



FGC BB Silvers Championships

Feb 26 – 28, 2021

Sanctioned by:

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.

It is understood and agreed that USA Swimming, the facilities, and the host organizations shall be free from any liabilities or claims for 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, FLORIDA GOLD COAST SWIMMING, FLORIDA 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.

- Location:** Please see team lists on pages 10 and 12 for specific team assignments to BB South and BB North.
- Format:** These championships will be conducted in SCY. The 200 Backstroke, 200 Breaststroke, 200 Butterfly, all events 400 yards and longer, all events for 7-10 year old athletes, and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest ten swimmers in each of the following age groups: 11-12, 13-14, 15-18 advancing to finals.
- Breaks between events may be inserted at Meet Director and Meet Referee discretion.
- Rules:** 2021 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 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 Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- 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 vicinity 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.

- Eligibility:** This meet is open to all swimmers who:
1. Are 7 – 18 years of age on the first day of the meet.
 2. Are 2021 registered members of USA Swimming as provided by article 302.
 3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
 4. Have achieved one or more qualifying times within the qualifying period.

Qualifying time standards are 2017 USA Swimming National Age Group Motivational “BB” times for all individual events. There is no qualifying time standard for relays and these events may be entered with no time. Athletes who have achieved a qualifying time for the 2021 Spring FGC Junior Olympics (7-14 year old athletes) or 2021 Spring FGC Senior Championships (15-18 year old athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is Mar 1, 2019 through the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet.

Disability Athletes: Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the host ahead of time to allow for preparations.

Entry: All entries must be received by **6:00pm Monday Feb 22, 2021.**

Enter through USA Swimming Online Meet Entry (OME) at www.usaswimming.org/ome.

Paper, Fax, Email and Hytek entries will not be accepted.

OME Opens: 12:01am Feb 1, 2021

OME Closes: 6:00pm Monday Feb 22, 2021

Entry Fees: \$15.00 per individual event

Athlete Surcharge: \$20.00 per swimmer

Late Entries: Late entries will not be accepted.

Deck Entries: **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** All entries must be received through OME as described above.

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 in part.

Entry Cap: 350 Swimmers at each site.

Entry Limit: Swimmers may swim a maximum of three (3) individual events per day.

Seeding: All events will be seeded fast to slow in the following order: SCY, LCM, nonconforming distance SCY, nonconforming distance LCM. Timed final events and preliminary heats for 11-12, 13-14 and 15-18 age groups may be swum combined. If so, they will be resulted separately. Finals events will be swum in the following order: 11-12, 13-14, 15-18 girls, then 11-12, 13-14, 15-18 boys.

Friday evening's 500 freestyle and 400 IM will be seeded in event order without alternating heats of women and men. Positive check-in is NOT required for the 500 freestyle and 400 IM.

1650 Freestyle: Swimmers may qualify for the 1650 freestyle using any of the 1650y / 1500m or 1000y / 800m qualifying standards.

Girls and boys will enter 1650 freestyle through OME in separate events. They will compete in single mixed event seeded by time which will be resulted and scored separately.

Positive check-in by 6:30pm on Saturday, Feb 27 is required in order to compete. Heats will be swum slowest to fastest with the fastest ten girls in the second last heat and the fastest ten boys in the last heat. The last heat will conclude approximately 10 minutes prior to the start of warm-ups for finals

Scratches: Scratches from timed final events and preliminaries will be accepted until the deadlines listed below:

Friday Feb 26 events	6:30pm Thursday Feb 25
Saturday Feb 27 events	6:30pm Friday Feb 26
Sunday Feb 28 events	6:30pm Saturday Feb 27

Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Failure to compete in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid.

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

Awards: Individual Events: Medals: 1st – 3rd Ribbons: 4th – 10th
Relay Events: Ribbons: 1st – 3rd

Scoring: This meet shall not be scored.

