

SWIM MEET SIGN UP

SWIMMER'S NAME: _____

MEET FG A Invitational – hosted by Jupiter Dragons Swim Team

DATE **Friday**, September 12, 2008 **Session I** - Warm-up at 4:00 p.m. Meet starts at 5:30 p.m.
Saturday, September 13, 2008 **Session II** - Warm-up at 7:30-8:50am. Meet starts at 9:00am
Saturday, September 13, 2008 **Session III** - Starts 10 minutes after session II
Sunday, September 14, 2008 **Session IV** - Warm-up at 7:30-8:50am. Meet starts at 9:00am
Sunday, September 14, 2008 **Session V** - Starts 10 minutes after session IV

FACILITY North County Aquatic Complex, Jupiter

ELIGIBILITY Open to all 2008 USA-Swimming registered Florida Gold Coast swimmers who have achieved at least **JO cuts or “A” standards** whichever is slower.

ENTRY LIMIT Swimmers are limited to **3 individual events per session.**

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

ENTRY DEADLINE **Friday September 5, 2008.**

AWARDS Individual Events: Medals 1st – 3rd Ribbons-4th – 8th
 Overall Male & Female Individual High Point Awards:
 Top points in each age group & sex (age groups: 10 & under, 11-12, 13-14, 15 & over)

DISTANCE EVENTS The 500 Free, 1650 Free, and 400 IM will be swum alternating women then men, fastest to slowest. **All distance events are positive check in.**

Order of Events

Girls-Odd / Boys-Even

Session I Friday, September 12, 2008 Warm up 4:00 p.m. / Start 5:30 p.m.

Event #	Age Group	Event
1-2	12 & Under	500 Freestyle*
3-4	13 & Over	1650 Freestyle**

Session II Saturday, September 13, 2008 Warm up 7:30 a.m. / Start 9:00 a.m.

Event #	Age Group	Event
5-6	13 & Over	200 IM**
7-8	12 & Under	100 IM*
9-10	13 & Over	100 Free**
11-12	12 & Under	50 Free*
13-14	Open	200 Fly***
15-16	12 & Under	100 Fly*
17-18	13 & Over	100 Back**
19-20	12 & Under	50 Back*
21-22	Open	200 Breast***
23-24	12 & Under	100 Breast*
25-26	Open	200 Medley Relay

Session III Saturday, September 13, 2008 Start 10 minutes after session II

Event #	Age Group	Event
27-28	13 & Over	500 Free**

Session IV Sunday, September 14, 2008 Warm up 7:30 a.m. / Start 9:00 a.m.

Event #	Age Group	Event
29-30	Open	200 Free***
31-32	12 & Under	50 Fly*
33-34	13 & Over	100 Fly**
35-36	12 & Under	100 Back*
37-38	Open	200 Back***
39-40	12 & Under	50 Breast*
41-42	13 & Over	100 Breast**
43-44	12 & Under	100 Free*
45-46	13 & Over	50 Free**
47-48	12 & Under	200 IM*
49-50	Open	200 Free Relay

Session V Sunday, September 14, 2008 Start 10 minutes after session IV

Event #	Age Group	Event
51-52	Open	400 IM**

- * - Event will be awarded separately (10&Under and 11&12)
- ** - Event will be awarded separately (13&14 and 15&Over)
- *** - Event will be awarded separately (12&Under, 13&14, 15&Over)

PLEASE HIGHLIGHT OR CIRCLE WITH A PEN THE EVENTS YOU WANT TO SWIM. ENTER EVENTS IN WHICH YOU HAVE ACHIEVED AT LEAST 2008 JO CUT OR "A" STANDARD WHICHEVER IS SLOWER.

TALK TO YOUR COACH REGARDING ELIGIBILITY FOR THE MEET AND EVENTS!!!

RETURN THIS FORM AND PAYMENT (CASH OR CHECK PAYABLE TO JDPO) **BY FRIDAY SEPTEMBER 5, 2008** TO COACH "K". 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 = \$ _____

PARENTS,
WITH OUT YOUR HELP WE CAN'T HOST SWIM MEETS WHICH ARE MAIN SOURCE OF INCOME FOR SOCIAL EVENTS, BUYING EQUIPMENT, AWARDS, ANNUAL BANQUET ETC...

PLEASE SEE THE SIGN UP FORMS IN THE ROOM NEXT TO THE POOL MANAGER'S OFFICE.