

# SWIM MEET SIGN UP

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

MEET FGC 2010 International Age Group Invitational  
DATE June 24-27, 2010  
FACILITY Hall of Fame Aquatic Complex Fort Lauderdale, Florida Map can be found at [www.jdswim.com](http://www.jdswim.com)  
ENTRY FEE \$4.00 per individual event.  
\$7.50 swimmer surcharge  
\$8.00 per relay

AWARDS Individual Events: Medals 1-3 Ribbons 4-8.  
Relays: Ribbons 1-3

POOL Two - 10 lane, 50 meter pools. Each pool has Colorado timing and separate scoreboard.

ELIGIBILITY Open to all 2010 registered USS swimmers & foreign athletes with proper Travel credentials who achieved the time standard.

ADMISSION Per session: \$ 5.00 (includes heat sheet)  
All Session Pass: \$25.00 (includes heat sheets) 2-day Pass: \$15.00 (includes heat sheets)

TIME: TRIALS IN TWO COURSES FINALS IN ONE COURSE

	WARM UP	TRIALS	WARM UP	FINALS
Thursday 13-14 / 15-16 / Open	2:30 PM	-----	Timed Finals at 4:00 PM	
Fri-Sat-Sun 10&U / 11-12 / 13-14	7:30 AM	8:30 AM	4:30 PM	5:30 PM
Fri-Sat-Sun 15-16 / Open	7:30 AM	8:30 AM	4:30 PM	5:30 PM

ENTRY LIMIT Limit 3 individual events per day (9 total for the meet) plus relays.

NOTE: **Trials start times may be adjusted to fit timelines.**

NOTE: **All Finals will be Championship Final Only - Top 10**

**PLEASE HIGHLIGHT OR CIRCLE WITH A PEN THE EVENTS YOU WANT TO SWIM (UP TO 3 EVENTS PER SESSION) YOU CAN ENTER EVENTS IN WHICH YOU HAVE ACHIEVED THE QUALIFICATION TIME STANDARD OR IF YOU ARE CLOSE TO IT.**

**RETURN THIS FORM AND PAYMENT (CASH OR CHECK PAYABLE TO JDPO) ASAP OR BY MONDAY JUNE 14, 2010 TO COACH "K".**

**ONLY AFTER RECEIVING FORM AND PAYMENT THE SWIMMER WILL BE ENTERED IN THE MEET.**

**THE MEET WILL FILL UP FAST SO IN ORDER TO GET IN IT SEND YOUR SIGN UP SHEET WITH PAYMENT ASAP!**

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

## ORDER OF EVENTS

### WEST POOL – Thur June 24 – 4:00pm

Ev #	Age	Event	Girls	Boys
1	Open	400 IM	Top 40	
3	15-16	400 IM	Top 40	
5	13-14	400 IM	Top 40	
7	Open	800 Free Relay	---	
9	15-16	800 Free Relay	---	
11	13-14	800 Free Relay	---	
*** 10 Minute Break ***				
13	Open	800 Freestyle	Top 120	

### EAST POOL – Thur June 24 – 4:00pm

Ev #	Age	Event	Girls	Boys
2	Open	400 IM		Top 40
4	15-16	400 IM		Top 40
6	13-14	400 IM		Top 40
8	Open	800 Free Relay		---
10	15-16	800 Free Relay		---
12	13-14	800 Free Relay		---
*** 10 Minute Break ***				
14	Open	1500 Freestyle		Top 60

### WEST POOL – Fri June 25 – 8:30am

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
15-16	10 & U	200 Free	3:01.89	2:38.39	3:03.19	2:41.39
17-18	11-12	200 Free	2:41.69	2:22.19	2:42.79	2:22.59
19-20	13-14	200 Free	2:31.79	2:13.79	2:24.99	2:06.69
25-26	13-14	50 Fly	36.50	32.50	34.50	30.50
31-32	10 & U	100 Back	1:37.29	1:26.49	1:39.89	1:27.09
33-34	11-12	100 Back	1:28.29	1:15.29	1:26.19	1:15.29
35-36	13-14	100 Back	1:20.49	1:09.79	1:15.59	1:04.89
41-42	13-14	200 Breast	3:11.99	2:47.99	3:02.39	2:36.29
47-48	10 & U	50 Free	37.49	33.39	38.29	33.79
49-50	11-12	50 Free	34.69	30.89	34.49	29.89
51-52	13-14	50 Free	32.49	28.69	30.69	26.59
57-58	10 & U	200 Free Relay	---	---	---	---
59-60	11-12	200 Free Relay	---	---	---	---
61-62	13-14	200 Free Relay	---	---	---	---

