

Ft. Lauderdale, FL Travel Trip, June 23-27, 2011

Format: Prelims/Finals for all 11 & Overs

Qualification: Must be in SR1-SR2-SR3-AG1 and must meet the qualification standard in at least 3 events. We will only accept the first 130 athletes who turn in their deposit and code of conduct.

Cost: \$575 - \$100 due by Monday, April 25th (The first \$100 will be non-refundable as we will have to put down non-refundable deposits on the airfare and meet entries), \$250 due by May 12th, \$225 due by May 26th. This is the maximum cost and may be decreased if we are able to control associated costs.

Includes: hotel, airfare, ENTRY FEE (This would normally be charged afterwards to your account), meals & snacks. This is a Dynamo team travel meet. Swimmers travel via plane with the respective teammates, coaches, and designated chaperones. Parents are welcome to attend on their own if they wish but are asked to stay at a different hotel.

Pool Location

Ft Lauderdale Aquatic Complex
501 Seabreeze Blvd.
Fort Lauderdale, FL 33316
(954) 828-4580

Hotel Information

Sheraton Ft. Lauderdale
321 N Ft Lauderdale Beach Blvd.
Fort Lauderdale, FL 33304
(954) 245-3845

Airline Company

AirTran

Itinerary (All times Eastern Time)

Thursday, June 23:

There will be 2 flights for the team: the first departs at 7:15 AM (73 spots) and the second at 10:10 AM (77 spots). We will meet at the AirTran Desk at the Airport. If you are departing on the first flight, you need to meet at 5:30 AM and if you are departing on the second flight, you need to meet at 8:00 AM. The first flight will arrive at approximately 9:30 AM and the second flight will arrive at approximately 12:02 PM. Preference on the first flight will be given to those swimming on Thursday – details of travel will be given at a later date. Details between arrival and warm-up will also be determined at a later date.

2:30 PM Warm-up begins
4:00 PM Timed Finals begins
7:00 PM Dinner
8:00 PM Team meeting
9:30 PM Lights out

Friday, June 24th, Saturday, June 25th, and Sunday, June 26th

5:50 AM Wake up, Breakfast
6:30 AM Walk to the pool (about 2 blocks)
7:00 AM Warm ups
8:30 AM Meet begins
12:30 AM Lunch delivered to pool, Return to Hotel
1:00 PM Rest in hotel
3:30 PM Return to pool for finals/Pre-finals Meal
4:00 PM Warm ups
5:30 PM Meet begins
8:30 PM Dinner delivered to hotel/Team Meeting (dinner at the beach Sunday night)
9:45 PM Lights out

Monday, June 27th

5:50 AM Wake up, Breakfast
6:30 AM Walk to the pool
7:00 AM Practice

There will be 2 flights for the team: the first departs at 11:02 AM (73 spots) and the second at 12:42 PM (77 spots). The first flight will arrive at approximately 12:51 PM and the second flight will arrive at approximately 2:32 PM. Please plan to pick up your swimmer in the baggage claim area at the time of their arrival.

What to Bring

Dynamo Apparel, Racing Suit, Dynamo Caps
2 Pairs of DARK goggles (don't forget the meet is outside), 2 towels
Water bottle (this will be used A LOT- Coolers of water & Gatorade provided on deck)
Personal snacks during meet
Sunscreen, Hat, Sandals, Swim Suit for beach
NO GAMING SYSTEMS
NO Cell phones allowed on the pool deck

Swimmers may keep phones in their bag, and may use them only on the bus and in the hotel.
We want swimmers to be engaged in the meet with their teammates.

