

Palm Beach County BC Meet
February 20 & 21, 2021
North Palm Beach Country Club
951 US Hwy 1
NPB, FL 33408

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG122105102019**

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.

Meet Description: **This meet is open to all swimmers on Palm Beach 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.**

- Hosted by:** North Palm Beach Swim Club.
- Location:** *North Palm Beach Country Club*
951 US Hwy 1
NPB, FL 33408
- Directions:** Exit PGA Blvd. Travel East on PGA to US Hwy 1. Turn Right on US 1 and travel south about 1mile. Turn right on Yacht Club Drive into the North Palm Beach Country Club.
- Parking:** Parking will be across the street from the North Palm Beach Country Club.
- Date & Time:** **February 20, 2021**
Session 1 - Timed Finals – 10 & Under: Warm-up 7:30am. Meet starts at 8:30am
Session 2 – Timed Finals – 12 & Under Warm-up 11:00am Meet Start at 12:00pm
Session 3 – Time Finals – 13 & Over Warm-up 2:30pm Meet Start at 3:30pm
- February 21, 2021**
Session 4 - Timed Finals – 10 & Under: Warm-up 7am. Meet starts at 8:30am
Session 5 – Timed Finals – 12 & Under Warm-up 11:00am Meet Starts at 12:00pm
Session 6 – Time Finals – 13 & Over; Warm-up 2:30pm Meet Starts at 3:30pm
- *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:** Competition is in the NPB Country Club Pool 50 meters x 25 yards heated outdoor pool. 6 short-course racing lanes will be used. 6 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 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 Rules will govern this meet.
- Public Health and Safety mandates and guidelines of the State of Florida, Palm Beach County, Village of North Palm Beach & North Palm Beach Country Club 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

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 2021 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
NPBSwimming@gmail.com
Alf Aguirre at 561-691-3427

Entry Deadline: All entries must be received by *Friday February 5, 2021 @ 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

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: \$ 5.00 per individual event
\$ 8.00 per relay
\$ 15.00 per swimmer surcharge (Includes Gate Fee)
***Entry fees are made payable to North Palm Beach Swimming” (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 2021 FGC Junior Olympic or 2021 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: NO Awards

Scoring: This meet will not be scored

Admission: Deck will be open to Spectator. One Parent per Participants - \$5.00 Entry Fee will be added to the Surcharge. Mask are required on the pool deck.

Meet Information: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results will be posted on npbswimmig.com after entries are processed.

Head Referee: Scott Boggs

Admin. Official: Alf Aguirre

Meet Marshall: NPB Lifeguards

Meet Director: Alf Aguirre

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.

Information: Call the NPB Swimming office 561-691-3427.

Warm-Up Procedure: NO equipment permitted. Swimmers must enter feet first
First 40 Minutes: all lanes general warm up; push off only, no racing starts, circle swim
Last 15 minutes: 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 racing starts – 25 yds. Exit pool at far end or return via general warm up lane
Lane 6 swimming, push off, circle swim

Saturday, February 22, 2020
Warm up: 7am Start: 8:30am

Slower than	Event - girls	Description	Event - boys	Slower Than
	1a	12 &under 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
47.49	11	8&u 50 BR	12	46.59
47.49	13	9-10 50 BR	14	46.59
35.19	19	8&u 50 FR	20	34.49
35.19	21	9-10 50 FR	22	34.49
41.79	27	8&u 50 FLY	28	40.49
1:39.09	29	9-10 100 FLY	30	1:37.99
2:57.39	35	10&u 200 FR	36	2:47.99

Warm up: 11am Meet Start 12:00pm

Slower than	Event - girls	Description	Event - boys	Slower Than
	1b	12&under 200 free relay - MIXED		
		5 min break		
1:18.49	7	11-12 100 BK	8	1:15.79
39.99	15	11-12 50 BR	16	39.59
31.49	23	11-12 50 FR	24	30.29
1:18.29	31	11-12 100 FLY	32	1:16.49
2:29.69	37	11-12 200 FR	38	2:24.59

Warm up: 2:30pm Meet Start 3:30pm

Slower than	Event - girls	Description	Event - boys	Slower Than
	2	13 & Over 200 free relay - MIXED		
		5 min break		
1:11.69	9a	13-14 100 BK	10a	1:06.89
1:10.09	9b	15&over 100 BK	10b	1:03.49
38.39	17a	13-14 50 BR	18a	35.59
37.49	17b	15&over 50 BR	18b	34.09
30.29	25a	13-14 50 FR	26a	27.89
29.79	25b	15&over 50 FR	26b	26.79
1:11.39	33a	13&over 100 FLY	34a	1:06.39
1:09.99	33b	15&over 100 FLY	34b	1:03.39
2:22.19	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: 7am Start 8:30am

Slower than	Event - girls	Description	Event - boys	Slower Than
	41a	12&under 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
41.89	51	9-10 50 BK	52	42.39
1:44.99	57	9-10 100 BR	58	1:41.89
1:19.99	63	8&u 100 FR	64	1:18.79
1:19.99	65	9-10 100 FR	66	1:18.79
41.79	71	9-10 50 FLY	72	40.49
3:15.59	77	10&u 200 IM	78	3:13.19

