



HOLIDAY CHAMPS

December 15-17, 2023

Sunrise Civic Center Pool

10610 W. Oakland Park Blvd.

Sunrise, Fl. 33351

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction #**FG24233490D097**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Sunrise Swimming, and the City of Sunrise 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.

Sponsored by: The City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club.

Location: *Sunrise Civic Center*
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex.

Parking: Parking is free. Please do NOT park on the south side of Josh Lee Blvd; drivers will be towed from this residential area. ****There is construction on the Civic Center Campus. We recommend families carpool to the facility, as parking may be limited. Meet management reserves the right to reduce meet capacity due to parking limitations****

Date & Time: **Friday, December 15, 2023**
Session I - Timed Finals - Warm-up at 4:00 pm. Meet starts at 5:00 pm.

Saturday, December 16, 2023
Session II – Preliminaries - Warm-up 7:30am. Meet starts at 9:00am
Session III – Finals – Warm-up 4:00pm. Meet starts at 5:00pm.

Sunday, December 17, 2023
Session IV – Preliminaries - Warm-up 7:30am. Meet starts at 9:00am
Session V – Finals – Warm-up 4:00pm. Meet starts at 5:00pm.

****The 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.****

Pool/Timing: 25 yard x 50 meters heated outdoor pool, 8 **short-course** racing lanes with separate warm-up and swim-down lanes available. Daktronics Timing System® will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 5'0" to 8'0" depending on lane assignment accordance with 202.3.7(C).

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, 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 will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

Public Health and Safety mandates and guidelines of the State of Florida, Broward County, City of Sunrise, Sunrise Civic Center, and Sunrise Swimming will be enforced.

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 / care is available to athletes participating in the meet, and is provided by the City of Sunrise Lifeguard staff who are Red Cross certified and trained in CPR, First Aid, and AED in accordance with USA Swimming Rule 202.4.11(N). In addition, the fire station is on the Civic Center campus.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck (south side of the pool), unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside the roped-off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the meet.

Deck Change: Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity is strictly prohibited

Eligibility: Open to all current 7 and older 2023 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming and **who have achieved the time standard in the event.** The time standards are in between B and BB time.
NT will NOT be accepted for any individual event entries.

The Meet Host **Will Not** be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Meet entry limit is 450 swimmers.

Disability Athletes: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – coachchristiw@aol.com Christi Wathen (954) 747-4635

Entry Deadline: All entries must be received by **Wednesday, December 6, 2023. 8pm EST.**

Entry Limit: Friday night: 2 events. Saturday: 3 events plus 1 relay. Sunday: 3 events plus 1 relay. Teams may enter **'A' relay** only. **The meet entry limit is 450 swimmers.**

Entry Procedure: PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to sunmeetentries@gmail.com. Email confirmation of entries will be sent to each team. Coaches are responsible for reviewing their team's entries at this time and notifying host of any issues within 24 hours

**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (954) 747-4635.

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.

Entry Fees: \$ 10 per individual event
\$ 16 per relay
\$ 15 per swimmer surcharge
***Entry fees are made payable to "Sunrise Swimming Booster Club" (note: one check per team). Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**

Deck Entries: THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT. No deck entries.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part unless FGC rule 1.17a.i-v applies

Seeding: Entries will be seeded short course yards only
Prelims: all events will be swum together as Open: combined and swum multi-age, but will be scored separately for finals in the following age groups: 7-10, 11-12, 13-14, and 15&over. Prelims swims will be **fast to slow**.
Finals: A single Championship final heat (top 8 swimmers) will be swum for all distances 200 and shorter for the following age groups: 7-10, 11-12, 13-14, and 15&over.
7-10: will NOT swim the 200 fly, 200 back, 200 breast, 400 IM or 1650 free. All other 7-10 events are prelims/finals.

Scratches: Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her 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.

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.

Distance Events: The 400 IM and 500 FR are positive check in. These events are timed finals and will be swum together alternating girls/boys, fastest to slowest. Check-in closes at 4:30 pm Friday night. The 1650 free is positive check in. It is a timed final event and will be swum together alternating girls/boys, fastest to slowest in Sunday's prelims. Check-in closes at 10:30am Sunday morning. 7-10 athletes will NOT swim the 400 IM or 1650 free.

Swimmers must provide their own counters for the 500 and 1650 free. They must provide their own timers for the 1650 free.

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

Awards: Individual events: Medals 1st thru 3rd place, ribbons: 4th thru 8th place
 Relays: Medals 1st place team
 Individual High Point: Top 2 in each age group and sex
 Team Awards: Women, Men and Combined Top 2 teams

Admission: \$5.00 per person for all sessions. Heat sheets will NOT be sold at the gate. Heat sheets will be available free of charge online at sunriseswimming.com and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches/officials/volunteers will be available.

