



2023 Florida Gold Coast
Age Group Championships
March 9-12 2023 (25-yards)



Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG2L230680B022**

It is understood and agreed that USA Swimming, the facilities, 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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA GOLD COAST SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By entering this meet, you voluntarily assume all risks related to exposure to COVID-19.

Hosted By: Coral Springs Swim Club

Location: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge; continue south

to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

Parking: The act of drivers parking vehicles in an illegal or restricted area such as, but not limited to, a fire zone, where signs are posted, in crosswalks, on sidewalks, double parking, or blocking a fire hydrant as dictated by area traffic laws. Illegal acts of parking may result in a violation, fee or towing at the owners' expense. The Coral Springs Swim Club, Coral Springs Booster Club or the City of Coral Springs are **NOT** responsible for fines.

Dates & Times:

Date:	Prelim's warm-up	Prelims' start	Final's warm-up	Finals' start
Thursday, March 9			4:00 pm	5:30 pm
Friday, March 10	7:00 am	8:30 am	4:00 pm	5:30 pm
Saturday, March 11	7:00 am	8:30 am	4:00 pm	5:30 pm
Sunday, March 12	7:00 am	8:30 am	4:00 pm	5:30 pm

WARM UP AND WARM DOWN PROCEDURES: Warm up will be split into an "A" warm up and a "B" warm up. "A" and "B" sessions will be 35 minutes. Controlled warm up will begin 20 minutes before the start of the session. Teams will be assigned to either "A" or "B" warm up slots after the entry deadline. The east pool (25-yard) will be open for warm up and warm down during the course of the meet. There will be no assigned warm up for Thursday's session.

NOTE: Meet management reserves the right to adjust start times of sessions to ensure an efficient meet.

Pool/Timing: Two 25-yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided. Competition pool – short course yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. East and West Courses will be used for session I (Thursday night). All other sessions will be swum in the west pool – 10 lanes. The competition courses have been certified in accordance with article 104.2.2C (4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming. Water depth varies from 5.5 feet to 8 feet (west pool) and 6.6 feet across (east pool).

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 vicinities 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.

Rules: Current USA Swimming Rules and Florida Gold Coast 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.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 without the use of the backstroke ledge. 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 202.4.11(D).

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." Exceptions may be granted with prior written approval by the Vice President of Program Operations

Medical Supervision: Coral Springs Aquatic Complex has Full Time and Part Time American Red Cross Certified Lifeguards. Trainings include, but are not limited to, CPR, AED, and First Aid.

Safety Equipment: AED (Automated External Defibrillator), Spine Boards, First Aid Kits, Lightning Detection, and Handicap Lift.

Eligibility: Athlete Eligibility – The Florida Gold Coast Age Group Championship is a closed meet. To be eligible to swim at the Florida Gold Coast Age Group Championships, the swimmer must be registered 60 days prior to the first day of the meet unless either of the following conditions is met:

- i. Former permanent FG swimmer who are not registered / re-registered by 60-day point will be AGC eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 60 days prior to Championship meet.
- ii. Swimmers who legitimately transfer into the LSC within the 60-day window may apply for an exemption to the 60-day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of the two of the following documents:
 1. Florida Driver's License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by registration chair.

All FGC Age Group Championships' swimmers will qualify for the meet by attaining the Age Group Championships' qualifying times during the period 3/09/21 to 3/09/23. The times must be in the SWIMS database, if the time does not exist enter an override time. **Override times must be proven by the entry deadline.** Entry times must be achieved during the correct qualifying period and must be proven prior to the scratch deadline for that event through the SWIMS database.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. FLEX and SEASONAL members are not eligible for this meet. The meet is only open to year-round members.

Closed Deck: Spectators will be allowed at designated areas inside the facility. Coaches: You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials. Coaches without credentials will not have access to the closed deck area or the hospitality room. In order to obtain the coaching credential, coaches must sign in at the main entrance near the volunteer sign up desk and present their deck pass membership information. Coaching credentials must be worn during all sessions. Each coach will receive only one credential for the whole meet. Coaches must have their certifications up-to-date in order to receive their credentials.

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. Equipment will be allowed in the warm down pool only.

Disability: FG and host clubs along with their Meet Referees are committed to the FG Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – cscswimentries@gmail.com

Deck Change: Deck changes are prohibited.

Restrooms: The two main restrooms located near the west pool (50-meter) will be divided in half. One half will be designated to athletes only (14 & under). The other half will be designated to coaches, officials and volunteers. A family restroom located at the far east end of the facility near the east pool (25-meter). Additional restrooms can be found on the upper deck inside the fitness center.

