



## FGC BB Championships NORTH

*BMSC, BPSA, BRST, ECAC, ESC, FAST, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, BEST, HWST, CSSC, HAFL, HAT, MWA, NSU, PCS, PST, POMP, SUN, SFTL, TSA, WASC*

**Mar 1-3, 2019**

Lake Lytal Lightning Family Aquatic Center, West Palm Beach

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction Number #FGD030119LLL-P-05

It is understood and agreed that USA Swimming, the facility and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



**Hosted by:**

**Location:** Lake Lytal Lightning Family Aquatic Center 3645 Gun Club Rd. WPB, FL 33406

**Directions:** From I-95 Exit Southern Blvd. West to Congress Ave. South to first left. LL Park is ½ Mile on the right. From Turnpike Exit Southern Blvd. East to Kirk Rd. (across from airport). Kirk South to Gun Club East. LL Park is ¼ mile on the left. Google Maps Link: <https://goo.gl/maps/nMf3wLLaia42>

**Hotels in Area:** Click following link for great hotel rates near Lake Lytal Aquatic Center: <https://fgcnorth.hotelplanner.com>

**Date & Time:**

Date	Session	Warm-up	Meet Start
Friday Mar 1	I	4:30 pm	5:30 pm
Saturday Mar 2	II	7:00 am	8:30 am
Saturday Mar 2	III	4:30 pm	5:30 pm
Sunday Mar 3	IV	7:00 am	8:30 am
Sunday Mar 3	V	4:30 pm	5:30 pm

***The meet director reserves the right to change meet warm-up and start time in order to hold an efficient meet within USA Swimming / FGC guidelines and with FGC Age Group Chairperson approval.***

**Pool/Timing:**

25y x 50m outdoor heated facility, 10 Competitive short-course racing lanes with separate warm-up and swim-down lanes available. Min. water depth in accordance w/ Article 103.2.3 at the stat end of pool varies from 4'6" to 12'0" depending on lane assignment. Colorado/Daktronics Timing Systems w/touch pads will be used for this meet. The competition course HAS been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming

**Format:**

These championships will be conducted in SCY. Events 200M and longer, all 7-10 events, and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 10 swimmers in each of the following age groups: 11-12, 13-14, 15-18 advancing to finals.

Breaks between events may be inserted at Meet Director and Meet Referee discretion.

**Rules:**

2019 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.

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

**Deck Changing:** Deck changes are prohibited.

**Camera Free Zone:** 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.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

**Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

**Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are currently registered and in good standing with USA Swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.  
**Coaches:** You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials, and do not interfere with those conducting the meet.

**Warm-up:** Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Depending upon the number of swimmers entered, teams may be assigned to specific warm-up times and lanes Saturday and Sunday morning. Teams assigned to an early warm-up on one day will be assigned to a late warm-up period on the other day. More detailed warm-up procedures will be distributed to registered coaches prior to the competition.

**Eligibility:** Open to all 7-18 year old 2019 USA Swimming registered athletes affiliated with teams assigned to FGC NORTH ( BMSC, BPSA, BRST, ECAC, ESC, FAST, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, BEST, HWST, CSSC, HAFL, HAT, MWA, NSU, PCS, PST, POMP, SUN, SFTL, TSA, WASC) who have achieved the published time standard in one or more events during the qualifying period.

Qualifying time standards are USA Swimming National Age Group Motivational “BB” times for all individual events. There is no qualifying time standard for relays and these events may be entered with no time.

Athletes who have achieved a qualifying time for the 2019 Spring FGC Junior Olympics (7-14 year old athletes) or 2019 Spring FGC Senior Championships (15-18 year old athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is Mar 1, 2017 through the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. Swimmers who are not registered with USA Swimming by 6:00pm Thursday Feb 28, 2019 will be removed from the meet. Such swimmers who subsequently prove USA Swimming registration will be permitted to enter late in accordance with the late entry policy.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet.

**Disability Athletes:** Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the pool office ahead of time to allow for preparations – 561-310-4924

**Entry:** All entries must be received by **11:59am Monday Feb 25, 2019.**

Enter through USA Swimming Online Meet Entry (OME) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome).

