

**Broward County Pre-JO**  
**Sponsored by City of Sunrise, Sunrise Swimming Boosters**  
**Sunrise Civic Center Pool**  
**10600 West Oakland Park Blvd.**  
**Sunrise, Florida 33351**  
**May 16-18, 2008**

- SANCTIONED BY:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 051608-BC6
- 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 in Broward County and foreign athletes with proper travel credentials that have been invited by USA swimming who have not achieved a Junior Olympic time in the event in which he/she is entered in. 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:** 1 SESSION FRIDAY EVENING, 2 SESSIONS/DAY SATURDAY, SUNDAY
- FRIDAY, MAY 16  
WARM UP: FRIDAY 4:00 pm START OF COMPETITION: 5:00 PM
- SATURDAY AND SUNDAY MAY 17 & 18  
AM SESSIONS WARM UP 8:00 AM START OF COMPETITION: 9:00 AM  
PM SESSIONS WARM UP 12:00 PM START OF COMPETITION: 1:00 PM  
All events are timed finals.
- POOL COURSE:** 6 lane, 50 meter pool. Adjacent warm down area.
- ENTRY LIMIT:** 3 individual events per day/swimmer. 8 individual events/meet
- ENTRY FEES:** \$2.50 individual event.  
\$5.00 relay events  
\$4.00 facility surcharge/swimmer.  
Make checks payable to: Sunrise Swimming Boosters  
One check per team please!

**MEET DIRECTOR:** Dave Wathen

**ENTRY DEADLINE:** Entries will be accepted beginning:  
Wednesday, April 30, 2008  
Entry Deadline will be: Wednesday, May 7, 2008  
E-mail electronic entries to: [coachsun1@aol.com](mailto:coachsun1@aol.com).  
Ask for an entry confirmation by e-mail.  
Please enter electronically.  
No fax entries, please.

Mail entries to:  
Sunrise Swimming  
PO Box 450451  
Sunrise, Florida 33345.

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 LYS

**AWARDS:** Individual events: Ribbons 1<sup>st</sup> - 8<sup>th</sup>.

**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.

**BROWARD COUNTY PRE-JO  
ORDER OF EVENTS**

**GIRLS ODD #, BOYS EVEN #.  
ALL EVENTS ARE TIMED FINALS**

**FRIDAY, MAY 16, 2008  
WARM UP 4:00 PM MEET STARTS 5:00 PM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
1-2	200 FREE	10 & UNDER
3-4	400 FREE	11 & OVER
5-6	200 IM	10 & UNDER
7-8	400 IM	11 & OVER

**ALL FRIDAY EVENTS ARE POSITIVE CHECK IN  
THE 400 FREE AND THE 400 IM WILL BE SWUM FASTEST TO SLOWEST ALTERNATING BOYS AND GIRLS  
THE 400 FREE AND THE 400 IM WILL BE SWUM TOGETHER, BUT SCORED SEPERATELY**

**SATURDAY, MAY 17, 2008  
WARM UP 8:00 AM MEET STARTS 9:00 AM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
9-10	200 IM	11-12
11-12	50 FLY	8 & UNDER
13-14	50 FLY	9-10
15-16	50 FLY	11-12
17-18	100 BACK	10 & UNDER
19-20	100 BACK	11-12
21-22	50 BREAST	8 & UNDER
23-24	50 BREAST	9-10
25-26	50 BREAST	11-12
27-28	100 FREE	10 & UNDER
29-30	100 FREE	11-12
31-32	200 FREE RELAY	10 & UNDER
33-34	200 FREE RELAY	11-12

**SATURDAY, MAY 17, 2008****WARM UP 12:00 PM****MEET STARTS 1:00 PM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
35-36	200 IM	13-14
37-38	200 IM	15 & OVER
39-40	50 FLY	13-14
41-42	50 FLY	15 & OVER
43-44	200 BACK	13-14
45-46	200 BACK	15 & OVER
47-48	50 BREAST	13-14
49-50	50 BREAST	15 & OVER
51-52	200 FLY	13-14
53-54	200 FLY	15 & OVER
55-56	100 FREE	13-14
57-58	100 FREE	15 & OVER
59-60	200 MEDLEY RELAY	13 & OVER

**SUNDAY, FEBRUARY 18, 2008****WARM UP 8:00 AM****MEET STARTS 9:00 AM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
61-62	200 FREE	11-12
63-64	50 BACK	8 & UNDER
65-66	50 BACK	9-10
67-68	50 BACK	11-12
69-70	100 FLY	10 & UNDER
71-72	100 FLY	11-12
73-74	50 FREE	8 & UNDER
75-76	50 FREE	9-10
77-78	50 FREE	11-12
79-80	100 BREAST	10 & UNDER
81-82	100 BREAST	11-12
83-84	200 MEDLEY RELAY	10 & UNDER
85-86	200 MEDLEY RELAY	11-12

**SUNDAY, FEBRUARY 18, 2008**  
**WARM UP 12:00 PM      MEET STARTS 1:00 PM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
<b>87-88</b>	<b>200 FREE</b>	<b>13-14</b>
<b>89-90</b>	<b>200 FREE</b>	<b>15 &amp; OVER</b>
<b>91-92</b>	<b>100 FLY</b>	<b>13-14</b>
<b>93-94</b>	<b>100 FLY</b>	<b>15 &amp; OVER</b>
<b>95-96</b>	<b>100 BREAST</b>	<b>13-14</b>
<b>97-98</b>	<b>100 BREAST</b>	<b>15 &amp; OVER</b>
<b>99-100</b>	<b>50 BACK</b>	<b>13-14</b>
<b>101-102</b>	<b>50 BACK</b>	<b>15 &amp; OVER</b>
<b>103-104</b>	<b>50 FREE</b>	<b>13-14</b>
<b>105-106</b>	<b>50 FREE</b>	<b>15 &amp; OVER</b>
<b>107-108</b>	<b>100 BACK</b>	<b>13-14</b>
<b>109-110</b>	<b>100 BACK</b>	<b>15 &amp; OVER</b>
<b>111-112</b>	<b>200 BREAST</b>	<b>13-14</b>
<b>113-114</b>	<b>200 BREAST</b>	<b>15 &amp; OVER</b>
<b>115-116</b>	<b>200 FREE RELAY</b>	<b>13 &amp; OVER</b>