

**FGC OPEN  
INVITATIONAL**

**Sponsored by City of Sunrise, Seahawk Boosters  
Sunrise Civic Center Pool  
10600 West Oakland Park Blvd.  
Sunrise, Florida 33351  
September 26-28, 2008**

- SANCTIONED BY:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 092608-B023
- RULES:** Current USA Swimming 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.
- ELIGIBILITY:** Open to all 2008 FGC registered swimmers and foreign athletes with proper travel credentials that have been invited by USA swimming. Swimmers with a disability are welcomed 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.
- DATES & TIMES:** Friday, Saturday and Sunday, September 26-28, 2008. Warm up: 4:00 pm Friday evening  
8:00 am 12:00 noon Saturday and Sunday  
Start of competition:  
5:00 pm Friday evening  
9:00 am 1:00 pm Saturday and Sunday  
All events are timed finals.
- POOL COURSE:** 8 lane, 25 yard pool. Adjacent warm down area.
- ENTRY LIMIT:** 4 individual events per day/swimmer.
- ENTRY FEES:** \$3.00 per event, \$5.00 per relay, \$3.00 surcharge per swimmer  
**MAKE CHECKS PAYABLE TO:**  
**SUNRISE SWIMMING BOOSTER CLUB**  
One check per team please!
- MEET DIRECTOR:** Dave Wathen

**ENTRY DEADLINE:** Entry Deadline will be: Wednesday, September 17, 2008  
E-mail electronic entries to: coachsun1@aol.com.  
Ask for an entry confirmation by e-mail.  
Please enter electronically.  
No fax entries, please.

Deck entries permitted into open lanes only on a first-come-first-served basis. The FGC late-entries-rule is in effect.  
Deadline is 15 min. before the start of the meet. Double entry fees for late entries have to be submitted with the late entries.

Entries not submitted electronically will be double the entry fee.

**SEEDING:** THIS MEET WILL BE SEEDED YLS

**AWARDS:** Individual Events: Medals 1<sup>st</sup> - 3<sup>rd</sup> Ribbons 4<sup>th</sup> - 8<sup>th</sup>  
Relay Events: Ribbons 1st - 3rd

**ADMISSION:** \$2.00 per session. Heat sheets: \$2.00 per session.

**INFORMATION:** Dave Wathen 954 747-4635

**REFEREE:** Carlos Hernandez

**LOCATION:** SUNRISE CIVIC CENTER POOL

**DIRECTIONS:** Sunrise Civic Center is located just west of Nob Hill Rd. on West Oakland Park Blvd. From the East, take Oakland Park west to the 2<sup>nd</sup> left turn past Nob Hill. Pool will be in front of you From the north or south, take Nob Hill to Oakland Park. Go west. 2<sup>nd</sup> left turn, pool will be in front of you.

Meet Director reserves the right to change starting times if necessary, in order to run an efficient meet.

**Session I 9/26/08 - Friday 5:00pm**

<b>Girls #</b>		<b>Boys #</b>
1	12 & under 500 Free*	2
3	Open 1000 Free*	4

\* Seeded fast to slow & alternate girls/boys

**Session II 9/27/08 - Saturday 9:00am**

5	10&U 200 Med Rel	6
7	11-12 200 Med Rel	8
9	10&under 200 Free	10
11	11-12 200 Free	12
13	10&under 50 Breast	14
15	11-12 50 Breast	16
17	10&under 100 Fly	18
19	11-12 100 Fly	20
21	10&under 50 Free	22
23	11-12 50 Free	24
25	10&under 100 Back	26
27	11-12 100 Back	28
29	10&under 100 IM	30
31	11-12 100 IM	32

**Session IV 9/28/08 - Sunday 9:00am**

55	10&U 200 Free Rel	56
57	11-12 200 Free Rel	58
59	10&under 100 Breast	60
61	11-12 100 Breast	62
63	10&under 50 Back	64
65	11-12 50 Back	66
67	10&under 100 Free	68
69	11-12 100 Free	70
71	10&under 50 Fly	72
73	11-12 50 Fly	74
75	10&under 200 IM	76
77	11-12 200 IM	78

**Session III 9/27/08 - Saturday 1:00pm**

33	13-14 200 Free	34
35	Open 200 Free	36
37	13-14 100 Breast	38
39	Open 100 Breast	40
41	13-14 200 Fly	42
43	Open 200 Fly	44
45	13-14 50 Free	46
47	Open 50 Free	48
49	13-14 100 Back	50
51	Open 100 Back	52
	5 minute break	
53	Open 400 IM**	54

**Session V 9/28/08 - Sunday 1:00pm**

79	13-14 200 IM	80
81	Open 200 IM	82
83	13-14 100 Free	84
85	Open 100 Free	86
87	13-14 200 Back	88
89	Open 200 Back	90
91	13-14 100 Fly	92
93	Open 100 Fly	94
95	13-14 200 Breast	96
97	Open 200 Breast	98
	5 minute break	
99	Open 500 Free**	100

\*\* 400IM & 500 Free will be deck seeded and will swim fast to slow, alternating boys and girls. Separate awards will be given for each age group.