Paper, Fax Email and Hytek entries will not be accepted.

OME Opens: 12:01am Monday Jan 21, 2019

OME Closes: 11:59am Monday Feb 25, 2019

**Entry Fees:** \$6.00 per individual event  
**Relay Fees:** \$10.00 per relay  
**Facility Surcharge:** \$10.00 per swimmer  
**\*Entry fees are made payable to Lake Lytal Lightning Swim Team  
(note: 1 Check per team please)**

**Late Entries:** Late entries may be accepted following the close of OME and prior to the scratch deadline for the event in question at meet management and meet referee discretion. All late entries must be accompanied by proof of time and proof of 2019 USA Swimming registration. Fees for late entries shall be double the standard entry fee.

**Deck Entries:** **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** All entries must be received by the deadlines specified above.

**Responsibility Clause:** The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2019 FGC Junior Olympic or 2019 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

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

**Entry Limit:** Swimmers may swim a maximum of three (3) individual events per day.

**Seeding:** All events will be seeded in order of SCY then SCM then LCM. All events will be seeded fast to slow. Timed final events and preliminary heats for 11-12, 13-14 and 15-18 age groups may be swum combined. If so, they will be result and scored separately. Finals events will be swum in the following order: 11-12, 13-14, 15-18 girls, then 11-12, 13-14, 15-18 boys.

Friday evening's 500 freestyle and 400 IM will be seeded in event order without alternating heats. Positive check-in is NOT required.

**Relays:** Teams are limited to no more than two entries per relay event. All relays will swim in the preliminary sessions.

Relay only swimmers are not permitted in these championships. All relay team members must be properly entered in at least one individual event.

**1650 Freestyle:** The top ten entries in the women's and men's 1650 freestyle will be seeded to swim in Sunday's finals session. Additional heats, if any, will be swum following the relays at the end of the preliminaries session and will be seeded fast to slow, alternating heats of women, then men. Positive check-in is required in order to be seeded. The positive check-in deadline is 6:00pm on Saturday, Mar 2. An option to be seeded in the preliminary session without regard to entry time shall not be offered.

**Scratches:** Scratches from timed final events and preliminaries will be accepted until the deadlines listed below.

Friday Mar 1 events	6:00pm Thursday Feb 28
Saturday Mar 2 events	6:00pm Friday Mar 1
Sunday Mar 3 events	6:00pm Saturday Mar 2

Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Failure to compete in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid.

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

Scratches must be done individually. Team scratches are not accepted.

**Awards:** Individual Events: Medals: 1<sup>st</sup> – 3<sup>rd</sup> Ribbons: 4<sup>th</sup> – 8<sup>th</sup>  
Relay Events: Ribbons: 1<sup>st</sup> – 3<sup>rd</sup>

**Scoring:** Individual events: 11-9-8-7-6-5-4-3-2-1  
Relays: 22-18-16-14-12-10-8-6-4-2

**Meet Director:** Gordon Andrews 561-310-4924 [lightningswimming@gmail.com](mailto:lightningswimming@gmail.com)

**Head Referee:** Dee Herfurth

**Admin Referee:** Gordon Andrews

**Officials:** If you know that you will be attending this meet and will be available, please email the meet referee, **Dee Herfurth cha63chi@gmail.com**, and let her know your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter's tent 60 minutes before the start of the session.

**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:** \$5.00 per person per session.  
Heat Sheets will be available at \$3  
Printed Heat sheets will be available for coaches in the swim office.

