaststroke
19-20	11-12	100 Breaststroke
21-22	10 & Under	100 Backstroke
23-24	11-12	100 Backstroke
25-26	10 & Under	50 Butterfly
27-28	11-12	50 Butterfly
29-30	10 & under	50 Freestyle
31-32	11-12	50 Freestyle

PLEASE **HIGHLIGHT OR CIRCLE WITH A PEN** THE EVENTS YOU WANT TO SWIM.

RETURN THIS FORM AND PAYMENT (CASH OR CHECK PAYABLE TO **JDPO**) **ASAP** or **BY TUESDAY JUNE 1, 2010** 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 \$3.25 = \$ _____

SWIMMER SURCHARGE \$ 5.00 = \$ _____

TOTAL = \$ _____