

2017 FGC 14 & Under Long Course Junior Olympics July 21-23, 2017 @ Sailfish Splash Waterpark

Prelims:	Warm up: 7:30 AM	Start of meet: 9:00 AM
Finals:	Warm up: 4:30 PM	Start of meet: 6:00 PM
Relays:	10 & under Relays will be swum DURING PREMIS on Saturday 11-12 & 13-14 Relays will be swum DURING FINALS on Friday & Saturday, PRELIMS on Sunday.	
Timed Finals:	The 400 Free, 400 IM and 1500 Free will be swum as Timed Finals All 10 & Under Events are Timed Finals and will take place during the Prelims Session	
Directions to Plantation:	<p>From Turnpike: Take Exit 33, Palm City/Stuart (SR-714/SW Martin Downs Blvd. At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy toward the Indian Street Bridge. SW Martin Hwy turns into SW 36th St. SW 26th St turns into Indian Street on the east side of Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 Ruhnke St, Stuart, FL 34994.</p> <p>From I-95: Take exit 101, SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 Ruhnke St, Stuart, FL 34994.</p>	

Friday	10 & under** 50 free, 100 breast, 100 fly, 400 free 11-12 200 back, 50 free, 100 breast, 100 fly, 400 free, 400 FR* 13-14 200 FR*, 200 back, 50 free, 100 breast, 100 fly, 400 free, 800 FR*
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Blue Shirt

Saturday	10 & under** 200 MR, 200 free, 50 fly, 100 back, 200 FR 11-12 200 MR*, 200 breast, 200 free, 50 fly, 100 back, 400 IM, 400 MR* 13-14 200 MR*, 200 breast, 200 free, 50 fly, 100 back, 400 IM, 400 MR*
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Grey Shirt

Sunday	10 & under** 200 IM, 50 back, 50 breast, 100 free 11-12 200 IM, 50 back, 50 breast, 200 fly, 100 free, 200 FR**, 1500 free** 13-14 200 IM, 50 back, 50 breast, 200 fly, 100 free, 400 FR**, 1500 free**
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White Shirt

*Timed Finals in Finals Only
**Timed Finals in Prelims Only

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