**Information:** Gordon Andrews [lightningswimming@gmail.com](mailto:lightningswimming@gmail.com)

# Order of Events

## Friday Timed Finals

[Warm up 4:30pm – Meet start 5:30pm]

Girls			Event	Description	Event	Boys		
SCY	SCM	LCM				LCM	SCM	SCY
< 2:57.39 > 2:35.59	< 3:15.99 > 2:51.99	< 3:20.99 > 2:56.29	1	7-10 200 Free	2	< 3:12.09 > 2:54.79	< 3:05.69 > 2:48.99	< 2:47.99 > 2:33.39
< 2:29.69 > 2:15.29	< 2:45.39 > 2:29.49	< 2:50.39 > 2:34.09	3	11-12 200 Free	4	< 2:45.19 > 2:32.49	< 2:39.79 > 2:27.49	< 2:24.59 > 2:13.49
< 2:22.19 > 2:05.79	< 2:37.19 > 2:18.99	< 2:42.59 > 2:23.89	5	13-14 200 Free	6	< 2:32.29 > 2:14.79	< 2:26.69 > 2:09.79	< 2:12.79 > 1:57.49
< 2:19.19 > 2:05.59	< 2:33.79 > 2:18.49	< 2:38.69 > 2:22.49	7	15-18 200 Free	8	< 2:26.09 > 2:11.59	< 2:20.89 > 2:07.59	< 2:07.49 > 1:54.79
< 3:15.59 > 2:52.69	< 3:36.19 > 3:10.79	< 3:43.19 > 3:17.09	9	7-10 200 IM	10	< 3:40.79 > 3:19.39	< 3:33.49 > 3:12.89	< 3:13.19 > 2:54.99
< 2:47.79 > 2:31.69	< 3:05.39 > 2:47.59	< 3:11.49 > 2:53.09	11	11-12 200 IM	12	< 3:09.29 > 2:53.89	< 3:01.49 > 2:46.69	< 2:44.19 > 2:30.89
< 2:39.19 > 2:20.89	< 2:55.89 > 2:35.59	< 3:03.39 > 2:42.19	13	13-14 200 IM	14	< 2:51.99 > 2:38.79	< 2:44.19 > 2:31.59	< 2:28.59 > 2:17.19
< 2:36.19 > 2:20.69	< 2:52.59 > 2:35.39	< 2:59.69 > 2:41.89	15	15-18 200 IM	16	< 2:43.99 > 2:28.19	< 2:36.69 > 2:24.19	< 2:21.79 > 2:10.79
< 7:35.49 > 6:44.89	< 6:38.59 > 5:54.29	< 6:51.09 > 6:05.39	17	7-10 500 Free	18	< 6:44.59 > 6:07.59	< 6:31.19 > 5:55.79	< 7:26.99 > 6:45.39
< 6:38.39 > 6:00.19	< 5:48.69 > 5:15.19	< 5:56.49 > 5:22.29	19	11-12 500 Free	20	< 5:48.69 > 5:21.89	< 5:39.09 > 5:12.99	< 6:27.49 > 5:57.69
< 6:20.09 > 5:36.29	< 5:32.69 > 4:54.29	< 5:40.89 > 5:01.59	21	13-14 500 Free	22	< 5:24.09 > 4:46.69	< 5:41.19 > 4:37.89	< 5:58.99 > 5:17.59
< 6:12.09 > 5:31.59	< 5:25.59 > 4:47.29	< 5:32.89 > 4:55.29	23	15-18 500 Free	24	< 5:09.89 > 4:38.39	< 5:02.79 > 4:30.39	< 5:45.99 > 5:09.89
< 5:56.79 > 5:22.49	< 6:34.19 > 5:56.29	< 6:48.29 > 6:09.09	25	11-12 400 IM	26	< 6:39.39 > 6:08.69	< 6:22.79 > 5:53.39	< 5:46.39 > 5:19.79
< 5:39.69 > 5:00.49	< 6:15.39 > 5:31.99	< 6:27.59 > 5:42.89	27	13-14 400 IM	28	< 6:04.69 > 5:22.59	< 5:50.69 > 5:10.29	< 5:17.39 > 4:40.79
< 5:31.99 > 5:00.29	< 6:06.89 > 5:31.79	< 6:18.79 > 5:42.39	29	15-18 400 IM	30	< 5:47.29 > 5:17.49	< 5:37.69 > 5:09.49	< 5:05.59 > 4:40.59



## Saturday Prelims

[Warm up 7:00am – Meet start 8:30am]