Time Standards

Girls			Boys			
SCY	LCM	Event	Description	Event	LCM	SCY
≤ 7:35.49 > 6:44.89	≤ 6:51.09 > 6:05.39	1	7-10 500 Free	2	≤ 6:44.59 > 6:07.59	≤ 7:26.99 > 6:45.39
≤ 6:38.39 > 6:00.19	≤ 5:56.49 > 5:22.29	3	11-12 500 Free	4	≤ 5:48.69 > 5:21.89	≤ 6:27.49 > 5:57.69
≤ 6:20.09 > 5:36.29	≤ 5:40.89 > 5:01.59	5	13-14 500 Free	6	≤ 5:24.09 > 4:46.69	≤ 5:58.99 > 5:17.59
≤ 6:12.09 > 5:31.59	≤ 5:32.89 > 4:55.29	7	15-18 500 Free	8	≤ 5:09.89 > 4:38.39	≤ 5:45.99 > 5:09.89
≤ 5:56.79 > 5:22.49	≤ 6:48.29 > 6:09.09	9	11-12 400 IM	10	≤ 6:39.39 > 6:08.69	≤ 5:46.39 > 5:19.79
≤ 5:39.69 > 5:00.49	≤ 6:27.59 > 5:42.89	11	13-14 400 IM	12	≤ 6:04.69 > 5:22.59	≤ 5:17.39 > 4:40.79
≤ 5:31.99 > 5:00.29	≤ 6:18.79 > 5:42.39	13	15-18 400 IM	14	≤ 5:47.29 > 5:17.49	≤ 5:05.59 > 4:40.59

Girls		Event	Description	Event	Boys	
SCY	LCM				LCM	SCY
≤ 2:37.89 > 2:25.79	≤ 2:59.49 > 2:45.69	15	13-14 200 Fly	16	≤ 2:49.19 > 2:36.19	≤ 2:26.99 > 2:15.69
≤ 2:34.89 > 2:23.49	≤ 2:54.79 > 2:40.39	17	15-18 200 Fly	18	≤ 2:40.39 > 2:29.99	≤ 2:20.59 > 2:11.59
≤ 1:30.69 > 1:21.29	≤ 1:45.99 > 1:34.69	19	7-10 100 Back	20	≤ 1:43.59 > 1:35.49	≤ 1:29.69 > 1:23.19
≤ 1:18.49 > 1:13.39	≤ 1:31.09 > 1:22.69	21	11-12 100 Back	22	≤ 1:29.09 > 1:25.49	≤ 1:15.79 > 1:13.29
≤ 1:11.69 > 1:06.19	≤ 1:23.59 > 1:17.09	23	13-14 100 Back	24	≤ 1:18.29 > 1:12.29	≤ 1:06.89 > 1:01.79
≤ 1:10.09 > 1:05.99	≤ 1:21.99 > 1:16.89	25	15-18 100 Back	26	≤ 1:14.69 > 1:10.29	≤ 1:03.49 > 1:00.59
≤ 1:31.69 > 1:22.79		27	7-10 100 IM	28		≤ 1:29.39 > 1:23.39
≤ 1:18.39 > 1:10.79		29	11-12 100 IM	30		≤ 1:14.99 > 1:09.09
≤ 1:18.29 > 1:08.29		31	13-14 100 IM	32		≤ 1:08.59 > 1:03.29
≤ 1:15.49 > 1:07.99		33	15-18 100 IM	34		≤ 1:07.29 > 1:00.69
≤ 35.19 > 32.39	≤ 39.89 > 36.59	35	7-10 50 Free	36	≤ 39.49 > 36.49	≤ 34.49 > 31.99
≤ 31.49 > 28.89	≤ 35.79 > 32.79	37	11-12 50 Free	38	≤ 34.69 > 32.09	≤ 30.29 > 27.89
≤ 30.29 > 26.79	≤ 34.59 > 30.69	39	13-14 50 Free	40	≤ 31.99 > 28.29	≤ 27.89 > 24.69
≤ 29.79 > 26.29	≤ 33.79 > 30.19	41	15-18 50 Free	42	≤ 30.19 > 26.99	≤ 26.79 > 23.49
≤ 41.79 > 37.19	≤ 47.29 > 41.99	43	7-10 50 Fly	44	≤ 45.99 > 42.19	≤ 40.49 > 37.39
≤ 34.09 > 31.89	≤ 38.29 > 36.19	45	11-12 50 Fly	46	≤ 38.69 > 36.59	≤ 34.19 > 32.29
≤ 1:44.99 > 1:33.89	≤ 2:01.49 > 1:48.29	47	7-10 100 Breast	48	≤ 1:57.69 > 1:48.19	≤ 1:41.89 > 1:34.19
≤ 1:27.39 > 1:22.39	≤ 1:41.39 > 1:35.39	49	11-12 100 Breast	50	≤ 1:38.49 > 1:34.39	≤ 1:25.49 > 1:22.39
≤ 1:22.39 > 1:15.99	≤ 1:34.99 > 1:27.69	51	13-14 100 Breast	52	≤ 1:28.09 > 1:21.29	≤ 1:15.59 > 1:09.79
≤ 1:20.69 > 1:15.79	≤ 1:32.49 > 1:27.49	53	15-18 100 Breast	54	≤ 1:23.49 > 1:18.49	≤ 1:12.09 > 1:09.09
≤ 2:57.39 > 2:35.59	≤ 3:20.99 > 2:56.29	55	7-10 200 Free	56	≤ 3:12.09 > 2:54.79	≤ 2:47.99 > 2:33.39
≤ 2:29.69 > 2:15.29	≤ 2:50.39 > 2:34.09	57	11-12 200 Free	58	≤ 2:45.19 > 2:32.49	≤ 2:24.59 > 2:13.49
≤ 2:22.19 > 2:05.79	≤ 2:42.59 > 2:23.89	59	13-14 200 Free	60	≤ 2:32.29 > 2:14.79	≤ 2:12.79 > 1:57.49
≤ 2:19.19 > 2:05.59	≤ 2:38.69 > 2:22.49	61	15-18 200 Free	62	≤ 2:26.09 > 2:09.09	≤ 2:07.49 > 1:52.59