Entry Deadline: Entries Open- 12:01 AM EST – Monday, February 6, 2023
Entries Close- 11:59 PM EST – Monday, February 27, 2023

Late entry: Late entries will be accepted through a secondary late entry. Entries will be doubled. Please email the late entries in the body of an email to our administrative assistant at cscswimentries@gmail.com. No HYTEK file will be accepted for late entries.

Entries Open – 12:01 AM EST – Tuesday, February 28, 2023
Entries Close – 11:59 PM EST – Thursday, March 02, 2023

Hytek Meet Entry File: Due to the ongoing migration USA Swimming's Online Meet Entry (OME) program, entries for the 2023 Spring FGC Age Group Championships will be managed through the Hytek entry files found on the event landing page on the Florida Gold Coast Swimming website.

Individual Entries: Only times that have been achieved during the qualifying date range can be used. **CONVERTED TIMES ARE NOT PERMITTED.**

Relay Entries: "RELAY ONLY" ATHLETES WILL BE ALLOWED IN THE MEET. Teams must enter in the team's Hytek file by the entry deadline. No athletes will be added to the database after the entries closes.

ATTENTION TEAMS WITH UNATTACHED ATHLETES: Teams may enter athletes with an Unattached status.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Swimmers entered in the meet manually will be charged doubled.

Entry Limit: **Ind. Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit.

Timed trials: Timed trials events will count towards the swimmer's daily limit but not the meet limit.

Relays: Two (2) per team per event ("A" and "B" relays only). All relays will be swum at finals, except Sunday relays.

Psych Sheet: Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

Deck Entries: **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** All entries must be received through a Hytek file as described above.

Entry Fees: **Individual Event:** \$15.00 - **Relay Event:** \$20.00 - **Facility Surcharge:** \$20.00 per swimmer

Late Entry Fees: **Individual Event:** \$30.00 - **Relay Event:** \$40.00 – **Facility Surcharge:** \$40.00 per swimmer

The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club.**

Deck Passes: Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:

1-7 Swimmers: 2 deck passes

8-15 Swimmers: 3 deck passes

16-23 Swimmers: 4 deck passes

24- 32 Swimmers: 6 deck passes

Over 32 Swimmers: 7 deck passes

Deck passes for coaches will only be handed out to coaches listed in the team's entry form. The cost of these deck passes is \$0 each. The cost to replace a lost or missing deck pass will be \$50 at the venue.

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

Seeding:

1. All events will be seeded fast to slow in the following order: SCY, SCM, LCM, nonconforming distance SCY, nonconforming distance LCM except as otherwise noted. The order of the final heats will be B then A.
2. The 500 Freestyle's top 10 swimmers in the following age groups (11-12) will swim at night, all others will swim in the preliminaries.
3. The 13-14 500 Free and 400 IM are a prelims and finals event. The preliminary session will be alternating women and men.
4. Positive check-in is NOT required for the 500 freestyle and 400 IM.

1650 Free:

1. Thursday's 1650 Free (11-14) is a timed final event, and will swim together and scored separately for the following age groups 11-12 & 13-14. Positive check-in by the scratch deadline for the 1650 free is required to be seeded.
2. Swimmers achieving the Age Group Championships' qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1650-yard freestyle. Seeding will be done in this order: 1650-yard, 1500-meter, 1000-yard then 800-meter.
3. 1650 free swimmers must supply their own counters.
4. Thursday night events will be run in two courses (West/East).

Relays: Positive check-in is not required.

Format: Finals will consist of one heat of girls and one heat of boys for the following age group: 10 & under (top 10 swimmers per individual event). Finals will consist of two heats of girls and two heats of boys for the following age groups: 11- & 12 and 13-14 - top 20 swimmers per individual event) for all events that are 200 and shorter. The following events are timed finals: 11-14 1650 Free, 10 & Under and 11 & 12 500 Free. The following events are prelims and finals with only the "A" final (top 10 swimmers) swimming at night: 13-14 400 IM and 13-14 500 Free.

Check In/Scratches: Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Positive check-in and scratches deadlines:

Thursday Events	Wednesday at 06:00 PM
Friday Events	Thursday at 06:00 PM
Saturday Events	Friday at 06:00 PM
Sunday Events	Saturday at 6:00 PM

Scratches for the 1650 will close at the time listed above. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat on a first come first served basis. Scratches must be done electronically. Please submit scratches to: cscswimentries@gmail.com

Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches must be done electronically. Please submit scratches to: cscswimentries@gmail.com.

