

2016 Florida Swimming Long Course Age Group Championships July 14-17, 2016

Meet Host: YMCA of Central Florida

Location: YMCA Aquatic Center, 8422 International Drive, Orlando, FL, 32819

Meet Format: 50 Meter Course
Prelims/Finals – 11 and older swimmers
Timed Finals – 10 and younger swimmers

Eligibility: This is a USA Swimming sanctioned meet that is open to any YCF Competitive and National Track swimmers that meet the qualifying times in each event.

Schedule:

Thursday Prelims	Warm up:	7:00 am	Meet Starts:	9:00 am
Thursday Finals	Warm up:	3:30 pm	Meet Starts:	5:00 pm
Friday Prelims	Warm up:	7:00 am	Meet Starts:	9:00 am
Friday Timed Finals	Warm up:	45 minutes after prelims	Meet Starts:	45 minutes after the start of warm up
Friday Finals	Warm up:	3:30 PM	Meet Starts:	5:00 pm
Saturday Prelims	Warm up:	7:00 am	Meet Starts:	9:00 am
Saturday Timed Finals	Warm up:	45 minutes after prelims	Meet Starts:	45 minutes after the start of warm up
Saturday Finals	Warm up:	3:30 PM	Meet Starts:	5:00 pm
Sunday Prelims	Warm up:	7:00 am	Meet Starts:	9:00 am
Sunday Timed Finals	Warm up:	45 minutes after prelims	Meet Starts:	45 minutes after the start of warm up
Sunday Finals	Warm up:	3:00 PM	Meet Starts:	4:30 pm

PLEASE arrive on deck in your suit and ready to swim 10 minutes prior to the warm up start time for check in and last minute instructions.

Events: Please see the event list at the end of this announcement. Our coaches will make all event selections per team policy, however, swimmers are encouraged to communicate with their coach on events that they are interested in swimming.

Entry Limit: No more than three (3) individual events a session with a maximum of six (6) individual events for the meet.

Entry Fees: The entry fees below include all individual, relay, facility and team fees:

- \$6.00 per individual event
- \$25.00 broadcast, facility, heat sheet LSC & YCF surcharge fees

Payment Note: By signing up online for this meet, you agree to pay all related entry fees as listed above and authorize the YMCA of Central Florida to send you an electronic invoice or post a balance sheet for the total due. **(Please do not pay for entry fees at your family center).** You also acknowledge that entry fee charges are non-refundable regardless of illness, injury or any reason that may not allow you to participate in this meet. Swimmers who sign up but then fail to attend the meet for any reason will still be charged for their entry fees.

Entry Deadline: All interested and eligible YCF swimmers must be entered through your coach **no later than Monday, July 11 at 12:00pm.**

Awards:

Team	High Point	1 st – 3 rd
	Spirit Award	
Individual Events	Medals: 1 st – 3 rd	Ribbons: 4 th – 8 th
Relay Events	Medals: 1 st – 3 rd	Ribbons: 4 th – 8 th
High Point	1 st Place for each age group and gender	

Concessions: Subway will be on hand for your concession needs.

Apparel: All attending swimmers and parents should wear their choice of YCF shirt on Thursday, their **black** YCF Swimming t-shirt on Friday, their **blue** YCF Swimming t-shirt on Saturday and their **red** YCF Swimming t-shirt on Sunday.

Facility Note: As a USA Swimming sanctioned event, this meet will operate with a closed pool deck per USA Swimming and Safe Sport rules. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for the safety of our swimmers and we appreciate your help and understanding with this policy.