### EAST POOL – Fri June 25 – 8:30am

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
21-22	15-16	200 Free	2:27.19	2:10.39	2:17.19	2:00.09
23-24	Open	200 Free	2:26.69	2:09.49	2:14.79	1:58.09
27-28	15-16	50 Fly	36.00	32.00	34.50	30.50
29-30	Open	50 Fly	36.00	32.00	34.50	30.50
37-38	15-16	100 Back	1:19.49	1:09.89	1:11.29	1:01.59
39-40	Open	100 Back	1:19.49	1:09.89	1:11.29	1:01.59
43-44	15-16	200 Breast	3:13.39	2:49.69	2:57.79	2:35.09
45-46	Open	200 Breast	3:13.39	2:49.69	2:57.79	2:35.09
53-54	15-16	50 Free	31.89	28.39	28.79	25.29
55-56	Open	50 Free	31.89	28.39	28.69	25.29
63-64	15-16	200 Free Relay	---	---	---	---
65-66	Open	200 Free Relay	---	---	---	---

**WEST POOL – Sat June 26 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
67-68	10 & U	200 IM	3:29.89	3:04.69	3:31.89	3:06.69
69-70	11-12	200 IM	3:02.19	2:37.59	3:03.29	2:38.69
71-72	13-14	200 IM	2:51.49	2:30.49	2:44.59	2:22.49
77-78	10 & U	50 Back	44.69	39.19	44.89	39.59
79-80	11-12	50 Back	40.19	34.79	39.99	34.59
81-82	13-14	50 Back	38.50	34.00	37.50	33.00
87-88	10 & U	100 Breast	1:49.49	1:35.39	1:52.89	1:38.89
89-90	11-12	100 Breast	1:37.39	1:24.19	1:38.09	1:24.29
91-92	13-14	100 Breast	1:29.09	1:17.99	1:23.59	1:12.29
97-98	10 & U	100 Fly	1:44.69	1:33.29	1:45.59	1:33.19
99-100	11-12	100 Fly	1:26.09	1:16.09	1:26.69	1:16.09
101-102	13-14	100 Fly	1:17.59	1:08.39	1:12.69	1:04.09
107-108	10 & U	200 Medley Relay	---	---	---	---
109-110	11-12	200 Medley Relay	---	---	---	---
111-112	13-14	400 Free	TOP 40			
117-118	13-14	200 Medley Relay	---	---	---	---

**EAST POOL – Sat June 26 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
73-74	15-16	200 IM	2:47.29	2:26.99	2:35.89	2:15.09
75-76	Open	200 IM	2:45.89	2:25.29	2:31.29	2:12.79
83-84	15-16	50 Back	38.00	35.50	37.00	32.50
85-86	Open	50 Back	38.50	33.50	37.00	32.50
93-94	15-16	100 Breast	1:30.79	1:18.89	1:20.49	1:11.09
95-96	Open	100 Breast	1:30.79	1:18.89	1:20.49	1:11.09
103-104	15-16	100 Fly	1:14.89	1:06.59	1:07.69	1:00.59
105-106	Open	100 Fly	1:14.89	1:06.59	1:07.39	1:00.59
113-114	15-16	400 Free*	TOP 40		TOP 40	
115-116	Open	400 Free*	TOP 40		TOP 40	
119-120	15-16	200 Medley Relay	---	---	---	---
121-122	Open	200 Medley Relay	---	---	---	---

**WEST POOL – Sun June 27 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
123-124	11-12	400 Free*	TOP 40			
125-126	13-14	200 Back	2:51.99	2:29.69	2:41.59	2:19.49
131-132	10 & U	50 Breast	49.29	43.49	51.79	45.39
133-134	11-12	50 Breast	44.89	38.99	45.29	39.39
135-136	13-14	50 Breast	42.00	38.00	41.00	37.00
141-142	10 & U	50 Fly	43.09	37.99	43.99	39.39
143-144	11-12	50 Fly	37.79	32.69	40.59	33.99
145-146	13-14	200 Fly	2:49.59	2:28.59	2:41.59	2:22.99
151-152	10 & U	100 Free	1:23.89	1:14.39	1:25.89	1:15.39
153-154	11-12	100 Free	1:16.19	1:07.19	1:14.59	1:05.59
155-156	13-14	100 Free	1:10.39	1:02.19	1:06.59	58.09

**EAST POOL – Sun June 27 – 8:30am**

Ev #	Age	Event	Girls LCM	Girls SCY	Boys LCM	Boys SCY
127-128	15-16	200 Back	2:48.19	2:29.19	2:32.99	2:15.59
129-130	Open	200 Back	2:48.19	2:29.19	2:32.99	2:15.59
137-138	15-16	50 Breast	41.50	37.50	40.50	36.50
139-140	Open	50 Breast	41.50	37.50	40.50	36.50
147-148	15-16	200 Fly	2:42.69	2:25.49	2:31.99	2:13.59
149-150	Open	200 Fly	2:42.39	2:25.49	2:31.99	2:13.59
157-158	15-16	100 Free	1:08.59	1:00.79	1:03.09	55.19
159-160	Open	100 Free	1:08.39	1:00.79	1:01.99	54.79