NOTE: "Failure to swim" in finals or positive check in timed finals events (11-14 1650 free) 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. In the case of missing a Sunday night final, payment of \$25.00 must be made in order to compete in future FGC Championship meets.

I. 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. The Referee will instruct the Announcer to call the alternates.

II. Scratches must be done individually; "team scratches are not accepted."

III. In addition to swimmers required to scratch if they are not going to swim finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11th – 30th.

IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Awards: Individual Events: Medals 1st – 10th
Relay Events: Medals 1st -3rd
Team Awards: Overall Team Championship 1st – 3rd
Age Group Team awards: 1st-3rd place for each age group and gender
Overall Girls/ Boys Team Awards – 1st – 3rd
Individual High Point Awards: Top 3 in each age group & gender

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

Admission: \$5 per person per session. **CASH ONLY!**
Heat Sheet – **FREE - you can find the heat sheet posted online at www.swimcsc.com**

Concessions: The Concession stand will be available at the meet.

Hospitality: Hospitality room will be available to the coaches, officials and volunteers.

Meet Info: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimcsc.com

Identification: Coaches and officials shall have their 2023 USA Swimming registration identification in a visible location at the meet at all times during this meet. Deck pass may be used as a form of USA Swimming registration.

Meet Referee: **Kenneth Rattray**

Meet Marshall: **City of Coral Springs Lifeguard Staff**

Administrative Official: **Christine Palumbo/ Laura Azevedo/ Kwane Hamilton**

Meet Director: **Bruno Darzi**

DAY ONE – Finals - Thursday, March 9, 2023

Finals' warm-up: 4:00 pm

Finals' start: 5:30 pm

Girls #	LCM	SCM	SCY	Age Group	Event
1	21:37.39	20:46.59	20:53.89	11-12	1650 Free P/SS/T
3	19:48.09	19:06.19	19:12.89	13-14	1650 Free P/SS/T
5	6:05.39	5:54.29	6:44.89	10 & Under	500 Free T
7	6:09.09	5:56.29	5:22.49	11-12	400 IM T

WEST POOL - GIRLS

Age Group	Event	SCY	SCM	LCM	Boys #
11-12	1650 Free P/SS/T	20:52.99	20:45.69	21:37.39	2
13-14	1650 Free P/SS/T	18:19.79	18:13.39	18:58.89	4
10 & Under	500 Free T	6:45.39	5:55.79	6:07.59	6
11-12	400 IM T	5:19.79	5:53.39	6:08.69	8

EAST POOL - BOYS

KEY – P – Positive Check-in

SS-Super Seeded – All ages swum together, scored separately.

T – Timed Final –

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

NOTE: Relay Time standards can be found at the end of the order of events page.

DAY TWO – Prelims - Friday, March 10, 2023

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
9	1:34.69	1:29.69	1:21.29	10 & Under	100 Back	1:23.19	1:31.49	1:35.49	10
11	1:22.69	1:21.49	1:13.39	11-12	100 Back	1:13.29	1:20.59	1:25.49	12
13	2:45.59	2:38.49	2:23.39	13-14	200 Back	2:14.69	2:28.79	2:36.59	14
15	1:48.29	1:43.49	1:33.89	10 & Under	100 Breast	1:34.19	1:43.59	1:48.19	16
17	1:35.39	1:30.89	1:22.39	11-12	100 Breast	1:22.39	1:30.59	1:34.39	18
19	1:27.69	1:23.99	1:15.99	13-14	100 Breast	1:09.79	1:17.09	1:21.29	20
21	36.59	35.69	32.39	10 & Under	50 Free	31.99	35.19	36.49	22
23	32.59	31.79	28.69	11-12	50 Free	27.89	30.89	32.09	24
25	30.59	29.59	26.79	13-14	50 Free	24.69	27.29	28.29	26
27	3:17.09	3:10.79	2:52.69	10 & Under	200 IM	2:54.99	3:12.89	3:19.39	28
29	2:53.09	2:47.59	2:31.69	11-12	200 IM	2:30.89	2:46.69	2:53.89	30
31	2:42.19	2:35.59	2:20.89	13-14	200 IM	2:17.19	2:31.59	2:36.79	32

DAY TWO – Finals - Friday, March 10, 2023

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
9	10 & Under	100 Back	10
11	11-12	100 Back	12
13	13-14	200 Back	14
15	10 & Under	100 Breast	16
17	11-12	100 Breast	18
19	13-14	100 Breast	20
21	10 & Under	50 Free	22
23	11-12	50 Free	24
25	13-14	50 Free	26
27	10 & Under	200 IM	28
29	11-12	200 IM	30
31	13-14	200 IM	32
33	10 & Under	200 Free Relay	34
35	11-12	400 Free Relay	36
37	13-14	400 Free Relay	38

GIRLS

BOYS

KEY – P – Positive Check-in

T – Timed Final –

(*) – Prelims and Finals

All Friday's Relays will swim at Finals.