Girls		Event	Description	Event	Boys	
SCY	LCM				LCM	SCY
≤ 2:58.29 > 2:44.59	≤ 3:25.59 > 3:09.79	63	13-14 200 Breast	64	≤ 3:11.59 > 2:56.79	≤ 2:45.59 > 2:32.89
≤ 2:54.69 > 2:44.39	≤ 3:20.79 > 3:09.59	65	15-18 200 Breast	66	≤ 3:02.49 > 2:55.79	≤ 2:36.59 > 2:32.69
≤ 1:19.99 > 1:10.49	≤ 1:31.49 > 1:20.59	67	7-10 100 Free	68	≤ 1:30.29 > 1:21.89	≤ 1:18.79 > 1:11.69
≤ 1:08.29 > 1:01.59	≤ 1:18.49 > 1:10.99	69	11-12 100 Free	70	≤ 1:15.69 > 1:09.89	≤ 1:05.89 > 1:00.89
≤ 1:05.79 > 58.19	≤ 1:15.39 > 1:06.69	71	13-14 100 Free	72	≤ 1:09.99 > 1:01.99	≤ 1:00.89 > 53.89
≤ 1:04.59 > 57.19	≤ 1:13.59 > 1:05.59	73	15-18 100 Free	74	≤ 1:07.09 > 57.59	≤ 58.39 > 50.69
≤ 2:35.39 > 2:23.39	≤ 2:59.39 > 2:45.59	75	13-14 200 Back	76	≤ 2:49.69 > 2:36.59	≤ 2:25.89 > 2:14.69
≤ 2:32.39 > 2:23.19	≤ 2:55.59 > 2:45.39	77	15-18 200 Back	78	≤ 2:41.39 > 2:30.99	≤ 2:19.19 > 2:13.59
≤ 1:39.09 > 1:26.09	≤ 1:52.99 > 1:37.99	79	7-10 100 Fly	80	≤ 1:51.39 > 1:38.99	≤ 1:37.99 > 1:27.29
≤ 1:18.29 > 1:13.49	≤ 1:28.49 > 1:22.79	81	11-12 100 Fly	82	≤ 1:26.29 > 1:22.59	≤ 1:16.49 > 1:13.59
≤ 1:11.39 > 1:05.99	≤ 1:21.09 > 1:14.79	83	13-14 100 Fly	84	≤ 1:15.49 > 1:09.69	≤ 1:06.39 > 1:01.29
≤ 1:09.99 > 1:04.59	≤ 1:19.49 > 1:12.89	85	15-18 100 Fly	86	≤ 1:11.79 > 1:03.69	≤ 1:03.39 > 56.99
≤ 47.49 > 42.79	≤ 53.99 > 48.49	87	7-10 50 Breast	88	≤ 53.29 > 48.99	≤ 46.59 > 42.99
≤ 39.99 > 37.89	≤ 45.49 > 42.99	89	11-12 50 Breast	90	≤ 45.39 > 43.59	≤ 39.59 > 38.19
≤ 41.89 > 37.69	≤ 48.89 > 43.89	91	7-10 50 Back	92	≤ 49.19 > 44.99	≤ 42.39 > 39.09
≤ 35.59 > 33.89	≤ 41.19 > 38.99	93	11-12 50 Back	94	≤ 40.89 > 39.49	≤ 35.29 > 34.29
≤ 3:15.59 > 2:52.69	≤ 3:43.19 > 3:17.09	95	7-10 200 IM	96	≤ 3:40.79 > 3:19.39	≤ 3:13.19 > 2:54.99
≤ 2:47.79 > 2:31.69	≤ 3:11.49 > 2:53.09	97	11-12 200 IM	98	≤ 3:09.29 > 2:53.89	≤ 2:44.19 > 2:30.89
≤ 2:39.19 > 2:20.89	≤ 3:03.39 > 2:42.19	99	13-14 200 IM	100	≤ 2:51.99 > 2:38.79	≤ 2:28.59 > 2:17.19
≤ 2:36.19 > 2:20.69	≤ 2:59.69 > 2:41.89	101	15-18 200 IM	102	≤ 2:43.99 > 2:28.19	≤ 2:21.79 > 2:10.79

