

Lightning End of Summer Intrasquad Meet

Saturday September 19, 2020 & Saturday September 26, 2020



Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG1S2026305046**

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast Swimming 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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA GOLD COAST SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By this meet, you voluntarily assume all risks related to exposure to COVID-19.

Hosted by: Lake Lytal Lightning Swim Team

Location: 3645 Gun Club Rd. West Palm Beach, FL 33405

Date and Time:	Session I	Sat. 9/19/2020	Warm up: 6:00am	Start of meet: 6:30am
	Session II	Sat. 9/26/2020	Warm up: 6:00am	Start of meet: 6:30am

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

Pool/Timing: 25 yards x 50 meters heated outdoor pool, 10 short-course racing lanes with group warm-up and 20 swim-down lanes available after each event. Hybrid Colorado/Daktronics timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 12'0 to 4'6 depending on lane assignment 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 Rules will govern this meet.

Public Health and Safety mandates and guidelines of the CDC, State of Florida, Palm Beach County Health Dept. & 2020Palm Beach County Parks & Rec Health Guidelines will be enforced.

Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

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.

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 Changes: 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 athletes registered in Florida Gold Coast Swimming and affiliated with a Florida Gold Coast Swimming registered clubs. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. The 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.
Disability Athletes:	Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 561-310-4924
Entries:	All entries will be pre-seeded with swimmers USAS registered from the Lake Lytal Lightning Swim Team
Entry Limit:	Individual events: 3 individual events per swimmer per session/day.
Meet Cap:	The meet will be capped according to PB County Parks & Rec Covid guidelines during each Session. Session 1: 72 Swimmers Session 2: 72 Swimmers
Deck Entries:	Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
Entry Fees:	\$0 per individual event.
Refunds:	NA
Seeding:	All events will be manually seeded prior to the first day of the meet according to COVID restricted lane assignments
Distance Events:	None
Awards:	None
Scoring:	THIS MEET WILL NOT BE SCORED
Swims:	All times will count towards Florida Gold Coast Championship meets thru 14 & U Jr. Olympics and FGC Senior Championships and slower.
Admission:	\$0.00 per session. Heat sheets: Available FREE online and thru the Meet Mobile app for phones and tablets
Meet Information:	Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.lightningswimming.org
Head Referee:	Scott Boggs
Meet Director:	Gordon Andrews
Admin Official:	Gordon Andrews
Meet Marshall:	Steven Hughes
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.
Information:	Gordon Andrews 561-310-4924

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.

Lake Lytal Aquatic Facility Guidelines: All swimmers are limited to 2 swimmers per lane during warmup and warm down cool down. All swimmers have assigned lanes. No Parent Spectators allowed on deck however a parent/guardian MUST be immediately accessible at the Lake Lytal facility. 10 timers will be allowed on deck, they MUST wear masks.

Timing & Officials: All USAS certified officials MUST wear masks, all Starting area computer personnel MUST wear masks. Hand sanitizer will be available for all officials. All writing implements, computer keyboards, stopwatches microphones, buttons will be sanitized between sessions.

ALL OF THE ABOVE MEET PERSONEL NEED TEMPERATURES CHECKED AND ADMINISTERED A COLORED WRIST BAND INDICATIVE OF A NORMAL BODY TEMPERATURE.

Meet Coordination under PB County Covid Guidelines:

1. **Warmup:** A guided 30 minute warmup will be available following 2 per side/4 per lane restrictions. All sprints type warmups will be conducted in the setup described above. There will be NO practice starts.

2. **Competition:** The 9 swimmers under on blocks will race their first event, Heat 2 will be follow social distance guidelines behind starting blocks. Once 2 heats are completed they will rotate sides w/ swimmer directly across from them. After the 2nd group races, the group directly adjacent to the 9 starting blocks will switch out with the group that just raced. Once the 3rd group races they will rotate with next group of 9. Etc. with a total of 8 heats per event. ALL SOCIAL DISTANCING GUIDELINE WILL BE MAINTAINED DURING THE SWIM GROUP ROTATIONS OF 9.

3. **Post event warm down:** All swimmers in session will have a prescribed warmdown in their assigned lanes after each event.

4. The next sequence of events will be run in the same manner.

5. Once 3 events are completed there will be a general warm down following swimmer per lane restrictions.

6. There will be no 'hanging out' after meet on deck. All athletes must vacate premises immediately.7. **Bathrooms:** limited to County regulations of no more than 2 at a time

Local Palm Beach County Parks & Rec Guidelines:

1. Cap of 80 Swimmers (2 per side/4 per lane x 20 lanes). 72 Swimmers will be used in this event.
2. All Coaching staff, Timers, Officials, Meet Admin. Personnel will have temperatures taken, a series of questions asked in regards to personal health, and a colored band will be given to show proof of clearance for this event
3. No spectators allowed on deck, however accessibility of swimmers to parents will be readably available at the entranceway to facility, meet will be streamed virtually
4. Social distancing guidelines between heats will be followed with the support of Meet Marshal, Coaching staff, and pool staff

In applying for this sanctioned event, the Host, Lake Lytal Lightning Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida and Palm Beach County.

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

ORDER OF EVENTS & BREAKS/WARM-UPS & WARM-DOWNS4

Session 1: Sat. 9/19/2020

- General WarmUp:6-615am Intervals: 615-625am Sprints from Push: 625-630
- Event #1: OPEN MIXED 50 FR-8 Heats-Counter clockwise deck rotations 2 per side maintaining distancing on deck for start
 - General WarmDown 200 Yards
- Event #2: OPEN MIXED 200 FR-8 Heats- Counter clockwise deck rotations 2 per side maintaining distancing on deck for start
 - General WarmDown 300 Yards
- Event #3: OPEN MIXED 100 FR-8 Heats- Counter clockwise deck rotations 2 per side maintaining distancing on deck for start
 - General WarmDown: 200 Yards

Session 2: Sat. 9/26/2020

- General WarmUp:6-615am Intervals: 615-625am Sprints from Push: 625-630
- Event #4: OPEN MIXED 50 Stroke-8 Heats-Counter clockwise deck rotations 2 per side maintaining distancing on deck for start
 - General WarmDown 200 Yards
- Event #5: OPEN MIXED 200 Stroke or IM-8 Heats- Counter clockwise deck rotations 2 per side maintaining distancing on deck for start
 - General WarmDown 300 Yards
- Event #6: OPEN MIXED 100 Stroke or IM-8 Heats- Counter clockwise deck rotations 2 per side maintaining distancing on deck for start
 - General WarmDown: 200 Yards