

# ***Palm Beach County BC Champs***

***February 22 & 23, 2020***

***North Palm Beach Country Club***

***951 US Hwy 1 – NPB, FL 33408***

**Meet Description:** This meet is open to all swimmers on Broward County FGC-registered teams, 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 13-14 and 15&over age groups.

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction No. FG142005302020**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc and 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:** ***North Palm Beach Country Club***  
**951 US Hwy 1**  
**North Palm Beach, FL 33408**

**Directions:** From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex

**Parking:** Please do NOT park on the south side of Josh Lee Blvd; drivers will be towed from this residential area.

**Date & Time:** **February 22, 2020**  
**Session 1 - Timed Finals - Warm-up 8am. Meet starts at 9am**

**February 23, 2020**  
**Session 2 - Timed Finals - Warm-up 8am. Meet starts at 9am**

**Pool/Timing:** Competition is in the North Palm Beach Pool 50 meters x 25 yards heated outdoor pool. 6 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Colorado Timing System® will be used.  
The competition course has been certified in accordance with 104.2.2C(4). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C).

**Camera Free Zone:** 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.

**Rules:** Current 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.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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:** Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

**Eligibility:** Open to all current 2020 USA swimming registered athletes on an FGC registered team in Palm Beach County who **have not yet achieved a BB time standard in the event in which they are entered.**

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

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 pool office ahead of time to allow for preparations NPBCoach4@aol.com

**Entry Deadline:** All entries must be received by **Wednesday, February 12, 2020 @ 6pm EST.**

**Entry Limit/Procedure: 4 individual events plus 1 relay 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)

Email confirmation of entries will be sent to each team. Coaches are responsible for reviewing their team’s entries at this time and notifying host of any issues within 24 hours. \*\*Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (561)691-3427

- Relays:** All relays are mixed gender which must consist of 2 male and 2 females (101.7.3). Teams are limited to no more than 2 relay entries per event.
- Entry Fees:** \$ 4.00 per individual event  
\$ 8.00 per relay  
\$ 5.00 per swimmer surcharge  
**\*Entry fees are made payable to “North Palm Beach Swim Club” (note: one check per team)**
- Deck Entries:** There are **NO** deck entries.
- Responsibility Clause:** The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2020 FGC Junior Olympic or 2020 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.
- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or part.
- Seeding:** Eligible entries shall be seeded **SCY, LCM, SCM, fast to slow**
- Awards:** Individual events: Medals 1<sup>st</sup> through 3<sup>rd</sup> place; Ribbons 4<sup>th</sup> through 8<sup>th</sup> place  
Relays: Medals 1<sup>st</sup> through 3<sup>rd</sup> place
- Scoring:** This meet will not be scored
- 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 <https://www.teamunify.com/team/fgnpbsc/page/home> and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office
- Meet Information:** Updates to meet information as well as Time Lines and Psych Sheets and Meet Results will be posted on <https://www.teamunify.com/team/fgnpbsc/page/home> after entries are processed.
- Head Referee:** Scott Boggs
- Admin. Official:** Alf Aguirre
- Meet Marshall:** North Palm Beach Lifeguards
- 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 sboggs303@aol.com), 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.
- Information:** Call NPB Swimming at 561-691-3427

**Warm-Up Procedure:**

NO equipment permitted. Swimmers must enter feet first

9-9:40am: all lanes general warm up; push off only, no racing starts, circle swim only

9:40-9:55am: Controlled warm-up:

Lane 1 swimming, push off, circle swim

Lane 2 racing starts – 25 yds. Exit pool at far end or return via general warm up lane

Lane 3 swimming, push off, circle swim

Lane 4 swimming, push off, circle swim

Lane 5 swimming, push off, circle swim

Lane 6 swimming, push off, circle swim

Lane 7 racing starts – 25 yds. Exit pool at far end or return via general warm up lane

Lane 8 pace, 50 and 100 circle swim, push off

**Saturday, February 22, 2020**

**Warm up: 8am Start: 9am**

Slower than	Event - girls	Description	Event - boys	Slower Than
	1	12&under 200 free relay - MIXED		
	2	13 & over 200 free relay - MIXED		
		5 min break		
41.89	3	8&u 50 BK	4	42.39
1:30.69	5	9-10 100 BK	6	1:29.69
1:18.49	7	11-12 100 BK	8	1:15.79
1:11.69	9a	13-14 100 BK	10a	1:06.89
1:10.09	9b	15&over 100 BK	10b	1:03.49
47.49	11	8&u 50 BR	12	46.59
47.49	13	9-10 50 BR	14	46.59
39.99	15	11-12 50 BR	16	39.59
38.39	17a	13-14 50 BR	18a	35.59
37.49	17b	15&over 50 BR	18b	34.09
35.19	19	8&u 50 FR	20	34.49
35.19	21	9-10 50 FR	22	34.49
31.49	23	11-12 50 FR	24	30.29
30.29	25a	13-14 50 FR	26a	27.89
29.79	25b	15&over 50 FR	26b	26.79
41.79	27	8&u 50 FLY	28	40.49
1:39.09	29	9-10 100 FLY	30	1:37.99
1:18.29	31	11-12 100 FLY	32	1:16.49
1:11.39	33a	13&over 100 FLY	34a	1:06.39
1:09.99	33b	15&over 100 FLY	34b	1:03.39
2:57.39	35	10&u 200 FR	36	2:47.99
2:29.69	37	11-12 200 FR	38	2:24.59
2:22.19	39a	13-14 200 FR	40a	2:12.79
2:19.19	39b	15&over 200 FR	40b	2:07.49

