



## 14 & Under Florida Gold Coast Age Group Championships (AGC) Hosted by North Palm Beach Swim Club & Martin County Swimming July 13 – July 16, 2023

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction # FG1L2319402059

**Conditions of Sanction:** In granting this approval it is understood and agreed that **USA Swimming, Florida Gold Coast Swimming Inc., the facility, Martin County Swimming & North Palm Beach Swim Club**, shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

The competition course has been certified in accordance with 104.2.2c. The copy of such certification is on file with USA Swimming. USA Swimming Rule 202.4.11(D).

**Hosted by:** **North Palm Beach Swim Club & Martin County Swimming.**

**Location:** **Sailfish Splash Waterpark**  
931 SE Ruhnke  
Stuart, Florida 34994

**Directions:** **FROM I-95 / SR-9:** Take EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue another 4 miles, and then turn Right onto SE Indian St. In 0.4 miles, turn left onto SE Willoughby Blvd. Turn right in two blocks in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

**FROM FLORIDA'S TURNPIKE:** Take Exit 33, Palm City/Stuart (SR-714 / SW Martin Downs Blvd.) At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy. toward the Indian Street Bridge. SW Martin Hwy. turns into SW 36th St. SW 36th St. turns into Indian Street on the east side of the Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

**Date & Time:** **Thursday – July 13 2023**  
**Session I.** Finals Warm-up: 3:30 p.m. Start 5:00 p.m.

**Friday – July 14, 2023**  
**Session II.** Prelims Warm-up: 7:00 a.m. Start 8:30 a.m. Refer to Session "A" or "B".  
**Session III** Finals Warm-up: 4:00 p.m. Start: 5:30 p.m.

**Saturday – July 15, 2023**  
**Session IV.** Prelims Warm-up: 7:00 a.m. Start: 8:30 a.m. Refer to Session "A" or "B".  
**Session V.** Finals Warm-up: 4:00 p.m. Start: 5:30 p.m.

**Sunday – July 16, 2023**  
**Session VI.** Prelims Warm-up: 7:00 a.m. Start: 8:30 a.m. Refer to Session "A" or "B".  
**Session VII.** Finals Warm-up: 4:00 p.m. Start: 5:30 p.m.

**NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start times of sessions to ensure an efficient meet.**

**WARM UP AND WARM DOWN PROCEDURES:** Warm-up will be split into an “A” warm-up time and “B” warm-up time. “A” & “B” sessions will be 40 minutes. Controlled warm-up will begin in the last 10 minutes of the warm-up session. Teams will be assigned lanes AND either “A” or “B” warm-up session.

- General Meeting:** Friday, July 13<sup>rd</sup>, at 8:00am in the Hospitality Room at Sailfish Splash Waterpark. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each coach to be aware of any changes made during this meeting.
- Pool / Timing:** 8 lanes, 50 meter course, with separate warm-up and cool down pool available. Colorado Timing System will be used.
1. Fly-over starts may be used.
  2. Chase starts may be used.
- The water depth at North start end 7ft. for all 8 lanes. The water depth at South start end 13 ft. 6 in. for all 8 lanes in accordance with 204.2.2C(4).
- Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.
- 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 the 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 and the Martin County Parks and Recreation Department.
- Medical Supervision:** The Sailfish Splash Waterpark has Full and Part Time Ellis certified Lifeguards trained in, but not limited to, CPR, AED and First Aid. On-site equipment includes an AED, Spine Boards, First Aid Kits, Lightning Detector and Handicap Lifts.
- Deck Changing:** Changing into or out of swimsuits in areas other than 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.
- 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, allow event organizers the right to use names, pictures, likeness, 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.

**Eligibility:** Athlete Eligibility – **The Florida Gold Coast Age Group Championship (AGC) is a closed meet.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. To be eligible to swim at the Florida Gold Coast Age Group Champs, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:

- i. Former permanent FG swimmers, who are not registered / re-registered by 120-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 120 days prior to Championship meet.
- ii. Swimmers who legitimately transfer into the LSC within the 120-day window may apply for an exemption to the 120-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 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 14 & Under Age Group Championship swimmers will qualify for the meet by attaining the qualifying times during the period 7/12/21 through the entry deadline. 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 scratch deadline** in order to be seeded. 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.

