

8&Under Sizzler Invitational
Sponsored by City of Plantation, Sunrise Swimming Boosters
Plantation Aquatic Complex
9151 NW 2nd St. Plantation, Florida 33324
Saturday, January 23, 2010

- SANCTIONED BY:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction #
- 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 8 & under 2010 FGC registered swimmers of all invited teams. The meet director reserves the right to close the meet at 160 swimmers. 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.
- DATE & TIME:** **Saturday, January 23, 2010**
Warm up: 9:30 am. Start of competition 10:00am.
All events are timed finals.
- POOL COURSE:** 8 lane, 25 yard pool. Adjacent warm down area. The competition course has been certified in accordance with 104.2.2 C of the USA Swimming Rule book. A copy of such certification is on file with USA Swimming
- ENTRY LIMIT:** 4 individual 25 yard events per swimmer and the relay.
- ENTRY FEES:** \$9.00 flat fee per swimmer, which includes a facility surcharge. Make check payable to:
Sunrise Swimming Booster Club.
One check per team please!
- MEET DIRECTOR:** Dave Wathen
- ENTRY DEADLINE:** Entries will be accepted beginning:
Wednesday, January 6, 2010
- Entry Deadline will be:
Wednesday, January 13, 2010
E-mail electronic entries to:

coachsun1@aol.com.

Ask for an entry confirmation by e-mail.

SUBMISSION OF ELECTRONIC ENTRIES SIGNIFIES THAT ALL SWIMMERS ARE USA REGISTERED. 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 15min. 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. Swimmers entered with no date of birth will not be entered in the meet

AWARDS: Individual events: Ribbons 1st - 8th. Relays: Ribbons 1st-3rd.

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

INFORMATION: Dave Wathen 954 747-4635

REFEREE: Ed Henderson

LOCATION: **PLANTATION AQUATIC COMPLEX**

DIRECTIONS: **PLANTATION AQUATIC COMPLEX IS LOCATED JUST NORTH OF BROWARD BLVD. FROM BROWARD BLVD, TURN NORTH ON CENTRAL PARK DR. POOL WILL BE ON YOUR RIGHT IN PLANTATION CENTRAL PARK.**

NOTE: **Each team is responsible to get their swimmers to the bullpen area on time. There will be people in the bullpen to take care of the children.**

ORDER OF EVENTS

Girls odd #, Boys even #.

Saturday, January 23, 2010

Warm up: 9:30 am Start: 10:00 am

<u>Event #</u>	<u>Event</u>	<u>Age</u>
1-2	25 Fly	6&Under
3-4	25 Fly	7-8
5-6	25 Back	6&Under
7-8	25 Back	7-8
9-10	25 Breast	6&under
11-12	25 Breast	7-8
13-14	25 Free	6&Under
15-16	25 Free	7-8
17-18	100 Free Relay	8&Under