

Wellington Long Course Spring Invitational

May 14-16, 2021

12150 Forest Hill Blvd Fl 33414

Wellington Swimming

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.
Sanction No. **FG132113404039**

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.

SPONSORED BY: Wellington Swimming and the Village of Wellington

RULES: Current USA Swimming and FGC rules will govern this meet.

Public Health and Safety mandates and guidelines of the State of Florida, Broward County, Village of Wellington, and Wellington Aquatics Facility 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.

In granting approval it is understood & agreed that USA Swimming under the conditions authorized by USA Swimming, Florida Gulf Coast & Wellington Swimming shall be free & held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. Safety rules as outlined by USA swimming & as recommended by the referee, will be in effect.

Deck changing: Changing, in part or whole, into or out of swimsuits (excluding drag suits) other than in locker rooms or other designated areas is not appropriate and is prohibited.

Operation of a Drone: A drone or any other flying apparatus is prohibited over the entire venue anytime athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior written Approval by the V.P. of Program Operations.

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 area, 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 & photographed by the official photographer(s) & network(s) of USA Swimming under the conditions authorized by USA Swimming, And allow event organizers the right to use names, pictures, likenesses, & biographical info Before, during or after the period of participation in USA Swimming competitions To promote such completions.

CONFLICT OF INTEREST: Unauthorized sale, advertisement & promotion of products and/or services at the location of the competition or its vicinity are not allowed without the written request & 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 competition. Failure to comply Will result in removal from the facility and/or immediate area.

ELIGIBILITY: Open to all current 2021 USA Swimming registered athletes & foreign athletes with proper travel credentials that have been invited by Wellington Swimming and USA Swimming. The meet host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. All registrations must be done prior to the start of the competition.

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

DISABILITY: All swimmers are welcome to enter this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations, rtw01@aol.com or 561-723-7156.

POOL/TIMING: 25 yard x 25 meter x 50 Meter heated outdoor pool, 8 long course racing lanes with Separate warm-up and swim-down lanes available. Colorado Timing System® will be used. Fly over starts may be used.

DATES & TIMES: **Session I-** **May 14, 2021, Warm-up- 4:30pm, Meet Starts 6:00pm**
Session II – **May 15, 2021, Warm-up-7:00am, Meet Starts 8:15am**
Session III- **May 15, 2021 Meet Starts 10 min. after end of Session II**
Session IV- **May 15, 2021 Warm-up-12:45pm, Meet Starts 2:00pm**
Session V- **May 16, 2021 Warm-up-8:00am, Meet Starts 9:30am**
Session VI- **May 16, 2021, Meet Starts 10 min. after end of Session V**
Session VII- **May 16, 2021, Warm –up12:45 pm Meet Starts: 2; 00pm**

*** Meet director reserves the right to change 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.**

LOCATION: Wellington Aquatic Center, 12150 Forest Hill Blvd Wellington Fl. 33414

DIRECTIONS: **From south** I-95 to Forest Hill Blvd exit, go west approx. 15 miles. The pool is on the left behind the Wellington Town Center, amphitheater and Pool.
 From North 1-95 to Forest Hill exit, go west approx. 15 miles. The pool is on the left behind the Wellington Town Center, amphitheater
See our web site, www.wellingtonswimming.com .

ENTRIES: All entries must be received by **May 5, 2021. PLEASE** enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!)
E-mail to: RTW01@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 us at 561-723-7156.

SEEDING: Long Course Meters times will be used for entry and seeding. All events are Timed Finals, all events swum together will be scored by their age groups.

ENTRY FEES: \$4.25 per individual event
 \$10.00 per swimmer surcharge
***Entry fees are made payable to: Wellington Swimming**
Note: one check per team

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.

ENTRY LIMIT: Limit of four (4) events per swimmer per day, plus relays

MEET CAP: 500 swimmers total – 240 per session

AWARDS: Individual Events: Medals 1st – 3rd, Ribbons 4th-8th BY AGE GROUPS: 10 & UNDER, 11-12, 13-14. AND 15 & OVER
Relays Events: Ribbons 1st – 3rd place.

DISTANCE EVENTS: The 400, 800 & 1500 Fr and 400IM for all ages are timed finals and will be swum mixed, Fastest to slowest. **All distance events are positive check in.** Swimmers must provide a timer & Counter as needed.

DECK ENTRIES: NO DECK ENTRIES.

HEAD REFEREE: **David Katz**

MEET DIRECTOR: Richard Whalen

ADMIN. OFFICIAL: Richard Whalen

MEET COMMITTEE: A meet committee may be created by the meet referee to handle issues per-
Training to non-rule situations at the meet such as severe weather and
Equipment issues.

ADMISSION: A limited number of spectators are allowed per session, the admission will be \$3.00 per session
Heat Sheets: \$3.00 per session.

CONCESSION: If allowed concession stand will be open for all sessions.