All USA Registrations must be done prior to the start of the competition.

**Disability Athletes:** Entries for swimmers with disabilities should be submitted in OME. Athletes that override times must let the meet referee and host know prior to entry deadline. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105

**Entries:** Entries Open – 12:00 PM - EST – Wednesday Noon, June 14, 2023  
**Entries Close – 12:00 PM - EST – Monday Noon, July 10, 2023 No Late entries allowed.**

On-Line Meet Entry: Entries will be processed using the USA Swimming OME System. Access this entry system from the USA Swimming web site at the address: [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Log in, select “Enter Team”. Only one account may be used to enter a team. Paper, Fax, or Email entries will not be accepted.

All times that have been achieved during the qualifying date range will be displayed in OME. Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. Override times for all events that have not been proven through SWIMS by the scratch deadline for the event in question will be scratched. Proof of asterisk (\*) submitted times must be provided to the National Times Coordinator.

Relay Entries: **“RELAY ONLY” ATHLETES WILL BE ALLOWED IN THE MEET.** Teams are encouraged to enter a “Team” time in OME (one that is displayed) using aggregate times.

Teams may enter athletes with an Unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.

For OME assistance contact: Dick Cavanah, email: [npbcoach4@aol.com](mailto:npbcoach4@aol.com)

FGC NTV: Allan Golding, email: [fgcmeetsanction@gmail.com](mailto:fgcmeetsanction@gmail.com)

**Entry Limit:** **Individual:** Limited 6 individual events plus relays. No more than 3 Individual events per day.

**Relays:** Two (2) per team per event (“A” and “B” relays only).

*Over entered swimmers will be scratched from the event that exceeds the entry limit.*

**Seeding:** Eligible entries shall be seeded in the following order – Long Course Meters, Short Course Meters, Short Course Yards. All events will be swum fastest to slowest.

**Entry Fees:** **\$15.00** Individual Event, **\$20.00** Relays, **\$20.00** per athlete meet surcharge.  
**NOTE:** Entry fee payment will be collected through OME at the time of Check Out.

**Deck Entries:** **Deck Entries will not be allowed in this meet.**

**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 must be purchased through OME prior to checking out. The cost of these deck passes are \$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.

**Distance & Relay Events:** 1. Thursday’s 1,500 Free (11-14) are timed final events, swum together, and scored separately for the following age groups: 11-12 & 13-14. All of Thursday’s events will be seeded fastest to slowest.

2. The 11-12 400 Free will swim as Time Finals during the Prelims only.

3. The 13-14 400 Free and 400 IM are prelims and finals events. The preliminary session will be alternating women and men.

4. Swimmers achieving the **AGC** qualifying time in the 800-meter or 1000-yards Freestyle may enter the 1500-meter Freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard.

5. NOTE: 1500 Free swimmers must supply their own counters.

6. All individual and relay events for all age groups will be seeded fastest to slowest in Thursday’s Finals and Fri., Sat., Sun. Prelim sessions.

**Check In:** **Positive check in for the 1500 Freestyles will be closed at 4:30 PM Thursday afternoon.** 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.

**Finals:** Finals will consist of one (1) heat of girls and one (1) heat of boys for the following age group: 10 & Under (top 8 swimmers per individual event). Finals will consist of two (2) heats of girls and two (2) heats of boys for the following age groups: 11-12 and 13-14 – top 16 swimmers per individual events that are 200 and shorter and will swim the **Consolation Final “B” first, followed by Championship Final “A”.** Only the “A” Final (top 8 swimmers) in the 13-14 400

Free and 400 IM prelim/final event will swim at night. The following events on Thursday are timed finals: 11-14 1500 Freestyle, 10 & Un. 400 Free and 11-12 400 IM. The 11-12 400 Free on Sunday is timed finals, with only the "A" final (top 8 swimmers) swimming at night. **Relay events will only swim in the Prelims. All Prelim sessions will be seeded fastest to slowest.**

**Scratches:**

Scratches from timed final individual events and preliminary heats will be accepted until the deadlines listed below.