The 13&over age group will be swum multi-age

**Sunday, February 23, 2020**  
**Warm up: 8am Start 9am**

Slower than	Event - girls	Description	Event - boys	Slower than
	41	12&under 200 medley relay - MIXED		
	42	13&over 200 medley relay - MIXED		
		5 min break		
1:31.69	43	8&u 100 IM	44	1:29.39
1:31.69	45	9-10 100 IM	46	1:29.39
1:18.39	47	11-12 100 IM	48	1:14.99
1:18.29	49a	13-14 100 IM	50a	1:08.59
1:15.49	49b	15&over 100 IM	50b	1:07.29
41.89	51	9-10 50 BK	52	42.39
35.59	53	11-12 50 BK	54	35.29
34.19	55a	13-14 50 BK	56a	31.89
33.29	55b	15&over 50 BK	56b	30.49
1:44.99	57	9-10 100 BR	58	1:41.89
1:27.39	59	11-12 100 BR	60	1:25.49
1:22.39	61a	13-14 100 BR	62a	1:15.59
1:20.69	61b	15&over 100 BR	62b	1:12.09
1:19.99	63	8&u 100 FR	64	1:18.79
1:19.99	65	9-10 100 FR	66	1:18.79
1:08.29	67	11-12 100 FR	68	1:05.89
1:05.79	69a	13-14 100 FR	70a	1:00.89
1:04.59	69b	15&over 100 FR	70b	58.39
41.79	71	9-10 50 FLY	72	40.49
34.09	73	11-12 50 FLY	74	34.19
32.69	75a	13-14 50 FLY	76a	30.59
32.49	75b	15&over 50 FLY	76b	30.29
3:15.59	77	10&u 200 IM	78	3:13.19
2:47.79	79	11-12 200 IM	80	2:44.19
2:39.19	81a	13-14 200 IM	82a	2:28.59
2:36.19	81b	15&over 200 IM	82b	2:21.79

The 13&over age group will be swum multi-age.

*\*\* 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. \*\**

## **2020 Palm Beach BC Champs Short Course Time Trial**

- Sanctioned by:** USA Swimming and Florida Gold Coast Swimming  
**Sanction No. FG1T2005302020**
- Sponsored by:** North Palm Beach Swim Club
- Location:** North Palm Beach Country Club  
951 US Hwy 1  
North Palm Beach, FL 33408
- Dates and Time:** Saturday, February 22, 2020 – Immediately following the conclusion of the session.
- Pool / Timing:** Competition is in the North Palm Beach Pool 50 meters x 25 yards heated outdoor pool. 6 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Colorado Timing System® will be used.  
The competition course has been certified in accordance with 104.2.2C(4). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C).
- Eligibility:** Open to all currently registered USA Swimming athletes.
- Entries:** Entry forms will be available at the officials table. Entries will close at 12 noon. Proof of USA Swimming registration will be required for swimmers not entered in the Broward BC Champs Meet.
- Entry Limit:** Swimmers are limited to no more than 4 events per day including events they participated in at the Broward BC Champs Meet.
- Entry Fees:** \$10.00 per individual event; \$15.00 athlete surcharge for all swimmers not entered in the Broward BC Champs Meet.
- Referee:** Scott Boggs

<b>Saturday February 22</b>		
<b>Event Numbers</b>		
	<b>1st Pass</b>	<b>2nd Pass</b>
<b>50 Butterfly</b>	201	251
<b>50 Backstroke</b>	202	252
<b>50 Breaststroke</b>	203	253
<b>50 Freestyle</b>	204	254
<b>100 Butterfly</b>	205	255
<b>100 Backstroke</b>	206	256
<b>100 Breaststroke</b>	207	257
<b>100 Freestyle</b>	208	258
<b>200 Butterfly</b>	209	259
<b>200 Backstroke</b>	210	260
<b>200 Breaststroke</b>	211	261
<b>200 Freestyle</b>	212	262
<b>100 Individual Medley</b>	213	263
<b>200 Individual Medley</b>	214	264
<b>500 Freestyle</b>	215	265
<b>400 Individual Medley</b>	216	266
<b>1650 Freestyle</b>	217	267

All time trial events are mixed gender. Events will be run through twice and may be swum in an order different than listed above.