

***"Friday Night at the Races Developmental Inv."***

**Friday, April 1, 2016**

**Lake Lytal Family Aquatic Complex  
3645 Gun Club Rd. West Palm Beach, FL**



- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGI040116LLL-P-11**
- Sponsored by :** **Lake Lytal Lightning Swim Team**
- Rules:** 2016 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Camera Free:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Eligibility:** Open to all current 2016 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement - USA Swimming Rule 202.3.3 The Meet Host WILL be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition. **Swimmers MUST NOT have achieved Jr. Olympic Qualifying Times or FGC Sr. Champs times for this competition.**

**Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations -561-310-4924

**Pool/Timing:** 25 yard/meters x 50 yards/meters heated outdoor pool, 8-10 **short-course** racing lanes with separate warm-up and swim-down lanes available. Colorado & Daktronics Timing System® will be used. Fly-over starts will possibly be used.  
The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start varies from 4'6" to 12'0" depending on lane assignment accordance with 202.3.7 (C).

**Date & Time:** **Friday, April 1, 2016**  
**Session I - Timed Finals - Warm-up at 4:15 pm. Meet starts at 5 pm.**

***\*Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.***

**Location:** **Lake Lytal Family Aquatic Complex**  
3645 Gun Club Rd., West Palm Beach, FL 33406

**Directions:** **I-95: Exit Southern Blvd West to Congress Ave., South to Gun Club Rd. West to Pool ½ mile on right.**  
**Turnpike: Exit Southern Blvd. East to Kirk Rd. Kirk Rd. South to Gun Club East. Pool ¼ mile on the left.**

**Entry:** All entries must be received by **Monday, March 28, 2016 @ 8pm**  
PLEASE enter electronically, NO MAILED entries.  
For electronic entries (CL or SDIF format only!!)  
E-mail to **gmand688@bellsouth.net**  
Confirmation for electronic entries will be sent via e-mail.  
**\*\*Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 561-310-4924**

**NOTE: Swimmers without registration numbers or birth dates will not be entered. \*\*\* Entry Fees will be Double if not entered electronically.**

**Seeding:** **Mix Gender Short Course Yards**

**Entry Fees:** **\$ 3.25** per individual event

**Facility Surcharge:** \$ 1.00 per swimmer

**\*Entry fees are made payable to "Lake Lytal Lightning" (note: one check per team)**

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part. |

**Entry Limit:** **5 Individual Events** |

**Awards:** Individual Events: Ribbons places 1-8 Heat Winner Special Awards 8 & U |

**Deck Entries:** THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org). All deck entered swimmers must present current USA Swimming Card in order to be entered. |

**Head Referee:** **Dee Herfurth** |

**Meet Director:** **Gordon Andrews** |

**Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues. |

**Admission:** Admission - \$ 3 per session. Heat Sheets - \$ 3 per session. |

**Information:** Call the Teams Office at (561)310-4924. |

### Events

All Events will be Awarded Boys and Girls Separately

1	Mixed 6 & U 25 Fr	10	Mixed 10 & U 50 Fr	19	Mixed 10 & U 50 Fly
2	Mixed 7-8 25 Fr	11	Mixed 11 & Over 50 Fr	20	Mixed 11 & Over 50 Fly
3	Mixed 6 & U 25 Bk	12	Mixed 10 & U 50 Bk	21	Mixed Open 100 Fly**
4	Mixed 7-8 25 Bk	13	Mixed 11 & Over 50 Bk		5 Min. Break
5	Mixed 6 & U 25 Fly	14	Mixed Open 100 Bk**	22	Mixed 10 & U 100Fr
6	Mixed 7-8 25 Fly	15	Mixed 10 & U 50 Brst	23	Mixed 11 & Over 100 Fr***
7	Mixed 6 & U 25 Brst.	16	Mixed 11 & Over 50 Brst		
8	Mixed 7-8 25 Brst	17	Mixed Open 100 Brst**		
9	Mixed 8 & U 50 Free*	18	Mixed Open 100 IM**		

\*Separate Awards and Place 6 & U/7 & 8 \*\*Separate Awards and Rankings 9-10/11-12/13&Over \*\*\*Separate Awards and Rankings 11-12/13&Over