

***Palm Beach County BC Champs***  
***February 23 & 24, 2019***  
***Palm Beach Gardens Aquatic Center***  
***4404 Burns Road***  
***Palm Beach Gardens, Fl. 33410***

**Meet Description:** This meet is open to all swimmers on Palm Beach County FGC-registered teams and MART, who have not yet achieved a BB National Age Group Motivational Time Standard in the event in which they are entered. BB time standards have been calculated for the 50's of the strokes and 100 IM in the 13&over age group.

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction No. FGD022319NPB-P-06**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Palm Beach Gardens and the North Palm Beach Swim Club shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

**Hosted by:** North Palm Beach Swim Club.

**Location:** *Palm Beach Gardens Aquatic Center*  
*4404 Burns Road*  
*Palm Beach Gardens, FL 33410*

**Directions:** From the PGA Blvd & Military Trail intersection, go south on Military Trail approx.. .4 mile to Burns Rd., turn east and the Aquatic Facility is immediately on your right, adjacent to the PGA Recreation Center.

**Date & Time:** **Saturday – February 23, 2019**  
**Session 1** - Timed Finals - Warm-up 3pm. Meet starts at 4pm

**Sunday – February 24, 2019**  
**Session 2** - Timed Finals - Warm-up 3pm. Meet starts at 4pm

**Pool/Timing:** Competition is in the 25 yards, 8 lanes, heated outdoor pool. A separate 6 lane, 25 yard pool will be available for warm-up and warm down. Colorado Timing System® will be used.

The competition course has not been certified in accordance with 104.2.2 (C). Water depth at the start is at least 5' in accordance with 202.3.7 (C).

**Rules:** 2019 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. All sessions are timed finals for all swimmers.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement - USA Swimming Rule 202.3.3

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

- Deck Changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Camera Free:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.
- Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the roped off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the event. Coaches are requested to wear their coaching credentials at all times.
- Eligibility:** Open to all current 2019 USA swimming registered athletes on an FGC registered team in Palm Bch County who **have not yet achieved a BB time standard in the event in which they are entered.**
- The Meet Host **Will Not** be accepting new or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition. There are no Qualifying Times – other than the entry time being slower than a BB time standard in the event.
- Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the **Coach Alf Aguirre** ahead of time to allow for preparations – [NPBswimming@gmail.com](mailto:NPBswimming@gmail.com) - - 305-773-6060
- Entry Deadline:** All entries must be received by **Monday, February 18, 2019 @ 6pm EST.**
- Entry Limit/Procedure: 4 events per day.**
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to [mail to: NPBCoach4@aol.com](mailto:mail to: NPBCoach4@aol.com)  
Confirmation for electronic entries will be sent via e-mail.  
\*\*Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (561) 762-7261 – Coach Cavanah
- Entry Fees:** \$ 4.00 per individual event  
\$ 5.00 per swimmer  
**\*Entry fees are made payable to “North Palm Beach Swim Club” (note: one check per team)**

**Deck Entries:** THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. **COACHES ONLY, PLEASE.** Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswwim.org](http://www.fgcswwim.org). All deck entered swimmers must be current USA Swimming members in order to be entered.

Fees are **DOUBLE** the entry fee:  
\$8 per individual event,  
\$10 swimmer surcharge (if not already in the meet)  
***Cash only for deck seeds.***

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i-v applies.

**Seeding:** Eligible entries shall be seeded **Short Course yards only, slow to fast**

**Awards:** Medals to be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place, ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each event by age group.

**Head Referee:** Scott Boggs

**Admin. Referee:** Mark Leininger

**Meet Marshall:** City of Palm Beach Gardens Lifeguard Staff

**Meet Director:** Richard Cavanah – [NPBCoach4@aol.com](mailto:NPBCoach4@aol.com) – 561-762-7261.

**Assistant**

**Meet Director:** Alf Aguirre – [NPBSwimming@gmail.com](mailto:NPBSwimming@gmail.com) – 305-773-6060.

**Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

**Officials:** If you know that you will be attending this meet and will be available, please email the meet referee Scott Boggs, and let him know your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter's tent 60 minutes before the start of the session.

**Admission:** \$5.00 per person per session. Heat sheets will NOT be sold at the gate. Heat sheets will be available free of charge online at [NPBSwimming.com](http://NPBSwimming.com) and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.

**Information:** Call the Coach Dick Cavanah at – (561)762-7261.

**Saturday, February 23, 2019**  
**Warm up–3pm Start–4pm**

<b>Slower than</b>	<b>Event - girls</b>	<b>Description</b>	<b>Event - boys</b>	<b>Slower Than</b>
41.89	1	8&u 50 BK	2	42.39
1:30.69	3	9-10 100 BK	4	1:29.69
1:18.49	5	11-12 100 BK	6	1:15.79
1:11.69	7	13&over 100 BK	8	1:06.89
47.49	9	8&u 50 BR	10	46.59
47.49	11	9-10 50 BR	12	46.59
39.99	13	11-12 50 BR	14	39.59
38.39	15	13&over 50 BR	16	35.59
35.19	17	8&u 50 FR	18	34.49
35.19	19	9-10 50 FR	20	34.49
31.49	21	11-12 50 FR	22	30.29
30.29	23	13&over 50 FR	24	27.89
41.79	25	8&u 50 FLY	26	40.49
1:39.09	27	9-10 100 FLY	28	1:37.99
1:18.29	29	11-12 100 FLY	30	1:16.49
1:11.39	31	13&over 100 FLY	32	1:06.39
2:57.39	33	10&u 200 FR	34	2:47.99
2:29.69	35	11-12 200 FR	36	2:24.59
2:22.19	37	13&over 200 FR	38	2:12.79

**Sunday, February 24, 2019**  
**Warm up–3pm Start–4pm**

<b>Slower than</b>	<b>Event - girls</b>	<b>Description</b>	<b>Event - boys</b>	<b>Slower than</b>
1:31.69	39	8&u 100 IM	40	1:29.39
1:31.69	41	9-10 100 IM	42	1:29.39
1:18.39	43	11-12 100 IM	44	1:14.99
1:18.29	45	13&over 100 IM	46	1:08.59
41.89	47	9-10 50 BK	48	42.39
35.59	49	11-12 50 BK	50	35.29
34.19	51	13&over 50 BK	52	31.89
1:44.99	53	9-10 100 BR	54	1:41.89
1:27.39	55	11-12 100 BR	56	1:25.49
1:22.39	57	13&over 100 BR	58	1:15.59
1:19.99	59	8&u 100 FR	60	1:18.79
1:19.99	61	9-10 100 FR	62	1:18.79
1:08.29	63	11-12 100 FR	64	1:05.89
1:05.79	65	13&over 100 FR	66	1:00.89
41.79	67	9-10 50 FLY	68	40.49
34.09	69	11-12 50 FLY	70	34.19
32.69	71	13&over 50 FLY	72	30.59
3:15.59	73	10&u 200 IM	74	3:13.19
2:47.79	75	11-12 200 IM	76	2:44.19
2:39.19	77	13&over 200 IM	78	2:28.59

*\*\* Meet director, with approval from the Age Group Chairman, reserves the right to change meet warm-up, start times, or adjust the order of some events in order to hold an efficient meet within USA Swimming/FGC guidelines. \*\**