ORDER OF EVENTS

Thursday, July 14

Prelims: Warm up – 7:00 am Meet Starts – 9:00 am

Finals: Warm up – 3:30 pm Meet Starts – 5:00 pm

Women		Event		Men
1		13-14 800 Free*		2
3		11-12 800 Free*		4
5		13-14 100 Free		6
7		11-12 100 Free		8
9		13-14 200 Breast		10
11		11-12 100 Breast		12
13		13-14 100 Fly		14
15		11-12 100 Fly		16
17		13-14 800 Free Relay**		18

***The 800 Free is a deck seeded event with positive check-in required. The fastest seeded heat of each age group and gender will be swum at night with finals. All remaining heats will be swum in the prelim session after Event #16.**

****The 800 Free Relay is a deck seeded event with positive check-in required. The fastest two heats of each gender will swim in the Finals Session. All remaining heats will be swum at the end of the prelim session.**

Friday, July 15

Prelims: Warm up – 7:00 am Meet Starts – 9:00 am

Finals: Warm up – 3:30 pm Meet Starts – 5:00 pm

Women			Event			Men
19			13-14 200 Free Relay*			20
21			11-12 200 Free Relay*			22
23			13-14 200 Free			24
25			11-12 200 Free			26
27			13-14 100 Back			28
29			11-12 50 Back			30
31			13-14 400 IM			32
33			13-14 400 Medley Relay**			34
35			11-12 400 Medley Relay**			36

***The 200 Free Relay is a pre-seeded timed final event with all heats swum during the preliminary session.**

****The 400 Medley Relay is a deck seeded event with positive check-in required. The fastest two heats of each gender will swim in the Finals Session. All remaining heats will be swum at the end of the prelim session.**

Friday, July 15

Timed Finals: Warm up – 45 minutes after prelims Meet Starts – 45 minutes after start of warm ups

Women	SCY	LCM	Event	LCM	SCY	Men
37			10 & Under 200 Free Relay			38
39			10 & Under 200 Free			40
41			10 & Under 100 Breast			42
43			10 & Under 50 Butterfly			44

Saturday, July 16

Prelims: Warm up – 7:00 am Meet Starts – 9:00 am

Finals: Warm up – 3:30 pm Meet Starts – 5:00 pm

Women			Event			Men
45			13-14 200 Medley Relay*			46
47			11-12 200 Medley Relay*			48
49			13-14 200 Butterfly			50
51			11-12 50 Butterfly			52
53			13-14 100 Breast			54
55			11-12 50 Breast			56
57			13-14 400 Free**			58
59			11-12 400 Free**			60
61			13-14 400 Free Relay***			62
63			11-12 400 Free Relay***			64

***The 200 Medley Relay is a pre-seeded timed final event with all heats swum during the preliminary session.**

****The 400 Free is a deck seeded event with positive check in required. It is a prelim/final event.**

*****The 400 Free Relay is a deck seeded event with positive check-in required. The fastest two heats of each gender will swim in the Finals Session. All remaining heats will be swum at the end of the prelim session.**

Saturday, July 16

Timed Finals: Warm up – 45 minutes after prelims Meet Starts – 45 minutes after start of warm ups

Women			Event			Men
65			10 & Under 200 Medley Relay			66
67			10 & Under 100 Butterfly			68
69			10 & Under 50 Free			70
71			10 & Under 50 Back			72
73			10 & Under 400 Free*			74

***The 10 & Under 400 Free is a deck seeded event and requires positive check-in.**

Sunday, July 17

Prelims: Warm up – 7:00 am Meet Starts – 9:00 am

Finals: Warm up – 3:00 pm Meet Starts – 4:30 pm

Women			Event			Men
75			13-14 1500 Free*			76
77			11-12 200 IM			78
79			13-14 200 IM			80
81			11-12 50 Free			82
83			13-14 50 Free			84
85			11-12 100 Back			86
87			13-14 200 Back			88

***The 1500 Free is a deck seeded event with positive check-in required. The fastest seeded heat of boys and girls will be swum at night in the Finals Session. All remaining heats will be swum in the prelim session after Event #88.**

Sunday, July 17

Timed Finals: Warm up – 45 minutes after prelims Meet Starts – 45 minutes after start of warm ups

Women			Event			Men
89			10 & Under 100 Free			90
91			10 & Under 50 Breast			92
93			10 & Under 200 IM			94
95			10 & Under 100 Back			96