

# Lightning May 12 & U Sub JO Invitational Swim Meet

## May 28, 2021



**Sanctioned by:**

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction No. **FG122114805049**

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, FLORIDA GOLD COAST SWIMMING, AND PALM BEACH COUNTY PARKS & REC 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:**

Friday May 28, 2021

Session 1: WUp 415pm Start 445 pm Session 2: WUp 445pm Meet Start 515pm

\*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).

**Eligibility:** Open to all 12 & Under current 2021 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 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. Events entered should be slower than current 2021 FGC Jr. Olympic times.

**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. & 2021 Palm 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.

<b>Deck Changes:</b>	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.
<b>Disability Athletes:</b>	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
<b>Entries:</b>	All entries will be pre-seeded with swimmers 2021 USAS registered athletes
<b>Entry Limit:</b>	4 Individual Events for 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.
<b>Meet Cap:</b>	The meet will be capped at 180 Participants and volunteers (athletes, coaches, volunteers) according to PB County Parks & Recreation
<b>Deck Entries:</b>	Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
<b>Entry Fees:</b>	\$6 per event \$10 Per Swimmer Surcharge
<b>Refunds:</b>	Once a team or individual entry has been received and processed, there will be no refunds in full or in part unless FG 1.17.v applies
<b>Seeding:</b>	Mixed M/F. 10 Lanes Slowest to Fastest, Super Seeded w/ Fastest 8 seeds in any combined recognized age groups swimming together. Many events will be combined for the sake of efficiency these events are listed at bottom of Events Listing
<b>Awards:</b>	Ribbons 1-8 in recognized Age Group & Gender Categories
<b>Scoring:</b>	THIS MEET WILL NOT BE SCORED.
<b>Admission:</b>	\$0.00 per session. Heat sheets: Available FREE online and thru the Meet Mobile app for phones and tablets
<b>Meet Information:</b>	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 <a href="http://www.lightningswimming.org">www.lightningswimming.org</a>
<b>Head Referee:</b>	Dee Herfurth/Scott Boggs TBA
<b>Meet Director:</b>	Gordon Andrews
<b>Admin Official:</b>	Gordon Andrews
<b>Meet Marshall:</b>	Steven Hughes
<b>Meet Committee:</b>	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.
<b>Information:</b>	Gordon Andrews 561-310-4924

### Broad Parameters

- 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.

## **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 **MUST** 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.
  - 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, lightningsswimming.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***

***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***

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

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

# ORDER OF EVENTS

<b><u>SESSION 1: 8 &amp; Under</u></b>		<b><u>Session 2: 9-12</u></b>			
	<b><u>WarmUp: 415 Meet Start 445p</u></b>		<b><u>Warmup 445 Meet Start 515pm</u></b>	17	Mixed 12 & U 100 Fr*
1	Mixed 8 & U 25 Yard Free	9	Mixed 9-10 50 Fr	18	Mixed 9-10 50 Fly
2	Mixed 8 & U 25 Yard Back	10	Mixed 11-12 50 Fr	19	Mixed 11-12 50 Fly
3	Mixed 8 & U 50 Yard Fr	11	Mixed 9-10 50 Bk	20	Mixed 12 & U 100 Breast*
4	Mixed 8 & U 50 Yard Bk	12	Mixed 11-12 50 Bk	21	5 Min. Break
5	Mixed 8 & U 25 Yard Breast	13	Mixed 12 & U 100 IM*		Mixed 12 & U 100 Fly
6	Mixed 8 & U 25 Yard Fly		5 Min Break		*Ranked & Awarded 10 & U/11-12
7	Mixed 8 & U 50 Yard Breast	14	Mixed 12 & U 100 Back*		
8	Mixed 8 & U 50 Yard Fly	15	Mixed 9-10 50 Brst		
		16	Mixed 11-12 50 Brst		