Hospitality: Hospitality will be provided for coaches, officials & volunteers

MEET RESULTS: Official results will e-mailed and posted at www.wellingtonswimming.com

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
45 minutes. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts; No
Sprinting or Pace Work, and 25 minutes Controlled Warm Up.
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 25 yards One Length
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 25 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 25 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

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

Wellington Wahoo'sSwim Club Covid Guidelines
The return to competition plan Statement of local protocols and requirements:

Message from USA Swimming:

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

Wellington Wahoo Swim Club and The Village of Wellington Aquatic Complex is limited to 75% capacity COVID-19 Guide for Safe return to competition plan:

BEFORE THE MEET:

Before the meet, all the swimmers and spectators are required to read the meet information, or any information provided regarding the operational procedures that will take place during the meet. All participants (swimmers, coaches, officials and volunteers) are required to read and follow the information and protocols for this meet.

Expectations for Swimmers, Volunteers, Coaches and Staff:

Health Screening Survey: Any member should refrain from attending the meet until they are able to answer NO to each question. DO NOT COME TO THE POOL IF YOU ARE SICK!

- 1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?**
- 2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms?(Please take your temperature before you answer this question.) Fever or chills (100.4° F/37.8° C or greater as measured by an oral thermometer) > Cough > Congestion or runny nose > Shortness of breath or difficulty breathing > Sore throat > New loss of taste or smell > Chills > Headache > Muscle, or body aches > Fatigue > Nausea, diarrhea, or vomiting > Bright red (or any) rash**
- 3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?**

4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?

5. In the past 14 days, have you travelled outside the State of Florida?

6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?

7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of Florida, been on a commercial flight, or traveled outside of the United States?

8. Have you been tested for COVID-19 and are waiting to receive test results? 9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

Plan for swimmers and volunteers to ingress and egress:

FACILITY ENTRY & EXIT:

Swimmers enter the facility using the main entrance (northwest side). Upon entering the facility, volunteers will do a temperature check and may ask you health questions. Any swimmers or volunteer with temperature of 100.4 or above will not be allowed into the facility. Anyone experiencing any of the symptoms mentioned above, will not be allowed into the facility.

HAND SANITATION STATIONS: Hand sanitation stations will be available throughout the facility during the course of the meet. Swimmers and Volunteers are encouraged to use them. There will be four hand sanitizer bottles inside the bathrooms and six additional bottles spread out throughout the facility.

TRASH: Trash cans will be available throughout the facility. Trash cans lids will be removed to reduce contact area.

CONCESSIONS AND HOSPITALITY: Concessions and hospitality room will not be available at the meet. Everyone entering the pool is encouraged to bring their own water or sports' drinks. Make sure to label them with your name. This will prevent someone else from using your drink by accident. Do NOT share water bottles.

FACE COVERINGS: EVERYONE must wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Anyone refusing to use face covering or face mask will not be allowed to enter the facility. Volunteers are required to wear facial coverings during the meet. Volunteer and swimmers who refuse to wear facial coverings, will be asked to leave the facility. Everyone will be asked to vacate the facility or parking lot as soon as possible once the meet is over.

SOCIAL DISTANCING: Everyone attending the meet must follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

TIMERS: Timers will be assigned prior to the start of the meet and will print the heat sheet and lane timer sheet at home. All volunteers will bring the own pen. There will be only one timer per lane. The same timer will use both back up button and stopwatch.

EQUIPMENT: All equipment used at the meet will be sanitized prior to and immediately after the meet is concluded. All radios will be sanitized and placed at the officials' stations. Officials will follow guidelines below suggested by the FGC Officials' Chair. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc. Each session will be limited to 240 swimmers.

WARM UP PROCEDURE: Teams will be assigned lanes prior to the meet. No more than 6 swimmers will be allowed per lane at the same time.

BEFORE AND AFTER RACES: Coaches' tables will be placed at least 6 ft apart. ONLY Swimmers wishing to speak to the coaches prior to or after their races will have to keep 6 ft apart. Do not advance until the person in front of you has been cleared the area Markers will be placed behind the blocks to keep swimmers 6 ft apart. There will be at least 2 markers behind each starting block.

AFTER RACES: Swimmers will exit at the starting end of the pool. Subsequent heat will not move towards the starting block until swimmers from previous heat have cleared the area.

Warm down area will be restricted to six swimmers per lane. Meet marshals will be patrolling the warm down area to make sure that no more than 6 swimmers are using one lane at the same time.

CLEANING OF THE FACILITY: The facility will be cleaned and disinfected with a medical grade product prior to and after the conclusion of the meet.

ATTESTATION STATEMENT: In applying for this sanctioned event, the Host, the Wahoos of Wellington Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, village of Wellington and Palm Beach County.