Warm up: 11am Meet Start 12:00pm

Slower than	Event - girls	Description	Event - boys	Slower Than
	41b	12&under 200 medley relay - MIXED		
		5 min break		
1:18.39	47	11-12 100 IM	48	1:14.99
35.59	53	11-12 50 BK	54	35.29
1:27.39	59	11-12 100 BR	60	1:25.49
1:08.29	67	11-12 100 FR	68	1:05.89
34.09	73	11-12 50 FLY	74	34.19
2:47.79	79	11-12 200 IM	80	2:44.19

Warm up: 2:30pm Meet Start 3:30pm

Slower than	Event - girls	Description	Event - boys	Slower Than
	42	13 & Over 200 medley relay - MIXED		
		5 min break		
1:18.29	49a	13-14 100 IM	50a	1:08.59
1:15.49	49b	15&over 100 IM	50b	1:07.29
34.19	55a	13-14 50 BK	56a	31.89
33.29	55b	15&over 50 BK	56b	30.49
1:22.39	61a	13-14 100 BR	62a	1:15.59
1:20.69	61b	15&over 100 BR	62b	1:12.09
1:05.79	69a	13-14 100 FR	70a	1:00.89
1:04.59	69b	15&over 100 FR	70b	58.39
32.69	75a	13-14 50 FLY	76a	30.59
32.49	75b	15&over 50 FLY	76b	30.29
2:39.19	81a	13-14 200 IM	82a	2:28.59
2:36.19	81b	15&over 200 IM	82b	2:21.79

**** 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. ****

Supplemental Information

Additional Information and Procedures related to Covid-19: NPB Swim Meet Covid-19 Information – as of January, 10 2021 – Any changes to this information before the meet will be communicated directly to the participating team’s coaches for dissemination to their teams.

The following applies to swim meet participants, parents, coaches, officials, volunteers, and spectators.

1. General Prevention

- a. Everyone must screen themselves and their children at home before coming to the pool. If anyone is feeling ill, has a fever (over 100.4 degrees), a sore throat, diarrhea, vomiting, abdominal pain, a severe headache or has been exposed to someone with COVID-19 in the past 14 days, **THEY MUST STAY HOME.**
- b. If during the event, anyone experiences Covid-19 symptoms, they should isolate themselves and have another person notify a NPB coach or marshal of the situation. The coach or marshal will also notify the facility. The person will leave the event/go home and any areas that the sick person has touched or been will be disinfected. (See attachment 1 protocols).
- c. Be advised that government health organizations are recommending people 65 years and older, those who live in a nursing homes or long-term care facilities, and people with underlying medical conditions (particularly if not well controlled) should remain home. Underlying medical conditions include chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised, severe obesity diabetes, chronic kidney disease undergoing dialysis, and liver disease.
- d. CDC, state, and local guidelines are in effect during the meet.

2. Face Coverings

- a. Everyone is requested to wear face coverings when entering the pool area, walking around inside the pool, and when in any indoor areas.
 - a. When sitting or standing in place and maintaining social distance, face coverings may be removed. People who live in the same household may sit next to one another.
 - b. No one is allowed to sit or stand in any high traffic areas.
 - c. When entering locker rooms/restrooms, everyone will be required to wear face coverings and are encouraged to maintain social.
 - d. Swimmers may remove their face coverings and leave them with their belongings when getting ready for their race.
 - e. Upon completion of their race they should return to their place on deck and put their face covering back on if unable to social distance.

3. Swimmers

- a. Should bring their own water bottles and snacks as there will be no hospitality or shared water coolers.
- b. Should bring a chair unless they intend to sit on the ground on a towel.
- c. Will sit with their teams/groups and sit socially distanced from one another. Swimmers who live in the same household may sit next to one another.
- d. Handshakes, high fives, and team huddles are prohibited.

4. Meet Procedures

- a. Pre-meet warmup will limit swimmers to no more than 6 per lane. Teams will be assigned lanes.
- b. Sessions – Meet Sessions will be limited to 100 swimmers. The meet is planned as three sessions but may be altered to maintain the number of participants under 100.
- c. During the swim meet there will be one timer per lane.
- d. Masks are mandatory for timers. Timers will stay seated unless they are standing for timing purposes.
- e. Swimmers will line up two heats before their race at the cones set behind the timers.
- f. After each race, swimmers will exit the pool and walk to the warm down area or return immediately back to their designated team area. All swimmers must be cleared of the area for the next heat to step up.
- g. Only 6 swimmers per warm down lane allowed during the meet.

5. Other

- a. NPB will provide a sanitation station.
- b. The area behind the blocks and the bathhouse located on the pool deck is limited to swimmers, coaches, and officials. Spectators must use the restrooms located at the club house.
- c. Alf Aguirre is the point of contact for any Covid-19 concerns.
- d. We will limit pre-meet and post-meet meetings to the greatest extent possible between coaches, volunteers, participants, officials, and teams.
- d. NPB will utilize electronic means of communicating heat sheets and results.
- f. Inclement Weather In the event of inclement weather, swimmers, coaches and spectators must return outside the pool area and wait in their vehicles.