Girls			Event	Description	Event	Boys		
SCY	SCM	LCM				LCM	SCM	SCY
< 2:47.89 > 2:38.99	< 3:05.59 > 2:55.29	< 3:10.19 > 2:59.59	31	11-12 200 Fly	32	< 3:07.69 > 3:01.19	< 3:01.19 > 2:55.29	< 2:43.99 > 2:39.39
< 2:37.89 > 2:25.79	< 2:54.49 > 2:41.09	< 2:59.49 > 2:45.69	33	13-14 200 Fly	34	< 2:49.19 > 2:36.19	< 2:42.49 > 2:29.99	< 2:26.99 > 2:15.69
< 2:34.89 > 2:23.49	< 2:51.09 > 2:36.39	< 2:54.79 > 2:40.39	35	15-18 200 Fly	36	< 2:40.39 > 2:29.99	< 2:35.39 > 2:25.99	< 2:20.59 > 2:11.59
< 1:30.69 > 1:21.29	< 1:40.19 > 1:29.69	< 1:45.99 > 1:34.69	37	7-10 100 Back	38	< 1:43.59 > 1:35.49	< 1:39.09 > 1:31.49	< 1:29.69 > 1:23.19
< 1:18.49 > 1:13.79	< 1:26.69 > 1:21.29	< 1:31.09 > 1:25.29	39	11-12 100 Back	40	< 1:29.09 > 1:25.49	< 1:23.69 > 1:20.59	< 1:15.79 > 1:13.29
< 1:11.69 > 1:06.19	< 1:19.19 > 1:13.09	< 1:23.59 > 1:17.09	41	13-14 100 Back	42	< 1:18.29 > 1:12.29	< 1:13.89 > 1:08.19	< 1:06.89 > 1:01.79
< 1:10.09 > 1:05.99	< 1:17.39 > 1:12.89	< 1:21.99 > 1:16.89	43	15-18 100 Back	44	< 1:14.69 > 1:10.29	< 1:10.19 > 1:07.99	< 1:03.49 > 1:00.59
< 41.79 > 37.19	< 46.19 > 40.99	< 47.29 > 41.99	45	7-10 50 Fly	46	< 45.99 > 42.19	< 44.79 > 41.09	< 40.49 > 37.39
< 34.09 > 32.49	< 37.69 > 35.79	< 38.29 > 36.39	47	11-12 50 Fly	48	< 38.69 > 37.29	< 37.79 > 36.49	< 34.19 > 33.19
< 32.69 > 30.19	< 36.19 > 33.39	< 36.79 > 33.89	49	13-14 50 Fly	50	< 34.69 > 31.99	< 33.79 > 31.19	< 30.59 > 28.19
< 32.49 > 29.99	< 36.19 > 33.19	< 36.79 > 33.69	51	15-18 50 Fly	52	< 33.99 > 30.89	< 33.39 > 30.19	< 30.29 > 27.99
< 1:44.99 > 1:33.89	< 1:55.99 > 1:43.49	< 2:01.49 > 1:48.29	53	7-10 100 Breast	54	< 1:57.69 > 1:48.19	< 1:52.59 > 1:43.59	< 1:41.89 > 1:34.19
< 1:27.39 > 1:22.39	< 1:36.59 > 1:30.89	< 1:41.39 > 1:35.39	55	11-12 100 Breast	56	< 1:38.49 > 1:34.39	< 1:34.39 > 1:30.59	< 1:25.49 > 1:22.39
< 1:22.39 > 1:15.99	< 1:30.99 > 1:23.99	< 1:34.99 > 1:27.69	57	13-14 100 Breast	58	< 1:28.09 > 1:21.29	< 1:23.49 > 1:17.09	< 1:15.59 > 1:09.79
< 1:20.69 > 1:15.79	< 1:29.19 > 1:23.79	< 1:32.49 > 1:27.49	59	15-18 100 Breast	60	< 1:23.49 > 1:18.49	< 1:19.59 > 1:16.49	< 1:12.09 > 1:09.09
< 35.19 > 32.39	< 38.89 > 35.69	< 39.89 > 36.59	61	7-10 50 Free	62	< 39.49 > 36.49	< 38.09 > 35.19	< 34.49 > 31.99
< 31.49 > 29.09	< 34.69 > 32.19	< 35.79 > 33.19	63	11-12 50 Free	64	< 34.69 > 32.09	< 33.39 > 30.89	< 30.29 > 27.89
< 30.29 > 26.79	< 33.49 > 29.59	< 34.59 > 30.69	65	13-14 50 Free	66	< 31.99 > 28.29	< 30.79 > 27.29	< 27.89 > 24.69
< 29.79 > 26.59	< 32.89 > 29.39	< 33.79 > 30.49	67	15-18 50 Free	68	< 30.19 > 28.09	< 29.59 > 27.09	< 26.79 > 24.49