Officiating guidelines can be found below. **FLORIDA GOLD COAST SWIMMING OFFICIATING BEST PRACTICES IN THE ERA OF COVID: SUGGESTIONS FOR MEET REFEREES**

1, Minimize number of officials on deck: Deck Ref; Starter; AO; 0-1 Stroke/Turn Judges for an intra-squad meet or a dual meet, 1-2 Stroke/Turn Judges for an

- invitational-style virtual meet. Extra officials may be used as relief teams but should remain off-deck and should practice social distancing when not working.**
- 2. Conduct pre-meet briefing by telephone or Zoom conference prior to the start of the meet.**
 - 3. Officials should report directly to their assigned positions immediately before the start of the meet. Do not allow them to congregate in the starting area.**
 - 4. Do not require officials to “sign in” when they arrive at the meet.**
 - 5. Do not count on hospitality being available. Officials should bring their own water bottles.**
 - 6. Do not share communal radios. Officials should bring their own radios to the meet.**
 - 7. Officials should wear face coverings at all times while at the meet.**
 - 8. Avoid using DQ slips or other unnecessary paper. DQ’s may be noted on the Stroke/Turn judge heat sheet and the Referee heat sheet should be used as the master DQ log.**
 - 9. Consider announcing DQ’s over the PA or Start System rather than informing swimmers or coaches in-person.**
 - 10. Communications between officials should be over the radio whenever possible.**
 - 11. The Starter and Deck Referee should be separated by at least six feet.**
 - 12. In general, there should only be one Starter. If more than one Starter is used, they must each have their own microphone and never share a microphone.**
 - 13. Deck Referees should use electronic whistles.**
 - 14. Consider having the heat that just finished their race swim down to the turn end and exit the pool from the turn end.**
 - 15. Heat intervals will need to be increased by 30-50 seconds depending on the level of the swimmers.**
 - 16. The AO/Computer Operator and the Timing Equipment operator should be separated by at least six feet and paper handling should be minimized to the extent possible.**
 - 17. Officials should shelter in their privately owned vehicles in the event the deck must be evacuated for a weather event.**

Friday, MAY 14th Session 1
Warm-Up 4:30pm, Start 6:00pm

Session 1			
Girls	Event	Age Group	Boys
1	Mixed 400 IM	OPEN	
3	Mixed 800 FR	OPEN	
5	Mixed 400 FR	12 & under	

Saturday, May 15th Session 2
Warm-up 7:00am, Start 8:15am

Session 5			
Girls	Event	Age Group	Boys
7	200 FREESTYLE	13 & OVER	8
9	100 BACKSTROKE	13 & OVER	10
11	200 BREASTROKE	13 & OVER	12
13	50 FREESTYLE	13 & OVER	14
15	100 BUTTERFLY	13 & OVER	16
17	200 IM	13 & OVER	18

Saturday, MAY 15th Session 3
Start 10 minutes after Session 2

Session 6			
Girls	Event	Age Group	Boys
19	Mixed 400 FR *	13 & O	

Saturday, May 15th
Warm-up 12:45pm, Start 2:00pm Session 4

Session 5			
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Girls	Event	Age Group	Boys
21	200 FREESTYLE	12 & UNDER	22
23	100 BACKSTROKE	12 & UNDER	24
25	50 BUTTERFLY	12 & UNDER	26
27	50 FREESTYLE	12 & UNDER	28
29	50 BREASTROKE	12 & UNDER	30
31	200 IM	12 & UNDER	32
33	MIXED 200 BUTTERFLY	12 & UNDER	
35	MIXED 200 BREASTROKE	12 & UNDER	

Sunday, May 16th			
Warm-up 8:00am, Start 9:30am Session 5			
Session 5			
Girls	Event	Age Group	Boys
37	100 FREESTYLE	13 & Over	38
39	200 BACKSTROKE	13 & OVER	40
41	100 BREASTROKE	13 & OVER	42
43	200 BUTTERFLY	13 & OVER	44

Sunday, MAY 16th Session 6			
Start 10 minutes after Session 5			
Session 6			
Girls	Event	Age Group	Boys
45	Mixed 1500 FR *	11 & O	

***Positive check in,**

Sunday, May 16th			
Warm-up 12:45pm, Start 2:00pm Session 7			

Session 5			
Girls	Event	Age Group	Boys
47	100 FREESTYLE	12 & UNDER	48
49	50 BACKSTROKE	12 & UNDER	50
51	100 BREASTROKE	12 & UNDER	52
53	100 BUTTERFLY	12 & UNDER	54
55	200 BACKSTROKE	12 & UNDER	56



Health Screen Survey:

1. Have you been sick with any of the following symptoms in the last 14 days? Fever, cough, runny nose, sore throat, shortness of breath, headache, chills, loss of taste and smell, vomiting, diarrhea? Y N
2. Do you have any other symptoms of being sick? Y N
3. Have you been around anyone who is sick in the last 14 days? Y N
4. Have you had an exposure to a known COVID-19 patient? Y N
5. Have you recently traveled outside the area? Y N

If you answered yes to any of the above questions, please let the Coach know. You may not be able to swim until we have notification that you have been self-quarantined for 14 days.

Name/ Signature: _____ Date: _____

Printed Name: _____