



**2016 Coral Springs Open Invitational**  
**Coral Springs, FL – May 6 - 7, 2017**



**SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction No. FGI050617CSSC-B-12  
"In granting this approval it is understood and agreed that USA Swimming/Florida Swimming 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."

**CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

**SPONSORED BY:** Coral Springs Swim Club, Coral Springs Aquatic Complex

**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).

**DATE & TIME:** Saturday, May 06, 2017.

Session I	Warm up: 7:00am	Start of meet: 8:30am
Session II	Warm up: 11:30am	Start of meet: 5min after the completion of session I.

Sunday, May 07, 2017.

Session III	Warm up: 7:00am	Start of meet: 8:30am
Session IV	Warm up: 11:30am	Start of meet: 5min after the completion of session III.

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

**POOL/TIMING:** 50 meters x 25 yards heated outdoor pool, 50 long-course with 8-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 104.2.2 (C). Water depth at the starting end is 5'0 feet and 8'0 feet in the middle of the 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.

**RULES:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Coral Springs Swim Club and Booster 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. 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.

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

**ELIGIBILITY:** Open to all current 2017 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement – USA Swimming Rule 202.3.3. CSSC **WILL** be accepting New or Renewing USA Swimming registrations at the meet. All USA swimming must be done prior to the start of the competition.

**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 – 954-340-5032 – [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

**DECK CHANGE:** Changing, in whole or in part, 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.

**ENTRY:** All entries must be received by Wednesday, April 26, 2017.  
PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)  
E-mail to [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com) fax: **NO faxed entries**  
Confirmation for electronic entries will be sent via e-mail.\*\* Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954-340-5032

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

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

**MEET CAP:** This meet is limited to the first 500 swimmers, on a first come first basis.

**ENTRY LIMIT:** Individual events: Four (4) individual events per swimmer per session.

**ENTRY FEES:** \$3.75 per individual event. Deck entry: \$7.50 per individual event.

**FACILITY SURCHARGE:** \$5.00 per swimmer; Deck entry: \$10.00 per swimmer  
\*Entry fees are made payable to CSSC (note: one check per team)

**REFUNDS:** Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i.v applies.

**SEEDING:** Use LCM times only for entries. All events will be seeded fastest to slowest.

**DISTANCE EVENTS:** The 400 Free and 400 IM are timed finals and will be swum alternating women the men, fastest to slowest. **All distance events are positive deck in.** For all positive check-in events, swimmers must provide their own times and counters as needed. Check-in for distance events will close at 9:30am.

**AWARDS:** Individuals Event: Ind. medals 1<sup>st</sup> – 3<sup>rd</sup>, ribbons 4<sup>th</sup>-8<sup>th</sup>.

**ADMISSION:** \$5.00 per session. Heat sheets: FREE. You may find the heat sheets online at [www.swimccsc.com](http://www.swimccsc.com)

**CONCESSIONS:** Concession stand will be open for all sessions.

**HOSPITALITY:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet.

**MEET INFORMATION:** 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.csscswim.com](http://www.csscswim.com).

**HEAD REFEREE:** Alfie Trimble

**MEET DIRECTOR:** Dave Marks

**ADMINISTRATIVE OFFICIAL:** Danica Schimansky

**MEET MARSHALL:** Todd Krajewski

**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.

**INFORMATION:** Bruno Darzi at 954-340-5032

**WARM-UP PROCEDURES:** **NO Equipment Permitted. Swimmers Must Enter The Water Feet First, Saturday and Sunday Time Finals**

7:00 a.m. – 7:45 a.m. General Warm Up

Swimming and Pulling Only, Push Off

No Racing Starts

No Sprinting or Pace Work

7:45 a.m. – 8:25 a.m.

**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 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

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

1. Pace lanes – last 40 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 30 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).

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**NOTE:** Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

## ORDER OF EVENTS

- Girls odd#, Boys even#

### Saturday – Session 1

**Warm-up – 7:00am**

**Start of Meet – 8:30am**

Event #	Event	Age Group
1-2	200 Individual Medley	Open
3-4	50 Butterfly	Open
5-6	200 Butterfly	Open
7-8	100 Freestyle	Open
9-10	100 Backstroke	Open
11-12	50 Breaststroke	Open
13-14	200 Breaststroke	Open

### Saturday – Session

**Warm up – 11:30am**

**Start of Meet – 5 min after  
completion of session 1**

Event #	Event	Age Group
15-16	400 Freestyle*	Open

*\*Positive Check-in closes at 9:30am\**

### Sunday – Session 3

**Warm- up – 07:00am**

**Start of the meet – 8:30am**

Event #	Event	Age Group
17-18	200 Freestyle	Open
19-20	50 Backstroke	Open
21-22	200 Backstroke	Open
23-24	100 Butterfly	Open
25-26	50 Freestyle	Open
27-28	100 Breaststroke	Open

### Sunday – Session 4

**Warm-up – 11:30am**

**Start of Meet – 5 min after  
completion of session 1**

29-30	400 Individual Medley*	Open
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*\*Positive Check-in closes at 9:30am\**