



CSSC Invitational
CORAL SPRINGS, June 25 - 28, 2009

- SANCTIONED BY:** Florida Gold Coast Swimming. Sanction # 062509-FG18
- SPONSORED BY:** Coral Springs Swim Club, Coral Springs Aquatic Complex
- DATE & TIME:** Thursday, June 25, 2009 -Session I
- Warm-up: Timed Finals: 3:30pm Start of meet: 4:30pm
The 800m/1500m free will be limited to the fastest 24 female (800m) and male (1500m) swimmers (post scratch).
- Friday, June 26, 2009
- Warm-up: Session II - Prelims - Warm up: 7:00am
Start of meet: 8:30am
Session III - Finals – Warm up: 3:30pm
Start of meet: 5:00pm
- Saturday, June 27, 2009.
- Warm-up: Session IV - Prelims - Warm up: 7:00am
Start of meet: 8:30am
Session V - Finals – Warm up: 3:30pm
Start of meet: 5:00pm
- Sunday, June 28, 2009.
- Warm-up: Session VI - Prelims - Warm up: 7:00am
Start of meet: 8:30am
Session VII - Finals – Warm up: 3:30pm
Start of meet: 5:00pm
- POOL COURSE/
TIMING** 8 lane, 50 meter pool. Separate warm-up pool is available during the entire competition. Daktronics Timing System will be used.
- ELIGIBILITY:** Open to all 2009 USA Swimming registered athletes of the FGC, swimmers outside of the FGC, and foreign athletes with proper travel credentials, who have achieved the qualifying times. 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.
- The meet has a cap of 525 swimmers.**
- Meet Management reserves the right to adjust logistics, with the approval of the FGC Age Group Chairman, in order to run an efficient meet.
- The competition course has been certified in accordance with 104.2.2C(4) . The copy of such certification is on file with USA Swimming.



ENTRY LIMIT:	3 individual events per swimmer per day.
ENTRY FEES:	\$4.00 per individual event. \$6.00 per relays. For US teams: if entries are not sent electronically, entry fees will be <u>doubled</u>.
FACILITY SURCHARGE:	\$7.00 per swimmer
ENTRY DEADLINE:	All entries must be received by Wednesday, June 17, 2009. Please enter electronically! Please enter with LONG COURSE times ONLY!!! For electronic entries e-mail to Tina Proctor at: csscswimentries@gmail.com . Confirmation for electronic entries will be sent via e-mail. Mail entries to: Coral Springs Swim Club: 12441 Royal Palm Blvd., Coral Springs, FL 33065 The FGC deck entry policy is in effect. Swimmers who want to deck-seed and were not entered in the meet before, must show their current USA Swimming card or travel credentials. Submission of electronic entries states that all entered swimmers are currently USA Swimming registered or have proper foreign travel credentials.
800m/1500m FREE	Will be limited to the fastest 24 female (800m) and male (1500m) swimmers (post scratch).
AWARDS:	Individual events: Medals 1 st – 8 th for age groups 9-10, 11-12 , 13-14, 15 & Over. Relays: Medals 1 st , ribbons 2 nd – 3 rd Team: Trophies for teams (combined) 1 st – 3 rd
MEET DIRECTOR:	Charlie Alexander
REFEREE:	TBA
ADMISSION:	\$2.00 per session. Heat sheets: \$2.00 per session.
PARKING:	Free across from the Aquatic Complex on Royal Palm Blvd.
INFORMATION:	Tina Proctor at 954-340-5032
LOCATION/ DIRECTIONS	Coral Springs Aquatic Complex, 12441 Royal Palm Blvd. If taking I-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, ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road east. Turn right at the first light (Sportsplex Dr.) and follow road for 1 mile. The Aquatic Complex will be on the left.



ORDER OF EVENTS

Girls odd#, Boys even#

Thursday - Session I

Warm up – 3:30pm

Start of Meet – 4:30pm

Event #	Event	Age Group
1-2	400 Individual Medley*@	13 & Over
3-4	400 Freestyle Relay @	15 & Over
5-6	400 Freestyle Relay @	13-14
7	Girls 800 Freestyle**@	13 & Over
8	Boys 1500 Freestyle**@	13 & Over

* The events numbered 1 & 2 will be swum fastest to slowest, alternating girls and boys.
Positive check in for the 400 IM will close 30 minutes prior to the start of the session.

** The events numbered 7 & 8 will be swum fastest to slowest, alternating girls and boys.
They will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers.

@ The events numbered 1 through 8 are timed final events.