**Positive check-in and scratches deadlines:**

<b>Thursday Events:</b>	<b>Wednesday at 6:00 PM</b>
<b>Friday Events:</b>	<b>Thursday at 6:00 PM</b>
<b>Saturday Events:</b>	<b>Friday at 6:00 PM</b>
<b>Sunday Events:</b>	<b>Saturday at 6:00 PM</b>

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 at the **Starter's Table**. **Note: "Failure to swim" in finals or positive check-in events (1500 Free) will result in the swimmer being barred from competing in their next Prelim or Time Final event. In the case of missing a Sunday night final, payment of \$25.00 must be payable to FGC Swimming and will be billed to the individual's team.**

1. 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 alternate(s).
2. Scratches must be done individually; "team scratches are not accepted."
3. 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 17<sup>th</sup> – 24<sup>th</sup> places (9<sup>th</sup> – 16<sup>th</sup> for 10 & Unders).
4. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

**Awards:**

<b>Individual/Relay Events:</b>	Individual: Medals 1 <sup>st</sup> – 8 <sup>th</sup> , Relays: 1 <sup>st</sup> – 3 <sup>rd</sup> place team.
<b>Individual High Point:</b>	Top 3 in each Age Group & Gender.
<b>Team Awards:</b>	Women, Men, and Combined Top 3 Teams.
<b>Team Age Group Awards:</b>	Women & Men Top Team in each Age Group.

**Scoring:**

**Individual:** 9-7-6-5-4-3-2-1    **Relays:** 18-14-12-10-8-6-4-2

**Head Referee:**

Scott Boggs – [sboggs303@aol.com](mailto:sboggs303@aol.com)

**Administrator Officials:**

**Mark Leininger, Dick Cavanah**

**Meet Directors:**

Meet Director: Dick Cavanah - [npbcoach4@aol.com](mailto:npbcoach4@aol.com)  
Assistant Meet Director: Mark Corley – [markcorley@gmail.com](mailto:markcorley@gmail.com)

**Admission:**

\$5.00 per session.  
**Heat Sheets will not be sold**, but will be available at:  
[www.martincountyswimming.org](http://www.martincountyswimming.org)  
[www.npbswimming.com](http://www.npbswimming.com)

**Concession:**

Concession stand will be available.

**Hospitality:**

Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

**Closed Deck:** Spectators will only be permitted in designated areas inside the facility. Coaches: You will be permitted inside the restricted areas of the deck provided you wear 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 Athletes/ Officials/ Coaches/ Volunteers entrance and present their deck pass membership information. Coaching credentials must be worn during all sessions. Each coach will receive only one credential for the entire meet. Coaches must have their certifications up to date in order to receive their credentials.

**Identification:** *In order to obtain an AGC deck pass for this meet*  
The Head Coach must list all the coaches from their team planning to attend AG Champs on OME. Dick Cavanah will then check to make sure every coach listed is registered and in good standing with USA swimming.

**NOTE:** Deck passes will only be handed out to individual coaches when they arrive at the meet.

**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. A separate meet committee may be created by the meet referee to handle eligibility rulings.

**Information:** Real Time results and updates to meet information as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the meet information on the AG Champs page at: [www.NPBSwimming.com](http://www.NPBSwimming.com). Unofficial meet results will also be available on your iPhone or android. Download Meet Mobile from the app store and get results and splits by team, swimmer or events.

**Warm-up Procedure:** **NO Equipment permitted. Swimmers must enter the water FEET FIRST.**

**Competition Pool 1 – Friday, Saturday, Sunday Prelims**

**Session “A” – 7:00 AM – 7:30 AM** - General Warm-up Competition Course

Swimming and pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

**Session “A” – 7:30 AM – 7:40 AM** – Controlled Warm-up procedure will be followed.

**Session “B” – 7:45 AM – 8:15 AM** - General Warm-up Competition Course

Swimming and pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

**Session “B” – 8:15 AM – 8:25 AM** – Controlled Warm-up procedure will be followed.

Controlled Warm-up Procedures:

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 Meter One Length (West End)

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 50 Meter One Length (East End)

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

**Competition Pool 1 – Finals Warm-up: No split session**

**4:00 PM to 4:45 PM – General warm-up – See above.**

**4:45 PM to 5:25 PM – Controlled warm-up – See above.**

**Pool 2** - will be available for General Warm-up throughout the meet.

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

## Hotel Information

Available at: [www.martincountyswimming.org](http://www.martincountyswimming.org)

[www.npbswimming.com](http://www.npbswimming.com)

## Heat Sheets

Available to download at: [www.martincountyswimming.org](http://www.martincountyswimming.org)

[www.npbswimming.com](http://www.npbswimming.com)



# DAY ONE – Finals - Thursday, July 13, 2022

Finals' warm-up: 3:30 pm

Finals' start: 5:00 pm

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
1	21:37.39	20:46.59	20:53.89	11-12	1500 Free P/SS/T	20:52.99	20:45.69	21:37.39	2
3	19:48.09	19:06.19	19:12.89	13-14	1500 Free P/SS/T	18:19.79	18:13.39	18:58.89	4
5	6:05.39	5:54.29	6:44.89	10 & Under	400 Free T	6:45.39	5:55.79	6:07.59	6
7	6:09.09	5:56.29	5:22.49	11-12	400 IM T	5:19.79	5:53.39	6:08.69	8

KEY – P – Positive Check-in T – Timed Final Event

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

# DAY TWO – Prelims - Friday, July 14, 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	32.49	31.79	28.69	11-12	50 Free	27.89	30.89	32.09	24
25	30.59	29.59	26.69	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	2:16.29	2:31.29	2:34.79	32
33	2:49.59		2:35.59	10 & Under	200 Free Relay T	2:32.39		2:54.39	34
35	5:36.39		4:54.39	11-12	400 Free Relay T	4:43.99		5:25.19	36
37	4:59.19		4:21.99	13-14	400 Free Relay T	4:03.59		4:39.59	38

# DAY TWO – Finals - Friday, July 14, 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	120 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

KEY – T – Timed Final – All Relays will swim in Prelims.



## DAY THREE – Prelims -Saturday, July 15, 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	1:14.59	1:13.09	1:06.09	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	1:06.09	1:04.29	58.09	13-14	100 Free	53.49	59.59	1:01.49	52
53	2:34.09	2:29.49	2:15.29	11-12	200 Free	2:13.49	2:27.49	2:32.49	54
55	2:56.29	2:51.99	2:35.59	10 & Under	200 Free	2:33.39	2:48.99	2:54.79	56
57	5:01.59	4:54.29	5:36.29	13-14	400 Free	5:17.59	4:37.89	4:46.69	58
59	6:27.89		5:36.89	11-12	400 Medley Relay T	5:27.49		6:17.39	60
61	3:32.89		3:06.49	10 & Under	200 Medley Relay T	3:03.39		3:30.39	62
63	5:35.59		4:49.29	13-14	400 Medley Relay T	4:28.89		5:11.39	64

## DAY THREE – Finals -Saturday, July 15, 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 Free	52
53	11-12	200 Free	54
55	10 & Under	200 Free	56
57	13-14	400 Free	58