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

NOTE: Relay Time standards can be found at the end of the order of events page.

DAY THREE – Prelims -Saturday, March 11, 2023

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
39	2:45.69	2:41.09	2:25.79	13-14	200 Fly	2:15.69	2:29.99	2:36.19	40
41	35.89	35.19	31.79	11-12	50 Fly	31.89	35.39	36.09	42
43	41.99	40.99	37.19	10 & Under	50 Fly	37.39	41.09	42.19	44
45	1:17.09	1:13.09	1:06.19	13-14	100 Back	1:01.79	1:08.19	1:12.29	46
47	38.99	37.29	33.89	11-12	50 Back	34.29	37.69	39.49	48
49	43.89	41.59	37.69	10 & Under	50 Back	39.09	42.99	44.99	50
51	-	1:15.99	1:08.39	13-14	100 IM	1:03.29	1:10.29	-	52
53	-	1:18.29	1:10.79	11-12	100 IM	1:09.09	1:16.39	-	54
55	-	1:29.19	1:22.79	10 & Under	100 IM	1:23.39	1:29.89	-	56
57	1:06.19	1:04.29	58.19	13-14	100 Free	53.89	59.59	1:01.99	58
59	2:34.09	2:29.49	2:15.29	11-12	200 Free	2:13.49	2:27.49	2:32.49	60
61	2:56.29	2:51.99	2:35.59	10 & Under	200 Free	2:33.39	2:48.99	2:54.79	62
63	5:01.59	4:54.29	5:36.29	13-14	500 Free (*)	5:17.59	4:37.89	4:46.69	64

DAY THREE – Finals -Saturday, March 11, 2023

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
39	13-14	200 Fly	40
41	11-12	50 Fly	42
43	10 & Under	50 Fly	44
45	13-14	100 Back	46
47	11-12	50 Back	48
49	10 & Under	50 Back	50
51	13-14	100 IM	52
53	11-12	100 IM	54
55	10 & Under	100 IM	56
57	13-14	100 Free	58
59	11-12	200 Free	60
61	10 & Under	200 Free	62
63	13-14	500 Free (*)	64
65	10 & Under	200 Medley Relay	66
67	13-14	400 Medley Relay	68
69	11-12	400 Medley Relay	70

GIRLS

BOYS

KEY – P – Positive Check-in

T – Timed Final –

F1 - Fastest 10 swimmers will compete in finals.

(*) – Prelims and Finals

All Saturday's Relays will swim at Finals.

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

NOTE: Relay Time standards can be found at the end of the order of events page.

DAY FOUR – Prelims - Sunday, March 12, 2023

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
71	3:09.79	3:01.89	2:44.59	13-14	200 Breast	2:32.89	2:48.89	2:56.79	72
73	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	74
75	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	76
77	1:14.79	1:12.89	1:05.99	13-14	100 Fly	1:00.69	1:07.69	1:08.29	78
79	1:22.79	1:20.99	1:13.49	11-12	100 Fly	1:13.59	1:20.89	1:22.59	80
81	1:37.99	1:34.99	1:26.09	10 & Under	100 Fly	1:27.29	1:36.29	1:38.99	82
83	2:23.89	2:18.99	2:05.79	13-14	200 Free	1:57.49	2:09.79	2:14.79	84
85	1:10.99	1:08.29	1:01.59	11-12	100 Free	1:00.89	1:07.29	1:09.89	86
87	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	88
89	5:42.89	5:31.99	5:00.49	13-14	400 IM (*)	4:40.79	5:10.29	5:22.59	90
91	5:22.29	5:15.19	6:00.19	11-12	500 Free (F1)	5:57.69	5:12.99	5:21.89	92
93	2:17.99	-	2:00.79	13-14	200 Free Relay	1:51.19	-	2:07.99	94
95	2:33.19	-	2:14.39	11-12	200 Free Relay	2:10.39	-	2:07.99	96
5-minute break									
97	2:33.19	-	2:13.09	13-14	200 Medley Relay	2:03.49	-	2:22.99	98
99	2:52.69	-	2:31.19	11-12	200 Medley Relay	2:30.49	-	2:51.89	100

