

**Thursday, March 12, 2015 - Timed Finals**3:30-4:30 pm General Warm-up

Assigned lanes

No Racing Starts

Swimming and Pulling only, Push Off

No sprinting or Pace Work

4:30-4:50pm Controlled Open Warm-up

Lane 1 Pace, 50 &amp; 100 Circle swim. Push Off

Lane 2 Racing Starts (One length from start end only)

Lane 3 Racing Starts (One length from start end only)

Lane 4 Swimming &amp; Pulling, Push Off

Lane 5 Swimming &amp; Pulling, Push Off

Lane 6 Racing Starts (One length from start end only)

Lane 7 Racing Starts (One length from start end only)

Lane 8 Swimming &amp; Pulling, Push Off

**Warm up for the morning preliminary sessions will be split into 'A', 'B', and 10 & Under groups.****The group your team is assigned to will be posted before and at the meet.****\*\*The meet marshal will ensure that all team adhere to the assigned warm up schedule.****Preliminaries:****Friday, Sunday, March 13 and 15, 2015:**

6:40 – 7:20 AM General Warm-up – Group A

7:20 – 8:00 AM General Warm-up – Group B

8:00 – 8:25 AM 10 and under Warm up only

8:25 – 8:50 AM Controlled Open Warm-up

**Saturday, March 14, 2015:**

6:40-7:20 AM General Warm-up – Group B

7:20 – 8:00 AM General Warm-up – Group A

8:00 – 8:25 AM 10 and under Warm up only

8:25 – 8:50 AM Controlled Open Warm-up

**Finals:****Friday & Saturday, March 13 and 14, 2015:**

4:00 – 5:00 PM General Warm up

5:00 – 5:20 PM Controlled Open Warm up

**Sunday, March 15, 2015:**

3:30 – 4:30 PM General Warm up

4:30 – 4:50 PM Controlled Open Warm up

**2015 Florida Swimming Short Course Age Group Championship**

Order of Events

<b>Thursday, March 12, 2015, 5:00 PM</b>		
<b>Event #</b>	<b>Age</b>	<b>Event Name</b>
1-2	13-14	1000 Freestyle
3-4	11-12	1000 Freestyle*
5-6	10&U	500 Freestyle*
7-8	13-14	800 Freestyle Relay*

\* NOTE: Events 1 through 8 are Deck Seeded Positive Check in Timed Final Events seeded fastest to slowest. Positive check in is required before 4:00 PM to be seeded. One 10 lane course or two 8 lane courses will be used.

<b>Friday, March 13, 2015</b>		
<b>9:00 AM Prelims, 5:30 PM Finals</b>		
<b>Event #</b>	<b>Age</b>	<b>Event Name</b>
9-10	10&U	200 Freestyle Relay*
11-12	11-12	200 Freestyle Relay*
13-14	13-14	200 Freestyle Relay*
15-16	10&U	200 Freestyle
17-18	11-12	200 Freestyle

19-20	13-14	200 Freestyle
21-22	10&U	100 Breaststroke
23-24	11-12	100 Breaststroke
25-26	13-14	200 Breaststroke
27-28	10&U	50 Butterfly
29-30	11-12	50 Butterfly
31-32	13-14	100 Butterfly
33-34	10&U	100 Individual Medley
35-36	11-12	100 Individual Medley
37-38	13-14	400 Individual Medley**
39-40	11-12	400 Medley Relay***
41-42	13-14	400 Medley Relay***

\*NOTE: Events 9 through 14 are Timed Final Events. All heats will swim in the Preliminary session.

\*\*NOTE: Events 37-38 are Deck Seeded Positive Check in Prelim/ Final Events. These events will be swum in prelims fastest to slowest and the fastest three heats of each event will be circle seeded. **Positive check in is required before 8:30 AM to be seeded.**

\*\*\*NOTE: Events 39 through 42 are Timed Final Events. The fastest two (2) heats will swim in the finals session, all remaining heats will swim in the preliminary session. Each pool will take a ten minute break between the conclusion of event 37-38 and the start of remaining preliminary heats of 41-42 in the morning session . **Positive check in is required before 8:30 AM to be seeded.**

<b>Saturday, March 14, 2015</b>		
<b>9:00 AM Prelims, 5:30 PM Finals</b>		
<b>Event #</b>	<b>Age</b>	<b>Event Name</b>
43-44	10&U	200 Medley Relay*
45-46	11-12	200 Medley Relay*
47-48	13-14	200 Medley Relay*
49-50	10&U	100 Butterfly
51-52	11-12	100 Butterfly
53-54	13-14	200 Butterfly
55-56	10&U	50 Freestyle
57-58	11-12	50 Freestyle
59-60	13-14	50 Freestyle
61-62	10&U	50 Backstroke
63-64	11-12	50 Backstroke
65-66	13-14	100 Backstroke
67-68	11-12	500 Freestyle**
69-70	13-14	500 Freestyle**
71-72	11-12	400 Freestyle Relay***
73-74	13-14	400 Freestyle Relay***

\*NOTE: Events 43 through 48 are Timed Final Events. All heats will swim in the Preliminary session.

\*\*NOTE: Events 67-68 and 69-70 are Deck Seeded Positive Check in Prelim/ Finals events. These events will be swum in prelims fastest to slowest and the fastest three heats will be circle seeded. We will swim 3 heats of 11-12 followed by 3 heats of 13-14, then alternate 11-12 with 13-14 until conclusion. **Positive check in is required by 9:00 AM to be seeded.**

\*\*\*NOTE: Events 71 through 74 are Timed Final Events. The fastest two (2) heats will swim in the finals session, all remaining heats will swim in the preliminary session. Each pool will take a ten minute break between the last 11-12 year old in event 67-68 and the start of remaining preliminary heats of 71-72 in the morning session. **Positive check in is required before 8:30 AM to be seeded.**

<b>Sunday, March 15, 2015</b>		
<b>9:00 AM Prelims, 4:30 PM Finals</b>		
<b>Event #</b>	<b>Age</b>	<b>Event Name</b>
75-76	13-14	1650 Freestyle*
77-78	10&U	200 Individual Medley
79-80	11-12	200 Individual Medley
81-82	13-14	200 Individual Medley
83-84	10&U	100 Freestyle
85-86	11&12	100 Freestyle
87-88	13-14	100 Freestyle
89-90	10&U	50 Breaststroke
91-92	11-12	50 Breaststroke
93-94	13-14	100 Breaststroke
95-96	10&U	100 Backstroke
97-98	11-12	100 Backstroke
99-100	13-14	200 Backstroke

\* NOTE: Events 75-76 are Deck Seeded Positive Check In Timed Final Events. The fastest heat will swim in the Finals. All other heats will swim fastest to slowest alternating girls and boys. Each pool will take a ten minute break after event 99 & 100. **Positive Check in is required before 8:30 AM to be seeded.**

Positive Check In Events:

Swimmers/Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requests are received by the Clerk of Course until filled, or by draw if there is a conflict as to which swimmer/team gets an open lane.

## **2015 Florida Swimming Spring Age Group Championship March 12-15, 2015**

Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_  
Address \_\_\_\_\_  
E-Mail Address \_\_\_\_\_  
Coach \_\_\_\_\_ LSC \_\_\_\_\_  
Phone (W) \_\_\_\_\_ (H) \_\_\_\_\_

### **SWIMMER/COACH REGISTRATION**

**I certify that all individuals listed on the attached entry forms are currently registered members of United States Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during warm-up and competitive sessions at the meet.**

NAME OF COACH

TEAM

\_\_\_\_\_

\_\_\_\_\_