**KEY – T – Timed Final – All 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.

## DAY FOUR – Prelims - Sunday, July 16, 2023

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
65	3:09.79	3:01.89	2:44.59	13-14	200 Breast	2:32.89	2:48.89	2:56.79	66
67	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	68
69	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	70
71	1:14.79	1:12.89	1:05.99	13-14	100 Fly	1:00.69	1:07.69	1:08.29	72
73	1:37.99	1:34.99	1:26.09	10 & Under	100 Fly	1:27.29	1:36.29	1:38.99	74
75	1:22.79	1:20.99	1:13.49	11-12	100 Fly	1:13.59	1:20.89	1:22.59	76
77	2:23.89	2:18.99	2:05.79	13-14	200 Free	1:57.49	2:09.79	2:14.79	78
79	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	80
81	1:10.99	1:08.29	1:01.59	11-12	100 Free	1:00.89	1:07.29	1:09.89	82
83	5:42.89	5:31.99	5:00.49	13-14	400 IM	4:40.79	5:10.29	5:22.59	84
85	5:22.29	5:15.19	6:00.19	11-12	400 Free TF	5:57.69	5:12.99	5:21.89	86
87	2:33.19		2:14.39	11-12	200 Free Relay T	2:10.39		2:29.19	88
89	2:17.99		2:00.79	13-14	200 Free Relay T	1:51.19		2:07.99	90
5-minute break									
91	2:52.69		2:31.19	11-12	200 Med Relay T	2:30.49		2:51.89	92
93	2:33.19		2:13.09	13-14	200 Med Relay T	2:03.49		2:22.99	94

## DAY FOUR – Finals - Sunday, July 16, 2023

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
65	13-14	200 Breast	66
67	10 & Under	50 Breast	68
69	11-12	50 Breast	70
71	13-14	100 Fly	72
73	10 & Under	100 Fly	74
75	11-12	100 Fly	76
77	13-14	200 Free	78
79	10 & Under	100 Free	80
81	11-12	100 Free	82
83	13-14	400 IM	84
85	11-12	400 Free TF	86

**KEY – T** – Timed Final – All Relays will swim at Prelims.

TF – Timed Final – Top eight swum in Finals

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

## 2023 – FGC Age Group Champs Time Trials – Long Course (50mt)

- Sanctioned by:** Time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.
- Sponsored by:** Martin County Swimming and North Palm Beach Swim Club.
- Dates/Time:** Friday – July 14, 2023 - - 20 minutes after the conclusion of prelims.  
Saturday – July 15, 2023 - - 20 minutes after the conclusion of prelims.  
Sunday – July 16, 2023 – 20 minutes after the conclusion of prelims.
- Course/Timing:** 8 lanes, 50 meter course, with separate warm-up and cool down pool available. Colorado Timing System will be used.
- Entry Limit:** Swimmers are limited to no more than three (3) events per day including the events they participated in at the Age Group Championships. Swimmers not in the Age Group Championships may swim a maximum of three (3) events per day.
- Entry Fees:** **Individual Event: \$15, Relay Event: \$20,** (plus an **athlete surcharge of \$20**, if not entered in AG Champs).
- Entries:** Entries must be filled out on entry sheet in Timing Office.
- Deadline:** Entries for Time Trials will close at 9:30 am each day.
- Eligibility:** Open to all current Florida Gold Coast registered USA Swimming athletes. (And swimmers entered in the AG Champs who do not exceed the event entry limit for the day).
- Distance Events:** The 1500/800 mtr. Freestyle will be offered only during the Sunday Time Trial session.  
The 800 mtr. Free Relay will be offered only during the Saturday Time Trial session.
- Awards:** None.
- Location:** **Sailfish Splash Waterpark**  
931 SE Ruhnke  
Stuart, Florida 34994
- Directions:** **FROM I-95 / SR-9:** Take EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue another 4 miles, and then turn Right onto SE Indian St. In 0.4 miles, turn left onto SE Willoughby Blvd. Turn right in two blocks in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.  
**FROM FLORIDA'S TURNPIKE:** Take Exit 33, Palm City/Stuart (SR-714 / SW Martin Downs Blvd.) At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy. toward the Indian Street Bridge. SW Martin Hwy. turns into SW 36th St. SW 36th St. turns into Indian Street on the east side of the Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.
- Meet Referee:** Scott Boggs.
- Meet Marshalls:** Sailfish Splash Park Lifeguard Staff.
- Admin. Official:** Mark Leininger
- Meet Director:** Richard Cavanah
- Information:** Richard Cavanah – 561-762-7261 - - [npbcoach4@aol.com](mailto:npbcoach4@aol.com).
- Order of Events:** **Friday - - Friday's prelim events – Saturday's prelim events – Sunday's prelim events**  
**Saturday – Saturday's prelim events – Sunday's prelim events – Friday's prelim events.**  
**Sunday – Sunday's prelim events – Friday's prelim events – Saturday's prelim events.**