DAY FOUR – Finals - Sunday, March 12, 2023

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
71	13-14	200 Breast	72
73	11-12	50 Breast	74
75	10 & Under	50 Breast	76
77	13-14	100 Fly	78
79	11-12	100 Fly	80
81	10 & Under	100 Fly	82
83	13-14	200 Free	84
85	11-12	100 Free	86
87	10 & Under	100 Free	88
89	13-14	400 IM (*)	90
91	11-12	500 Free (F1)	92

GIRLS

BOYS

KEY – P – Positive Check-in

T – Timed Final –

F1 - Fastest 10 swimmers will compete in finals.

(*) – Prelims and Finals

All Sunday's Relays will swim at Prelims.

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

NOTE: Relay Time standards can be found at the end of the order of events page.

RELAY AGE GROUP CHAMPS TIME STANDARDS 23-24

GIRLS		EVENTS	BOYS	
LCM	SCY	10 & under	SCY	LCM
2:49.59	2:35.59	200 free relay	2:32.39	2:54.39
3:32.89	3:06.49	200 medley relay	3:03.39	3:30.39
LCM	SCY	11-12	SCY	LCM
2:33.19	2:14.39	200 free relay	2:10.39	2:07.99
2:52.69	2:31.19	200 medley relay	2:30.49	2:51.89
5:36.39	4:54.39	400 free relay	4:43.99	5:25.19
6:27.89	5:36.89	400 medley relay	5:27.49	6:17.39
LCM	SCY	13-14	SCY	LCM
2:17.99	2:00.79	200 free relay	1:51.19	2:07.99
2:33.19	2:13.09	200 medley relay	2:03.49	2:22.99
4:59.19	4:21.99	400 free relay	4:03.59	4:39.59
5:33.59	4:49.29	400 medley relay	4:28.89	5:11.39

2023 - Florida Gold Coast Age Group Championships Time Trials Short Course (25y)

Sanction # **FG2T230690B023**

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

Sponsored by: Coral Springs Swim Club/ Coral Springs Board of Directors

Dates/Time: Friday - March 10, 2023 - 15 minutes after the conclusion of prelims.
Saturday - March 11, 2023 - 15 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m. The west pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the FGC Age Group Championships. Swimmers not in the FGC Age Group Championships can swim 3 events per day.

Entry Fees: **Individual Event:** \$30.00 - **Relay Event:** \$40.00 – **Facility Surcharge:** \$40.00 per swimmer, if not entered in the 2023 Age Group Championships.

Entries: Entry cards must be filled out in the office.

Deadline: Entries for time trials will close at 9:30am.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the FGC Age Group Championships who do not exceed the event entry limit for the day).

Distance Events: The 1650/1000 Free will be offered only on Friday Time Trial Session ONLY! The 800 Free Relay will be offered on Saturday Time Trial Session ONLY!

Awards: None (other than fast times and satisfaction).

Location: Coral Springs Aquatic Complex (12441 Royal Palm Blvd, Coral Springs, FL, 33065)

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

Meet Referee: **Kenneth Rattray**

Meet Marshall: **City of Coral Springs Lifeguard Staff**

Administrative Official: **Christine Palumbo/ Laura Azevedo/ Kwane Hamilton**

Meet Director: **Bruno Darzi**

Information: **Bruno Darzi – 954-340-5032**

ORDER OF EVENTS

Day 1 Events – 300 Series Event Numbers

Day 2 Events – 400 Series Event Numbers

Event #	Event
1	Mixed 50 Free
2	Mixed 100 Free
3	Mixed 200 Free
4	Mixed 500 Free
5	Mixed 1000/1650 Free (Friday Only)
6	Mixed 50 Back
7	Mixed 100 Back
8	Mixed 200 Back
9	Mixed 50 Breast
10	Mixed 100 Breast
11	Mixed 200 Breast
12	Mixed 50 Fly
13	Mixed 100 Fly
14	Mixed 200 Fly
15	Mixed 100 IM
16	Mixed 200 IM
17	Mixed 400 IM
18-19	Mixed 200 Free Relay
20-21	Mixed 400 Free Relay
22-23	800 Free Relay (Saturday Only)
24-25	Mixed 200 Medley Relay
26-27	Mixed 400 Medley Relay

Statement of local protocols and requirements

Message from USA Swimming:

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

Coral Springs Swim Club Liaison – Bruno Darzi (Bruno.darzi@swimcsc.com)

Coral Springs Swim Club - COVID-19 Guide for Safe return to competition plan to the Coral Springs Aquatic Complex

BEFORE THE MEET: Before the meet, all the swimmers, coaches and volunteers are required to read the meet information, or any information provided regarding the operational procedures that will take place during the meet.

