

2010 North Palm Beach February Invitational

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, Sanction: 022009-fg1

Sponsored By: North Palm Beach Swim Club.

Location: North Palm Beach Country Club; 951 U.S. Hwy #1; North Palm Beach, FL 33408

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.

Pool: 25 Yard by 50 Meter heated outdoor pool, 6 short-course racing lanes, with separate warm-up and swim-down space available. Colorado Timing will be used. **The competition course has been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book.** A copy of such certification is on file with USA Swimming.”

Dates & Times: Session I: Saturday – February 20, 2010. Warm-up- 7:00 a.m. Meet starts 8:30 a.m.
Session II: Saturday- February 20, 2010. Warm-up- 12:30p.m. Meet starts 1:30p.m.
Session III: Sunday- February 21, 2010. Warm-up- 7:00a.m. Meet starts 8:30a.m
Session IV: Sunday- February 21, 2010. Warm-up-12:30p.m. Meet Starts 1:30p.m.

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

Eligibility Open to all **2010** USA swimming registered athlete and foreign athletes with proper travel credentials that have been invited by USA Swimming,

Entry Deadline: FGC Teams: Entries Open- Monday January 18, 2010 Entries Close- Friday February 12, 2010.

Disability: 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.

Entry Limit: **Individual Events:** Three (3) individual events per day.

Entry Procedure: **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.** Entries should be sent via email to: NPBcoach4@aol.com. Mailed and hand delivered disks will be accepted. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered. Entry fees for non-electronic entries are double the regular fees.**

NON Electronic Entries – Must be submitted with Valid USA Swimming numbers, Swimmers name, age, sex, event numbers and times.

Suggested Express Mail Address: North Palm Beach Swim Club
951 U.S. Hwy #1
North Palm Beach, FL 33408

Entry Fees: **\$3.00 – Individual Event** **\$5.00 – per swimmer surcharge**
Please make checks payable to: **North Palm Beach Swim Club**
Entry fees for non-electronic entries are double the regular fees.

Seeding: Yard Times will be used for seeding. All events are Timed Finals.

Admission: \$2.00 each session. Heat Sheet -\$2.00 each session

Awards: Medals 1-3rd; Ribbons 4-12th

Age Groups: 8 & Under, 9 - 10, 11-12, 13-14, and 15 & Over

Concessions: Concession stand or restaurant will be open for all sessions.

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

Meet Info: Updates to meet information as well as Time Lines, Psyche Sheets and Results for the meet will be posted on:
www.npbswimming.com

Referee: Scott Boggs

Starter: Jan Vandersluis

Stroke & Turn: Lori Samuelson, Marcy Hocking, Tina Ladd, Rod Francis, Cathy Dorsey

Meet Director: Alf Aguirre

Directions: **Coming from the North:** Take I-95 South, exit PGA Blvd East. Take PGA East to U.S. Hwy 1. Go South on U.S Hwy # 1 for about 1 mile. The North Palm Beach Country Club will be on your right hand side.

Coming from the South: Take I-95 North, exit on Northlake Blvd. Go East on Northlake Blvd to U.S Hwy #1. Go north on U.S Hwy #1 for about 1 mile. The North Palm Beach Country Club will be on your left hand side.

2010 Florida Gold Coast Invitational

Order of Events

Girls-Odd / Boys-Even

Session I Saturday- February 20, 2010

Warm-up: 7:00am

Meet Starts: 8:30am

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

Session II Saturday- February 20, 2010

Warm-up: 12:30pm

Meet Starts: 1:30pm

Event #	Age Group	Event
15-16	13 & Over	200 Freestyle
17-18	13 & Over	100 Breaststroke
19-20	13 & Over	200 Butterfly
21-22	13 & Over	100 Backstroke
23-24	13 & Over	50 Freestyle
25-26	Open	400 Individual Medley*

*Positive Check-in, Swum Fastest to Slowest, Alternating Girls and Boys

Session III Sunday- February 21, 2010

Warm-up: 7:00am

Meet Starts: 8:30am

Event #	Age Group	Event
27-28	12 & Under	200 Freestyle
29-30	12 & Under	100 Backstroke
31-32	12 & Under	50 Freestyle
33-34	12 & Under	100 Breaststroke
35-36	12 & Under	200 Butterfly
37-38	12 & Under	50 Backstroke
39-40	12 & Under	100 Individual Medley

Session IV Sunday- February 21, 2010

Warm-up: 12:30pm

Meet Starts: 1:30pm

Event #	Age Group	Event
41-42	13 & Over	200 Breaststroke
43-44	13 & Over	100 Butterfly
45-46	13 & Over	200 Backstroke
47-48	13 & Over	100 Freestyle
49-50	13 & Over	200 Individual Medley
51-52	Open	500 Freestyle*

*Positive Check-in, Swum Fastest to Slowest, Alternating Girls and Boys