Friday – Session 2 - Prelims

Warm-up – 7:00am

Start of Meet – 8:30am

Friday – Session 3 - Finals

Warm-up – 3:30pm

Start of Meet – 5:00pm

Event #	Event	Age Group
9-10	50 Butterfly	13-14
11-12	50 Butterfly	15 & Over
13-14	200 Freestyle	10 & under
15-16	200 Freestyle	11-12
17-18	200 Freestyle	13-14
19-20	200 Freestyle	15 & Over
21-22	100 Backstroke	10 & under
23-24	100 Backstroke	11-12
25-26	100 Backstroke	13-14
27-28	100 Backstroke	15 & Over
29-30	200 Breaststroke	13-14
31-32	200 Breaststroke	15 & Over
33-34	50 Freestyle	10 & Under
35-36	50 Freestyle	11-12
37-38	50 Freestyle	13-14
39-40	50 Freestyle	15 & Over
41-42	200 Freestyle Relay*	10 & Under
43-44	200 Freestyle Relay*	11-12
45-46	200 Freestyle Relay*	13-14
47-48	200 Freestyle Relay*	15 & Over

* The events 41 through 48 will be swum at the end of the session 3 (finals) as timed finals.



CORAL SPRINGS Swim Club

Saturday – Session 4

Saturday – Session 5

Warm-up – 7:00am

Warm-up – 3:30pm

Start of Meet – 8:30am

Start of Meet – 5:00pm

Event #	Event	Age Group
49-50	200 Individual Medley **@	10 & Under
51-52	200 Individual Medley **@	11-12
53-54	200 Individual Medley **@	13-14
55-56	200 Individual Medley **@	15 & Over
57-58	50 Backstroke	10 & Under
59-60	50 Backstroke	11-12
61-62	50 Backstroke	13-14
63-64	50 Backstroke	15 & Over
65-66	100 Breaststroke	10 & Under
67-68	100 Breaststroke	11-12
69-70	100 Breaststroke	13-14
71-72	100 Breaststroke	15 & Over
73-74	100 Butterfly	10 & Under
75-76	100 Butterfly	11-12
77-78	100 Butterfly	13-14
79-80	100 Butterfly	15 & Over
81-82	400 freestyle *	13-14
83-84	400 Freestyle *	15 & Over
85-86	400 Medley Relay**@	13-14
87-88	400 Medley Relay**@	15 & Over

* Events 81 through 84 are timed final events and will be swum fastest to slowest alternating girls and boys. The top 8 swimmers will swim at finals.

@ Events 49 through 56 and 85 through 88 are timed final events.

** Events 49 through 56 will be swum in session 4 (prelims).
Events 85 through 88 will be swum at the end of the session 5 (finals).



Sunday – Session 6
Sunday – Session 7

Warm-up – 7:00am
Warm-up – 3:30pm

Start of Meet – 8:30am
Start of Meet – 5:00pm

Event #	Event	Age Group
89-90	400 freestyle ^^^	11-12
91-92	200 Backstroke	13-14
93-94	200 Backstroke	15 & Over
95-96	50 Breaststroke	10 & Under
97-98	50 Breaststroke	11-12
99-100	50 Breaststroke	13-14
101-102	50 Breaststroke	15 & Over
103-104	50 Butterfly	10 & Under
105-106	50 Butterfly	11-12
107-108	200 Butterfly	13-14
109-110	200 Butterfly	15 & Over
111-112	100 Freestyle	10 & Under
113-114	100 Freestyle	11-12
115-116	100 Freestyle	13-14
117-118	100 Freestyle	15 & Over
119-120	200 Medley Relay***	10 & Under
121-122	200 Medley Relay***	11-12
123-124	200 Medley Relay***	13-14
125-126	200 Medley Relay***	15 & Over

^^^ Events 89-90 will be swum in the prelim session as timed finals, seeded fastest to slowest alternating girls and boys.

*** Events 119 through 126 will be swum at the end of the session 6 (prelims)

Summary:

- The 400 IM positive check in will close 30 minutes prior to the start of the session.
- The distance events (400/800/1500 Free) are positive check in. Positive check in will close one hour prior to the estimated start of the event.
- Events 1 through 8 are timed final events.
- Events 1 & 2 (400 Individual Medley) will be swum fastest to slowest, alternating girls and boys.
- Events 7 & 8 will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers.
- Events 41 through 48 will be swum at the end of the session 3 (finals) as timed finals
- Events 81 through 84 are timed final events and will be swum fastest to slowest alternating girls and boys. The top 8 swimmers will swim at finals (by age group/sex).
- Events 49 through 56 will be swum in session 4 (prelims). Events 85 through 88 will be swum at the end of the session 5 (finals)
- Events 89-90 will be swum in the morning, seeded fastest to slowest, alternating girls and boys.
- Events 119 through 126 will be swum at the end of the session 6 (Prelims)
- All relay events are timed final events.