Girls									Boys	
SCY	SCM	LCM	Event	Description	Event	LCM	SCM	SCY		
< 1:31.69 > 1:22.79	< 1:41.29 > 1:29.19		69	7-10 100 IM	70		< 1:38.79 > 1:29.89	< 1:29.39 > 1:23.39		
< 1:18.39 > 1:10.79	< 1:26.59 > 1:18.29		71	11-12 100 IM	72		< 1:22.89 > 1:16.39	< 1:14.99 > 1:09.09		
< 1:18.29 > 1:09.29	< 1:26.59 > 1:16.59		73	13-14 100 IM	74		< 1:15.69 > 1:09.89	< 1:08.59 > 1:03.29		
< 1:15.49 > 1:07.99	< 1:24.09 > 1:15.69		75	15-18 100 IM	76		< 1:15.09 > 1:09.09	< 1:07.29 > 1:01.99		
< 2:43.99 > 2:35.39	< 3:01.29 > 2:51.29	< 3:10.19 > 2:59.59	77	11-12 200 Back	78	< 3:06.49 > 3:00.19	< 2:57.19 > 2:51.49	< 2:40.29 > 2:35.99		
< 2:35.39 > 2:23.39	< 2:51.69 > 2:38.49	< 2:59.39 > 2:45.59	79	13-14 200 Back	80	< 2:49.69 > 2:36.59	< 2:41.19 > 2:28.79	< 2:25.89 > 2:14.69		
< 2:32.39 > 2:23.19	< 2:48.39 > 2:38.29	< 2:55.59 > 2:45.39	81	15-18 200 Back	82	< 2:41.39 > 2:30.99	< 2:33.79 > 2:26.99	< 2:19.19 > 2:13.59		
			83	7-10 200 Free Relay	84					
			85	11-12 200 Free Relay	86					
			87	13-14 200 Free Relay	88					
			89	15-18 200 Free Relay	90					

### Saturday Finals

[Warm up 4:30pm – Meet start 5:30pm]

100 Back
50 Fly
100 Breast
50 Free
100 IM

## Sunday Prelims

[Warm up 7:00am – Meet start 8:30am]

