

2017 FLAGS Championships July 13-16, 2017

- Meet Host:** Sarasota YMCA
- Location:** The Selby Aquatic Center
8301 Potter Park Drive
Sarasota, FL 34238
- Meet Format:** 50-meter course
10 & Under Timed Finals
11-12 and 13-14 Prelim/Finals (Top 16 qualifiers come back for finals)
- Eligibility:** This is a USA sanctioned meet that is open to any YCF Competitive and National Track swimmers who have the necessary qualifying times for each event.
- Schedule:**
- Thursday Prelims (11-14-year-old swimmers)**
Warm up 7:00 am Meet Starts 9:00 am
- Thursday Finals (11-14-year-old swimmers)**
Warm up 3:30 pm Meet Starts 5:00 pm
- Friday, Saturday and Sunday Prelims (11-14-year-old swimmers)**
Warm up 7:00 am Meet Starts 9:00 am
- Friday, Saturday and Sunday Timed Finals (10 & Under swimmers)**
Warm up After Prelims Meet Starts No more than 45 minutes after prelims
- Friday, Saturday and Sunday Finals (11-14-year-old swimmers)**
Warm up 3:30 pm Meet Starts 5:00 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:** A total of six (6) individual events may be swum for the meet but no more than three (3) per day.
- Entry Fees:** The entry fees below include all individual, relay, facility and team fees:
- One day of competition = \$33
 - Two days of competition = \$50
 - Three or more days of competition = \$67
- Entry Deadline:** All interested and eligible YCF swimmers must be entered directly through your coach and **must be received by 12:00pm on Monday, July 10**. Late entries will not be accepted.

Payment Note: By signing up 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.

Awards: Individual Events: Medals 1st – 3rd Ribbons 4th – 8th
 Relay Events: Medals 1st – 3rd Ribbons 4th – 8th
 Age Group High Point Awards for each age group and gender
 Team Awards: Trophies 1st – 3rd Team Sportsmanship

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

ORDER OF EVENTS

Thursday, July 13

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 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
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 14

Timed Finals: Warm up – 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 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
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 15

Timed Finals: Warm up – 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 16

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 16

Timed Finals: Warm up – 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