CORAL SPRINGS Swim Club

<p><u>La Quinta Inns and Suites (two hotels) – Coral Springs</u> 3100 N. University, Coral Springs, FL. 33065 954-344-2200 3701 N. University, Coral Springs, FL. 33065 954-753-9000 Contact: Lourdes Robitaille – 954-344-2200 lq0925dos@laquinta.com</p>	<p><u>Quality Inn Plantation</u> 1711 N. University Drive, Plantation, FL 33322 Contact: Norma Alcahae – 954-556-8200 Email: sales@plantationhotelcc.com</p>
<p><u>Studio 6 – Coral Springs</u> 5645 University Drive, Coral Springs, FL. 33065 Contact: Yann Le Bohec – 954-796-0011 Email: 6027b@staystudio6.com</p>	<p><u>Holiday Inn Hotel & Suites – Sunrise</u> 3003 N.W. University Drive, Sunrise, 33322 Contact number Dorothy McLean: 954-315-2169 Email: dmclean@hihsunrise.com www.hihsunrise.com</p>
<p><u>Howard Johnson – Deerfield Beach</u> 2096 N.E. 2nd Street, Deerfield Beach, FL 33441 Contact: Margie Osborn – 954-428-2850</p>	<p><u>Holiday Inn Express - Plantation</u> 1701 N. University Drive, Plantation, FL. 33322 Contact number: 954-472-5600</p>
<p><u>Marriott Coral Springs</u> Jennifer McGuinness - 954-227-4121 www.marriottcoralsprings.com</p>	<p><u>Hilton</u> Deerfield Beach/Boca Raton Dimitri Bakoulis - 954 -42-1780 E-mail: bimitri_bakoulis@hilton.com www.deerfieldbeach.hilton.com</p>
<p><u>Courtyard by Marriott</u> Coral Springs Contact number: 954-227-1300</p>	<p><u>The Westin/Fort Lauderdale</u> Fort Lauderdale Carol Tracz – 954-772-1331 E-mail: Carol.tracz@westin.com</p>



FINANCIAL RECAP FORM

CSSC INVITATIONAL
CORAL SPRINGS, June 25 - 28, 2009

TEAM: _____

ADDRESS: _____

CITY, ZIP: _____

COACH(ES): _____

PHONE: _____

ENTRY FEES:

of individual girls' events entered _____ x \$4.00 = \$ _____

of individual boys' events entered _____ x \$4.00 = \$ _____

of relays entered _____ x \$6.00 = \$ _____

Total entry fees: \$ _____

SURCHARGE:

of swimmers _____ x \$7.00 = \$ _____

Grand Total (entry fees + surcharge): \$ _____

Please make checks payable to: Coral Springs Swim Club



TIME STANDARDS

Girls

	10 & under	11-12	13-14	15 & over
50 Free	40.79	36.39	35.19	34.49
100 Free	1:32.99	1:19.59	1:16.19	1:14.39
200 Free	3:23.59	2:50.79	2:44.39	2:39.49
400 Free		6:00.09	5:42.99	5:34.69
800 Free			11:41.99	11:41.99
50 Back	49.89	42.29	39.69	39.69
100 Back	1:48.89	1:31.09	1:24.29	1:22.69
200 Back			3:01.29	2:57.99
50 Breast	54.89	45.59	42.59	42.59
100 Breast	2:02.29	1:41.89	1:36.39	1:33.89
200 Breast			3:27.99	3:21.19
50 Fly	48.59	39.39	36.39	36.39
100 Fly	1:55.19	1:30.79	1:22.89	1:20.39
200 Fly			3:02.29	2:56.19
200 IM	3:46.49	3:14.79	3:05.69	3:01.19
400 IM			6:31.09	6:19.79

Boys

	10 & under	11-12	13-14	15 & over
50 Free	40.19	35.29	32.79	31.19
100 Free	1:31.09	1:17.39	1:11.49	1:08.39
200 Free	3:13.99	2:47.79	2:35.19	2:28.59
400 Free		5:54.39	5:27.99	5:14.39
1500 Free			21:35.29	20:49.49
50 Back	50.09	42.19	38.19	38.19
100 Back	1:45.69	1:31.39	1:20.59	1:16.49
200 Back			2:54.09	2:43.89
50 Breast	55.09	47.09	40.19	40.19
100 Breast	1:59.79	1:40.89	1:28.09	1:26.39
200 Breast			3:17.19	3:08.79
50 Fly	46.89	39.59	35.19	33.19
100 Fly	1:53.19	1:29.49	1:16.99	1:13.39
200 Fly			2:51.99	2:43.19
200 IM	3:44.79	3:13.89	2:55.99	2:48.89
400 IM			6:13.19	5:54.39