Girls			Event	Description	Event	Boys		
SCY	SCM	LCM				LCM	SCM	SCY
< 3:08.59 > 2:58.09	< 3:28.39 > 3:16.39	< 3:36.09 > 3:23.49	91	11-12 200 Breast	92	< 3:28.69 > 3:20.59	< 3:19.99 > 3:12.59	< 3:00.99 > 2:55.09
< 2:58.29 > 2:44.59	< 3:16.99 > 3:01.89	< 3:25.59 > 3:09.79	93	13-14 200 Breast	94	< 3:11.59 > 2:56.79	< 3:02.99 > 2:48.89	< 2:45.59 > 2:32.89
< 2:54.69 > 2:44.39	< 3:13.09 > 3:01.69	< 3:20.79 > 3:09.59	95	15-18 200 Breast	96	< 3:02.49 > 2:55.79	< 2:53.09 > 2:48.69	< 2:36.59 > 2:32.69
< 1:19.99 > 1:10.49	< 1:28.39 > 1:17.89	< 1:31.49 > 1:20.59	97	7-10 100 Free	98	< 1:30.29 > 1:21.89	< 1:26.99 > 1:18.99	< 1:18.79 > 1:11.69
< 1:08.29 > 1:01.79	< 1:15.49 > 1:08.29	< 1:18.49 > 1:10.99	99	11-12 100 Free	100	< 1:15.69 > 1:09.89	< 1:12.89 > 1:07.29	< 1:05.89 > 1:00.89
< 1:05.79 > 58.19	< 1:12.69 > 1:04.29	< 1:15.39 > 1:06.69	101	13-14 100 Free	102	< 1:09.99 > 1:01.99	< 1:07.29 > 59.59	< 1:00.89 > 53.89
< 1:04.59 > 57.99	< 1:11.39 > 1:04.09	< 1:13.59 > 1:06.49	103	15-18 100 Free	104	< 1:07.09 > 1:00.99	< 1:04.49 > 58.99	< 58.39 > 53.69
< 41.89 > 37.69	< 46.29 > 41.59	< 48.89 > 43.89	105	7-10 50 Back	106	< 49.19 > 44.99	< 46.79 > 42.99	< 42.39 > 39.09
< 35.59 > 33.89	< 39.29 > 37.29	< 41.19 > 38.99	107	11-12 50 Back	108	< 40.89 > 39.49	< 38.99 > 37.69	< 35.29 > 34.29
< 34.19 > 31.49	< 37.69 > 34.79	< 39.49 > 36.39	109	13-14 50 Back	110	< 36.99 > 34.09	< 35.29 > 32.49	< 31.89 > 29.39
< 33.29 > 31.29	< 36.79 > 34.59	< 38.59 > 36.19	111	15-18 50 Back	112	< 36.09 > 33.89	< 33.39 > 32.29	< 30.49 > 29.09
< 1:39.09 > 1:26.09	< 1:49.49 > 1:34.99	< 1:52.99 > 1:37.99	113	7-10 100 Fly	114	< 1:51.39 > 1:38.99	< 1:48.29 > 1:36.29	< 1:37.99 > 1:27.29
< 1:18.29 > 1:13.49	< 1:26.49 > 1:20.99	< 1:28.49 > 1:22.79	115	11-12 100 Fly	116	< 1:26.29 > 1:22.59	< 1:24.49 > 1:20.89	< 1:16.49 > 1:13.59
< 1:11.39 > 1:05.99	< 1:18.89 > 1:12.89	< 1:21.09 > 1:14.79	117	13-14 100 Fly	118	< 1:15.49 > 1:09.69	< 1:13.29 > 1:07.69	< 1:06.39 > 1:01.29
< 1:09.99 > 1:04.59	< 1:17.29 > 1:10.89	< 1:19.49 > 1:12.89	119	15-18 100 Fly	120	< 1:11.79 > 1:05.39	< 1:10.09 > 1:03.39	< 1:03.39 > 58.59
< 47.49 > 42.79	< 52.49 > 47.19	< 53.99 > 48.49	121	7-10 50 Breast	122	< 53.29 > 48.99	< 51.39 > 47.29	< 46.59 > 42.99
< 39.99 > 37.89	< 44.19 > 41.79	< 45.49 > 42.99	123	11-12 50 Breast	124	< 45.39 > 43.59	< 43.69 > 41.99	< 39.59 > 38.19
< 38.39 > 35.39	< 42.39 > 39.09	< 43.59 > 40.19	125	13-14 50 Breast	126	< 40.89 > 37.69	< 39.19 > 36.19	< 35.59 > 32.79
< 37.49 > 35.19	< 41.39 > 38.89	< 42.29 > 39.99	127	15-18 50 Breast	128	< 39.39 > 36.99	< 37.49 > 35.99	< 34.09 > 32.59