Expectations for Swimmers, Volunteers, Coaches and Staff:

Health Screening Survey:

Any member should refrain from attending the meet until they are able to answer NO to each question.

DO NOT COME TO THE POOL IF YOU ARE SICK!

1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?
2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms? (Please take your temperature before you answer this question.)
 - Fever or chills (100.4° F/37.8° C or greater as measured by an oral thermometer)
 - Cough
 - Congestion or runny nose
 - Shortness of breath or difficulty breathing
 - Sore throat
 - New loss of taste or smell
 - Chills
 - Headache
 - Muscle, or body aches
 - Fatigue
 - Nausea, diarrhea, or vomiting
 - Bright red (or any) rash
3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?
4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?
5. In the past 14 days, have you travelled outside the State of Florida?
6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?
7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of

Florida, been on a commercial flight, or traveled outside of the United States?

8. Have you been tested for COVID-19 and are waiting to receive test results?

9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

Plan for swimmers, coaches and volunteers to ingress and egress:

FACILITY ENTRY & EXIT: Swimmers, volunteers and coaches will enter the facility using the main entrance (north side). Anyone experiencing any of the symptoms mentioned above, should not come to the meet.

TRASH: Trash cans will be available throughout the facility.

THE USA SWIMMING & FGC SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.

LOCKER ROOMS: Locker rooms are equipped with a divider, allowing for use of both halves. Please read the signs posted at the door. One half will be designated for swimmers, while the other half will be designated for coaches, officials and volunteers.

CONCESSIONS AND HOSPITALITY: Concessions and Hospitality will be available at this meet.

FACE COVERINGS: EVERYONE is encouraged to wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Face mask should cover face and nose.

Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child:

SPECTATORS: The spectator area on the west side of the bleachers will be available but must remain clear of chairs/tents. Spectators will be able to set up tents/chairs outside of the facility. There is PLENTY of parking at the facility. Spectators must park across the street. Facility's parking lot is reserved for coaches, officials and volunteers ONLY.

SOCIAL DISTANCING: Everyone attending the meet is encouraged to follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

TIMERS: Parents wishing to volunteer must sign up to volunteer online at www.swimcssc.com.

TIMING SYSTEM: Daktronics timing system will be used for the meet.

ATTESTATION STATEMENT: In applying for this sanctioned event, the Host, the Coral Springs Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, City of Coral Springs and Broward County.

HOTELS

CORAL SPRINGS

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076
Michael Orlando- Director of Sales-954-905-1020

La Quinta Inn and Suites (North) - 3701 North University Drive, Coral Springs, FL 33065
Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites (South) - 3100 North University Drive, Coral Springs, FL 33065
Lynne Lulfs – Area Director of Sales – 954-591-5353

Coral Springs Marriott - 620 N. University Drive, Coral Springs, FL, 33071
Roshane Pearson- Director of Sales-954-905-1020

PLANTATION

Sheraton Suites Fort Lauderdale Plantation - 311 N. University Drive, Plantation, FL 33324
Sharena Powell -Sales Manager-954-424-3300

FORT LAUDERDALE

Holiday Inn Express & Suites – 1500 West Commercial Boulevard, Fort Lauderdale, FL 33309
Glenys Hanna – Director of Sales – 954-772-3032 ext. 200

POMPANO BEACH

Residence Inn Pompano Beach Oceanfront – 1350 North Ocean Boulevard, Pompano Beach, FL 33062
Thomas Miller – Director of Sales & Marketing – 954-590-1000

Marriot Resort Fort Lauderdale Pompano Beach – 1200 North Ocean Blvd, Pompano Beach, FL 33062
Janae Weldon – Sales Manager, Business Development – 954-782-0100

COCONUT CREEK

Hampton Inn & Suites Coconut Creek – 5740 N. State Rd 7, Coconut Creek, FL 33073
Cristina Pavloff – Director of Sales & Marketing – 954-363-3000

TAMARAC

Comfort Suites Sawgrass - 8301 W Commercial Blvd. Tamarac, FL 33351
Laura Estrada – Sales Manager - Main: (954) 343-1322/ Direct: (954) 343 1322 Ext. 503