Girls		Event	Description	Event	Boys	
SCY	LCM				LCM	SCY
≤ 23:07.29	≤ 23:55.39	103	11-12 1650 Free	104	≤ 23:25.49	≤ 23:37.49
> 20:53.89	> 21:37.39				> 21:37.39	> 20:52.99
≤ 21:43.19	≤ 22:23.09	105	13-14 1650 Free	106	≤ 21:27.39	≤ 20:43.19
> 19:12.89	> 19:48.09				> 18:58.89	> 18:19.79
≤ 21:26.19	≤ 22:02.19	107	15-18 1650 Free	108	≤ 20:33.99	≤ 20:02.89
> 19:12.69	> 19:43.09				> 18:29.99	> 18:10.99

1000 Free / 800 Free Qualifying Times

Girls		Event	Description	Event	Boys	
SCY	LCM				LCM	SCY
≤ 13:44.69	≤ 12:29.19	103	11-12 1000/800 Free	104	≤ 12:15.19	≤ 13:30.19
> 12:25.39	> 11:17.19				> 11:18.59	> 12:27.89
≤ 13:01.79	≤ 11:41.99	105	13-14 1000/800 Free	106	≤ 11:13.99	≤ 12:23.89
> 11:31.59	> 10:20.99				> 9:56.29	> 10:58.09
≤ 12:49.99	≤ 11:28.39	107	15-18 1000/800 Free	108	≤ 10:50.39	≤ 11:57.79
> 11:22.49	> 10:13.39				> 9:41.89	> 10:46.39



FGC BB Silvers North

BMSC BRST CSSC DSST ECAC ESC FAST FLA HAFL HAT JDST LLL MART NPB PAQ PCS POMP PST SAS SFTL
SUN TSA TSU WASC WOW YSPB

Sanction Number: **FG172105705020.1**

Hosted by: Lake Lytal Lightning

Location: Lake Lytal Lightning Family Aquatic Center
3645 Gun Club Rd. WPB, FL 33406

Directions: From I-95 Exit Southern Blvd. West to Congress Ave. South to first right. LL Park is ½ Mile on the right. From Turnpike Exit Southern Blvd. East to Kirk Rd. (across from airport). Kirk South to Gun Club East. LL Park is ¼ mile on the left. Google Maps Link: <https://goo.gl/maps/nMf3wLLaia42>

Date & Time:

Date	Girls Prelims Warm-up	Girls Prelims Start	Boys Prelims Warm-up	Boys Prelims Start	Finals Warm-up *	Finals Start *
Friday, Feb 26					4pm	5pm
Saturday, Feb 27	#1-7am #2-8am	9:15am	#1-11:30a #2 12:30p	1:45p	5pm	6p
Sunday, Feb 28	#1-7am #2-8am	9:15am	#1-11:30a #2 12:30p	1:45p	<u>1650:445 WUp</u> <u>Event #69<</u> 5p Wup	<u>1650:545pStart</u> <u>Event #69<</u> 6:15p Start

The meet director reserves the right to change meet warm-up and start time in order to hold an efficient meet within USA Swimming / FGC guidelines and with FGC Sanction Coordinator approval.