Ev #	Age	Event	Girls LCM	Girls SCM	Girls SCY	Boys LCM	Boys SCM	Boys SCY
17-18	11-12	200 Free	2:41.69	2:37.69	2:22.19	2:42.79	2:38.79	2:22.59
19-20	13-14	200 Free	2:31.79	2:27.79	2:13.79	2:24.99	2:19.99	2:06.69
25-26	13-14	50 Fly	36.79	35.79	32.19	34.29	33.39	29.99
33-34	11-12	100 Back	1:28.29	1:26.29	1:15.29	1:26.19	1:24.19	1:15.29
35-36	13-14	100 Back	1:20.59	1:17.09	1:09.79	1:15.59	1:11.69	1:04.89
41-42	13-14	200 Breast	3:11.99	3:07.99	2:47.99	3:02.39	2:58.39	2:36.29
49-50	11-12	50 Free	34.69	33.69	30.89	34.49	33.49	29.89
51-52	13-14	50 Free	32.49	31.49	28.69	30.69	29.69	26.59
21-22	15-16	200 Free	2:27.19	2:23.99	2:10.39	2:17.19	2:12.69	2:00.09
23-24	Open	200 Free	2:26.69	2:23.09	2:09.49	2:14.79	2:10.49	1:58.09
27-28	15-16	50 Fly	35.39	34.39	31.39	31.69	30.69	28.29
29-30	Open	50 Fly	35.39	34.39	31.39	31.69	30.69	28.29
37-38	15-16	100 Back	1:19.49	1:17.49	1:09.89	1:11.29	1:09.29	1:01.79
39-40	Open	100 Back	1:19.49	1:17.49	1:09.89	1:11.29	1:09.29	1:01.79
43-44	15-16	200 Breast	3:13.39	3:09.39	2:49.69	2:57.79	2:53.79	2:35.09
45-46	Open	200 Breast	3:13.39	3:09.39	2:49.69	2:57.79	2:53.79	2:35.09
53-54	15-16	50 Free	31.89	30.89	28.39	28.79	27.99	25.29
55-56	Open	50 Free	31.89	30.89	28.39	28.79	27.69	25.29
69-70	11-12	200 IM	3:02.19	2:58.19	2:37.59	3:03.29	2:59.29	2:38.69
71-72	13-14	200 IM	2:51.49	2:47.49	2:30.49	2:44.59	2:40.59	2:22.49
79-80	11-12	50 Back	40.19	39.19	34.79	39.99	38.99	34.59
81-82	13-14	50 Back	38.50	37.50	34.00	37.50	36.50	33.00
89-90	11-12	100 Breast	1:37.39	1:35.39	1:24.19	1:38.09	1:36.09	1:24.29
91-92	13-14	100 Breast	1:29.09	1:27.09	1:17.99	1:23.59	1:21.59	1:12.29
99-100	11-12	100 Fly	1:26.09	1:24.09	1:16.09	1:26.69	1:24.69	1:16.09
101-102	13-14	100 Fly	1:17.59	1:15.59	1:08.39	1:12.69	1:10.69	1:04.09
73-74	15-16	200 IM	2:47.29	2:42.49	2:26.99	2:35.89	2:29.29	2:15.09
75-76	Open	200 IM	2:45.89	2:40.59	2:25.29	2:31.29	2:26.19	2:12.79
83-84	15-16	50 Back	37.69	36.69	32.89	33.59	32.59	28.79
85-86	Open	50 Back	37.69	36.69	32.89	33.59	32.59	28.79
93-94	15-16	100 Breast	1:30.79	1:28.79	1:18.89	1:20.49	1:18.49	1:11.09
95-96	Open	100 Breast	1:30.79	1:28.79	1:18.89	1:20.49	1:18.49	1:11.09
103-104	15-16	100 Fly	1:14.89	1:13.29	1:06.59	1:07.69	1:06.39	1:00.59
105-106	Open	100 Fly	1:14.89	1:12.89	1:06.59	1:07.39	1:05.39	1:00.59
125-126	13-14	200 Back	2:51.99	2:47.99	2:29.69	2:41.59	2:37.59	2:19.49
133-134	11-12	50 Breast	44.89	43.89	38.99	45.29	44.29	39.39
135-136	13-14	50 Breast	42.00	41.00	38.00	41.00	40.00	37.00
143-144	11-12	50 Fly	37.79	36.79	32.69	40.59	39.59	33.99
145-146	13-14	200 Fly	2:49.59	2:45.59	2:28.59	2:41.59	2:37.59	2:22.99
153-154	11-12	100 Free	1:16.19	1:14.19	1:07.19	1:14.59	1:12.59	1:05.59
155-156	13-14	100 Free	1:10.39	1:08.39	1:02.19	1:06.59	1:04.59	58.09
127-128	15-16	200 Back	2:48.19	2:44.19	2:29.19	2:32.99	2:28.99	2:15.59
129-130	Open	200 Back	2:48.19	2:44.19	2:29.19	2:32.99	2:28.99	2:15.59
137-138	15-16	50 Breast	43.39	42.39	37.39	38.19	37.19	33.49
139-140	Open	50 Breast	43.39	42.39	37.39	38.19	37.19	33.49
147-148	15-16	200 Fly	2:42.69	2:39.59	2:25.49	2:31.99	2:27.99	2:13.59
149-150	Open	200 Fly	2:42.39	2:38.39	2:25.49	2:31.99	2:27.99	2:13.59
157-158	15-16	100 Free	1:08.59	1:07.09	1:00.79	1:03.09	1:00.99	55.19
159-160	Open	100 Free	1:08.39	1:06.19	1:00.79	1:01.99	59.99	54.79

DYNAMO SWIM CLUB CODE OF CONDUCT

As an authorized representative of the DYNAMO SWIM CLUB, Georgia Swimming LSC, and USA Swimming, I will comply with the following guidelines.

1. The possession or use of alcohol, tobacco products, or controlled substances by any athlete is prohibited.
2. Curfews established by the coach(es) will be adhered to each day.
3. Team members and staff will attend all team functions including meetings, warm ups, practices, competitions, meals, etc., unless otherwise excused or instructed by the coach of record.
4. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes rooms, and no female athletes in male athlete rooms.
5. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the DYNAMO SWIM CLUB, Georgia Swimming LSC, or USA Swimming, or be detrimental to its performance objectives.
6. Team members will display proper respect and sportsmanship toward coaches, chaperons, officials, administrators, fellow competitors, and the public.
7. Athletes may not have or use cell phones while on deck at the swim meet, unless in emergency situations. Athletes will be instructed to leave them in their bags during the meet.
8. Any additional guidelines for the team will be established as needed by the coach of record.

IMPLEMENTATION

- a. Your signature of the document constitutes unconditional agreement to comply with the DYNAMO SWIM CLUB Code of Conduct.
- b. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action.

Such discipline may include, but not be limited to:

1. Dismissal from the team and immediate return home (at the parents expense);
2. Disqualification from one or more events, or all events of competition;
3. Disqualification from future DYNAMO SWIM CLUB travel.
4. Financial penalties (return from meet, lost entries, etc.)

The undersigned has read and understands the terms of this agreement.

Event: Ft. Lauderdale FL, June 23-27, 2011

Athlete Name (*Please print*)

Athlete Signature

Date

Parent Signature

Date

Please list any special needs and/or allergies concerning your swimmer: _____