Head Referee: Harold Avellaneda

Admin Referee: Allison Mirones

Meet Marshall: City of Sunrise Lifeguard Staff

Meet Director: Christi Wathen – coachchristiw@aol.com - (954) 747-4635

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

Information: Call the Sunrise Swimming office (954) 747-4635.

Warm Up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
 The first 70 minutes of each morning session (7:30am-8:40am) and evening session (4-4:40pm) will be General Warm Up – all lanes. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work. The last 20 minutes of each session will be Controlled Warm up:
 Lane 1 Pace, 50 and 100 Circle Swim, Push Off
 Lane 2 Racing Starts, 25 yards One Length.
 Lane 3 Swimming and Pulling, Push Off
 Lane 4 Racing Starts, 25 yards one length
 Lane 5 Swimming and Pulling, Push Off
 Lane 6 Swimming and Pulling, Push Off
 Lane 7 Racing Starts, 25 yards One Length
 Lane 8 Swimming and Pulling, Push Off

1. Pace lanes – last 10-15 minutes of warm up. Push-off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 20 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

Friday, December 15, 2023
Session 1
Warm-up: 4:00 pm. Start: 5:00 pm

| Girls Event # | Qualifying Time | Age Group | Event | Qualifying Time | Boys Event # |
|---------------|-----------------|-----------|----------|-----------------|--------------|
| 1 | 8:00.99 | 7-10 | 500 free | 7:51.99 | 2 |
| | 6:53.99 | 11-12 | | 6:42.99 | |
| | 6:33.99 | 13-14 | | 6:12.99 | |
| | 6:26.99 | 15&over | | 5:57.99 | |
| 3 | 6:10.99 | 11-12 | 400 IM | 6:00.99 | 4 |
| | 5:50.99 | 13-14 | | 5:30.99 | |

| | | | | | |
|--|---------|---------|--|---------|--|
| | 5:43.99 | 15&over | | 5:15.99 | |
|--|---------|---------|--|---------|--|

Saturday, December 15, 2023
Session 2: Preliminaries
Warm up: 7:30am. Start 9am.

| Girls Event # | Qualifying Time | Age Group | Event | Qualifying Time | Boys Event # |
|----------------------|------------------------|------------------|--------------|------------------------|---------------------|
| 7 | 3:09.99 | 7-10 | 200 free | 2:57.99 | 8 |
| | 2:34.99 | 11-12 | | 2:29.99 | |
| | 2:27.99 | 13-14 | | 2:17.99 | |
| | 2:24.99 | 15&over | | 2:11.99 | |
| 9 | 1:36.99 | 7-10 | 100 back | 1:34.99 | 10 |
| | 1:21.99 | 11-12 | | 1:19.99 | |
| | 1:14.99 | 13-14 | | 1:09.99 | |
| | 1:12.99 | 15&over | | 1:06.99 | |
| 11 | 44.99 | 7-10 | 50 fly | 43.99 | 12 |
| | 35.99 | 11-12 | | 36.99 | |
| | 32.99 | 13-14 | | 31.99 | |
| | 31.99 | 15&over | | 30.99 | |
| 13 | 1:52.99 | 7-10 | 100 breast | 1:47.99 | 14 |
| | 1:31.99 | 11-12 | | 1:28.99 | |
| | 1:24.99 | 13-14 | | 1:18.99 | |
| | 1:22.99 | 15&over | | 1:14.99 | |
| 15 | 37.99 | 7-10 | 50 free | 36.99 | 16 |
| | 32.99 | 11-12 | | 31.99 | |
| | 31.99 | 13-14 | | 28.99 | |
| | 30.99 | 15&over | | 27.99 | |
| 17 | 2:53.99 | 11-12 | 200 fly | 2:47.99 | 18 |
| | 2:42.99 | 13-14 | | 2:32.99 | |
| | 2:39.99 | 15&over | | 2:26.99 | |
| 19 | 1:37.99 | 7-10 | 100 IM | 1:33.99 | 20 |
| | 1:21.99 | 11-12 | | 1:17.99 | |
| | 1:20.99 | 13-14 | | 1:13.99 | |
| | 1:18.99 | 15&over | | 1:09.99 | |