Pool/Timing: 25y x 50m outdoor heated facility, 10 Competitive short-course racing lanes with separate warm-up and swim-down lanes available. Min. water depth in accordance w/ Article 103.2.3 at the stat end of pool varies from 4'6" to 12'0" depending on lane assignment. Colorado/Daktronics Timing Systems w/touch pads will be used for this meet. The competition course HAS been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming

Entry Fees: ***Entry fees are made payable to Lake Lytal Lightning Swim Team
(note: 1 Check per team please)**

Meet Director: Gordon Andrews 561-310-4924 lightningswimming@gmail.com

Head Referee: **Dee Herfurth**

Admin Official: Gordon Andrews

Admission: **NO SPECTATORS NO ADMISSION FEES**

Information: Gordon Andrews 561-310-4924 lightningswimming@gmail.com

Order of Events*

***All Warm Up & Start Times Subject to Change Once Entries Processed
Phase 1 and Phase 2 Warm-Up Differentiation Assigned Once Entries Processed**

Friday PM Timed Finals
Warm-Up 4pm-Meet Start 5pm
500 Freestyle
400 Individual Medley

Saturday AM Girls Prelims
Warm-Up Phase 1 7am-8am Phase 2 8am-9am
Starts: 9-9:10am
Meet Start: 9:15am
200 Butterfly
100 Backstroke
100 Individual Medley
50 Freestyle
50 Butterfly
100 Breaststroke
200 Freestyle

Sunday AM Girls Prelims
Warm-Up Phase 1 7am-8am Phase 2 8am-9am
Starts: 9-9:10am
Meet Start: 9:15am
200 Breaststroke
100 Freestyle
200 Backstroke
100 Butterfly
50 Breaststroke
50 Backstroke
200 Individual Medley

Saturday AM Boys Prelims
Warm-Up Phase 1 11:30-12:30pm
Phase 2 12:30-1:30pm
Starts:1:30-1:40p
Meet Start 1:45pm
200 Butterfly
100 Backstroke
100 Individual Medley
50 Freestyle
50 Butterfly
100 Breaststroke
200 Freestyle

Sunday AM Boys Prelims
Warm-Up Phase 1 11:30-12:30pm
Phase 2 12:30-1:30pm
Starts:1:30-1:40p
Meet Start 1:45pm
200 Breaststroke
100 Freestyle
200 Backstroke
100 Butterfly
50 Breaststroke
50 Backstroke
200 Individual Medley

Saturday Finals
Warm Up 5pm Meet Start 6pm
100 Backstroke
100 Individual Medley
50 Freestyle
50 Butterfly
100 Breaststroke
200 Freestyle

Sunday Distance
Warm 445pm Meet Start 545pm
1650 Freestyle

Sunday Finals
Warm Up 5pm Meet Start 6:15pm
100 Freestyle
100 Butterfly
50 Breaststroke
50 Backstroke
200 Individual Medley

***ALL OF THESE START TIMES SUBJECT TO CHANGE ONCE ENTRIES ARE PROCESSED**

Broad Parameters

- Separate Prelims Sessions on Sat. & Sun. to maintain Participant limits of 170 per session
- **Each team's participants will have designated bleacher/deck assignments.**
- **All volunteer timers & meet personnel will be temperature checked, wrist bands given and masks required.**
- **Masks for coaches, swimmers while not swimming, designated seating areas.**
- **NO HARD COPY HEAT SHEETS, all will be on M Mobile, LLL Website, and sent to coaches prior. NO ADMISSIONS, NO SPECTATORS & NO EXCHANGES OF MONIES.**
- Separate Entrance Gate (North Gate) and Exit Gate (South Gate) will be enforced
Hand Sanitizing Stations throughout pool deck set up by host team
- Swimmers will maintain proper social distancing while behind blocks w/ competitor at block and following heat against west wall
- There will be NO CONCESSIONS.
- Coaches will have the option of a pre-packaged breakfast items, lunch, and dinner and the option of using a hospitality area for pre-packaged snacks & sealed drinks

Palm Beach Cnty Parks & Rec Supplemental Covid Information

Palm Beach County Parks & Rec urges continued hand washing, social distancing, use of facial coverings and other precautionary measures as businesses partially reopen under Governor's Order 20-120.