			Girls				Boys	
SCY	SCM	LCM	Event	Description	Event	LCM	SCM	SCY
			129	7-10 200 Medley Relay	130			
			131	11-12 200 Medley Relay	132			
			133	13-14 200 Medley Relay	134			
			135	15-18 200 Medley Relay	136			
< 23:07.29 > 20:53.89	< 22:59.19 > 20:46.59	< 23:55.39 > 21:37.39	137	11-12 1650 Free	138	< 23:25.49 > 21:37.39	< 22:29.59 > 20:45.69	< 23:37.49 > 20:52.99
< 21:43.19 > 19:12.89	< 21:35.69 > 19:06.19	< 22:23.09 > 19:48.09	139	13-14 1650 Free	140	< 21:27.39 > 18:58.89	< 20:35.99 > 18:13.39	< 20:43.19 > 18:19.79
< 21:26.19 > 19:12.69	< 21:18.69 > 19:05.99	< 22:02.19 > 19:43.09	141	15-18 1650 Free	142	< 20:33.99 > 18:29.99	< 19:55.89 > 17:59.99	< 20:02.89 > 18:10.99

### Sunday Finals

[Warm up 4:30pm – Meet start 5:30pm]

Fastest Heat of Girls 1650 Free
100 Free
50 Back
Fastest Heat of Boys 1650 Free
100 Fly
50 Breast

## FGC BB Championships Time Trials

**Sanctioned by:** USA Swimming and Florida Gold Coast Swimming  
Sanction Number



**Hosted by:**

**Location:** Lake Lytal Lightning Family Aquatic Center 3645 Gun Club Rd. WPB, FL 33406

**Directions:** From I-95 Exit Southern Blvd. West to Congress Ave. South to first left. LL Park is ½ Mile on the right. From Turnpike Exit Southern Blvd. East to Kirk Rd. (across from airport). Kirk South to Gun Club East. LL Park is ¼ mile on the left. Google Maps Link: <https://goo.gl/maps/nMf3wLLaia42>

**Dates and Time:** Mar 2, 2019 – Immediately following the conclusion of the preliminaries session, time permitting.

Mar 3, 2019 – Immediately following the conclusion of the preliminaries session, time permitting. Sunday's 1650 freestyle time trial may be swum combined with event 141 or 142 and entries into this event may be limited to available open lanes in event 141 and 142.

**Pool / Timing:** 25y x 50m outdoor heated facility, 10 Competitive short-course racing lanes with separate warm-up and swim-down lanes available. Min. water depth in accordance w/ Article 103.2.3 at the stat end of pool varies from 4'6" to 12'0" depending on lane assignment. Colorado/Daktronics Timing Systems w/touch pads will be used for this meet. The competition course HAS been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming

**Eligibility:** Open to all currently registered USA Swimming athletes.

**Entries:** Entry forms will be available at the clerk of course table. Entries will close at 10:00 am each day. Proof of USA Swimming registration will be required for swimmers not entered in THE FGC SCY BB Championship Meet.

**Entry Limit:** Swimmers are limited to no more than 3 events per day including events they participated in at the FGC SCY BB Championship Meet.

**Entry Fees:** \$10.00 per individual event; \$15.00 athlete surcharge for all swimmers not entered in the FGC SCY BB Championship Meet.

**Referee:** Dee Herfurth

	Saturday Mar 2		Sunday Mar 3	
	Event Numbers		Event Numbers	
	1st Pass	2nd Pass	1st Pass	2nd Pass
<b>50 Freestyle</b>	201	251	301	351
<b>100 Freestyle</b>	202	252	302	352
<b>200 Freestyle</b>	203	253	303	353
<b>400 Freestyle</b>	204	254	304	354
<b>1650 Freestyle</b>	-	-	305	-
<b>50 Backstroke</b>	206	256	306	356
<b>100 Backstroke</b>	207	257	307	357
<b>200 Backstroke</b>	208	258	308	358
<b>50 Breaststroke</b>	209	259	309	359
<b>100 Breaststroke</b>	210	260	310	360
<b>200 Breaststroke</b>	211	261	311	361
<b>50 Butterfly</b>	212	262	312	362
<b>100 Butterfly</b>	213	263	313	363
<b>200 Butterfly</b>	214	264	314	364
<b>100 Individual Medley</b>	215	265	315	365
<b>200 Individual Medley</b>	216	266	316	366
<b>400 Individual Medley</b>	217	267	317	367

All time trial events are mixed gender. Events will be run through twice a day and may be swum in an order different than listed above.