Saturday, December 15, 2023
Session 3: Finals
Warm up 4:00pm. Start 5:00pm

| Girls Event # | Age Group / Event | Boys Event # |
|---------------|--------------------|--------------|
| 5 | 200 Medley Relay | 6 |
| | 7-10 | |
| | 11-12 | |
| | 13&over | |
| 7 | 7-10 200 free | 8 |
| | 11-12 200 free | |
| | 13-14 200 free | |
| | 15&over 200 free | |
| 9 | 7-10 100 back | 10 |
| | 11-12 100 back | |
| | 13-14 100 back | |
| | 15&over 100 back | |
| 11 | 7-10 50 fly | 12 |
| | 11-12 50 fly | |
| | 13-14 50 fly | |
| | 15&over 50 fly | |
| 13 | 7-10 100 breast | 14 |
| | 11-12 100 breast | |
| | 13-14 100 breast | |
| | 15&over 100 breast | |
| 15 | 7-10 50 free | 16 |
| | 11-12 50 free | |
| | 13-14 50 free | |
| | 15&over 50 free | |
| 17 | 11-12 200 fly | 18 |
| | 13-14 200 fly | |
| | 15&over 200 fly | |
| 19 | 7-10 100 IM | 20 |
| | 11-12 100 IM | |
| | 13-14 100 IM | |
| | 15&over 100 IM | |

Sunday, December 17, 2023
Session 4: Preliminaries
Warm up 7:30am. Start 9am.

| Girls Event # | Qualifying Time | Age Group | Event | Qualifying Time | Boys Event # |
|----------------------|------------------------|------------------|--------------|------------------------|---------------------|
| 23 | 3:27.99 | 7-10 | 200 IM | 3:24.99 | 24 |
| | 2:53.99 | 11-12 | | 2:50.99 | |
| | 2:43.99 | 13-14 | | 2:34.99 | |
| | 2:40.99 | 15&over | | 2:26.99 | |
| 25 | 1:25.99 | 7-10 | 100 free | 1:23.99 | 26 |
| | 1:11.99 | 11-12 | | 1:08.99 | |
| | 1:08.99 | 13-14 | | 1:03.99 | |
| | 1:06.99 | 15&over | | 1:00.99 | |
| 27 | 44.99 | 7-10 | 50 back | 45.99 | 28 |
| | 37.99 | 11-12 | | 36.99 | |
| | 34.99 | 13-14 | | 32.99 | |
| | 32.99 | 15&over | | 30.99 | |
| 29 | 3:13.99 | 11-12 | 200 breast | 3:07.99 | 30 |
| | 3:04.99 | 13-14 | | 2:50.99 | |
| | 2:59.99 | 15&over | | 2:42.99 | |
| 31 | 1:47.99 | 7-10 | 100 fly | 1:44.99 | 32 |
| | 1:21.99 | 11-12 | | 1:19.99 | |
| | 1:13.99 | 13-14 | | 1:09.99 | |
| | 1:12.99 | 15&over | | 1:05.99 | |
| 33 | 50.99 | 7-10 | 50 breast | 49.99 | 34 |
| | 41.99 | 11-12 | | 41.99 | |
| | 39.99 | 13-14 | | 37.99 | |
| | 37.99 | 15&over | | 34.99 | |
| 35 | 2:50.99 | 11-12 | 200 back | 2:45.99 | 36 |
| | 2:40.99 | 13-14 | | 2:31.99 | |
| | 2:37.99 | 15&over | | 2:22.99 | |
| 37 | 24:00.99 | 11-12 | 1650 free | 23:30.99 | 38 |
| | 22:43.99 | 13-14 | | 21:43.99 | |
| | 22:30.99 | 15&over | | 21:00.99 | |

Sunday, December 17, 2023
Session 5: Finals
Warm up 4:00pm. Start 5:00pm

| Girls Event # | Age Group / Event | Boys Event # |
|---------------|--------------------|--------------|
| 21 | 200 Free Relay | 22 |
| | 7-10 | |
| | 11-12 | |
| | 13&over | |
| 23 | 7-10 200 IM | 24 |
| | 11-12 200 IM | |
| | 13-14 200 IM | |
| | 15&over 200 IM | |
| 25 | 7-10 100 free | 26 |
| | 11-12 100 free | |
| | 13-14 100 free | |
| | 15&over 100 free | |
| 27 | 7-10 50 back | 28 |
| | 11-12 50 back | |
| | 13-14 50 back | |
| | 15&over 50 back | |
| 29 | 11-12 200 breast | 30 |
| | 13-14 200 breast | |
| | 15&over 200 breast | |
| 31 | 7-10 100 fly | 32 |
| | 11-12 100 fly | |
| | 13-14 100 fly | |
| | 15&over 100 fly | |
| 33 | 7-10 50 breast | 34 |
| | 11-12 50 breast | |
| | 13-14 50 breast | |
| | 15&over 50 breast | |
| 35 | 11-12 200 back | 36 |
| | 13-14 200 back | |
| | 15&over 200 back | |
| | | |