- **Screening** of competitors/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.
 - If during the event, anyone experiences Covid-19 symptoms, they should isolate themselves and have another person notify a Lake Lytal 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.
 - 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.

- CDC, state, and local guidelines are in effect during the meet.
- All individuals must wear a face cover when entering and exiting the facility.
- **Face Coverings**
 - Everyone is requested to wear face coverings when entering the pool area, walking around inside the pool, and when in any indoor areas.
 - When entering locker rooms/restrooms, everyone will be required to wear face coverings and are encouraged to maintain social distancing
 - Swimmers may remove their face coverings and leave them with their belongings when getting ready for their race.
 - 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.
- **Swimmers**
 - Should bring their own water bottles and snacks as there will be no hospitality or shared water coolers.
 - Should bring a chair unless they intend to sit on the ground on a towel.
 - 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.
- **Meet Procedures**
 - Pre-meet warmup will limit swimmers to no more than 4 per lane. Teams will be assigned lanes and warmup times once entries are processed
 - During the swim meet there will be 2 timers per lane. Masks are mandatory for timers. Timers will stay seated unless they are standing for timing purposes.
 - Swimmers will line up two heats before their race behind the timers or standing on the west wall maintaining social distance
 - 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 in order for the next heat to step up.
 - Only 4 swimmers per warm down lane allowed during the meet. Swimmers must enter warm down lanes feet first and where there is ample room to abide by this parameter
 - Participants, coaches, officials, volunteers will not share equipment.
- Other
 - Lake Lytal Lightning will provide hand sanitizer stations around the pool deck

- **NO SPECTATORS WILL BE ALLOWED DUE TO PB COUNTY DECK LIMITATIONS & COVID**
- **ANY VIOLATION OF THE FACEMASK RULE BY PARENT/SPECTATORS WILL RESULT IN EXPULSION FROM THE MEET BY PARK POLICE...THANKS FOR YOUR COOPERATION FOR THE SAKE OF THE YOUNG ATHLETES AND SOCIAL CONSIDERATION OF ALL INVOLVED**
- Entrance to the facility will be through the North Gate.....Exit through the South Gate
- The Meet Director, Gordon Andrews is the point of contact for any Covid-19 concerns.
- We will limit pre-meet and post-meet meetings to the greatest extent possible between coaches, volunteers, participants, officials, and teams.
- Bleacher seating areas may be used by teams but are not being sanitized between sessions
- LLL will utilize electronic means of communicating heat sheets and results via Meet Mobile, lightningswimming.org NO HARD COPIES
- Inclement Weather: In the event of inclement weather, swimmers, coaches, and spectators must return outside the pool gates and wait in their vehicles.

IF ANY OF THE ABOVE PARAMETERS ARE NOT TO YOUR TEAM'S PREFERENCE, AN INDIVIDUAL PARTICIPANT'S OR THEIR SAID FAMILY'S PREFERENCE.....WE ENCOURAGE TO NOT PARTICIPATE IN THIS COMPETITION

COACHES, VOLUTEER MEET PERSONEL, USAS OFFICIALS, MEET ADMINISTRATORS ALL TO BE TEMPORAL SCANNED AND WRIST BANDS GIVEN EACH DAY OF COMPETITION. FRI NIGHT, SAT. PRELIMS GIRLS, SAT. PRELIMS BOYS, SAT. FINALS, SUN. PRELIMS GIRLS, SUN PRELIMS BOYS, SUNDAY FINALS.

COACHES FOR THE SAKE OF BEING ABLE TO CARRY THRU WITH THE COMPETITION PLS. ENCOURAGE YOUR PARTICIPANTS TO REMIAN SEGREGATED TO TEAM TENTS WHEN NOT COMPETING or WARMUP/DOWN. NO HORSE PLAY, CONGREGATING OF ATHLETES, ETC THE WARM DOWN AREA IS FOR WARMING DOWN ONLY. ONCE ENTRIES ARE PROCESSED TEAMS WILL BE ASSIGNED WARMUP TIMES & LANES AND STARTS