



2021 FG LCM BB Championships

July 16-18, 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 8 and 10 for specific team assignments to BB South and BB North.

Format: These championships will be conducted in LCM. The 200 Backstroke, 200 Breaststroke, 200 Butterfly, all events 400 meters and longer, and all events for 7-10 year old athletes will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest eight 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 2021 USA Swimming National Age Group Motivational “BB” times for all individual events. Athletes who have achieved a qualifying time for the 2021 Summer FGC Junior Olympics (7-14 year old athletes) or 2021 Summer FGC Senior Championships (15-18 year old athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is July 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 Jul 12, 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 Jun 19, 2021
OME Closes: 6:00pm Monday Jul 12, 2021

Entry Chair: Allan Golding email: allan.c.golding@comcast.net

OME Help: Allan Golding email: allan.c.golding@comcast.net

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 Limit: Swimmers may swim a maximum of three (3) individual events per day. Swimmers who enter more than three (3) events in one day must scratch events in excess of three (3) events by the scratch deadline for that day's events.

Seeding: All events will be seeded fast to slow in the following order: LCM, SCY, nonconforming distance LCM, nonconforming distance SCY except as otherwise noted. 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 400 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 400 freestyle and 400 IM.

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

Girls and boys will enter 1500 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, Jul 17 is required in order to compete. Heats will be swum slow to fast with the fastest eight girls in the second last heat and the fastest eight 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 Jul 16 events	6:30pm Thursday Jul 15
Saturday Jul 17 events	6:30pm Friday Jul 16
Sunday Jul 18 events	6:30pm Saturday Jul 17

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.

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: 1st – 8th place

Scoring: This meet shall not be scored.

Order of Events*

Friday PM Timed Finals

400 Freestyle
400 Individual Medley

Saturday Prelims

200 Butterfly
100 Backstroke
50 Freestyle
50 Butterfly
100 Breaststroke
200 Freestyle

Saturday Finals

100 Backstroke
50 Freestyle
50 Butterfly
100 Breaststroke
200 Freestyle

Sunday Prelims

200 Breaststroke
100 Freestyle
200 Backstroke
100 Butterfly
50 Breaststroke
50 Backstroke
200 Individual Medley

Sunday Distance

1500 Freestyle

Sunday Finals

100 Freestyle
100 Butterfly
50 Breaststroke
50 Backstroke
200 Individual Medley

Time Standards

Girls				Boys			
SCY	LCM	Event	Description	Event	LCM	SCY	
7:34.89 - 6:44.88	6:51.09 - 6:05.38	1	7-10 400 Free	2	6:44.49 - 6:07.58	7:26.99 - 6:45.38	
6:38.19 - 6:00.18	5:56.49 - 5:22.28	3	11-12 400 Free	4	5:48.69 - 5:21.88	6:27.49 - 5:57.68	
6:18.69 - 5:36.28	5:40.59 - 5:01.58	5	13-14 400 Free	6	5:24.09 - 4:46.68	5:58.99 - 5:17.58	
6:11.99 - 5:31.58	5:32.89 - 4:55.28	7	15-18 400 Free	8	5:09.89 - 4:38.38	5:44.09 - 5:09.88	
5:56.79 - 5:22.48	6:48.29 - 6:09.08	9	11-12 400 IM	10	6:39.19 - 6:08.68	5:46.39 - 5:19.78	
5:37.59 - 5:00.48	6:25.89 - 5:42.88	11	13-14 400 IM	12	6:04.69 - 5:22.58	5:17.09 - 4:40.78	
5:30.49 - 5:00.28	6:18.79 - 5:42.38	13	15-18 400 IM	14	5:47.29 - 5:17.48	5:03.69 - 4:40.58	

Girls				Boys			
SCY	LCM	Event	Description	Event	LCM	SCY	
2:36.89 - 2:25.78	2:59.19 - 2:45.68	15	13-14 200 Fly	16	2:47.99 - 2:36.18	2:26.89 - 2:15.68	
2:33.49 - 2:23.48	2:53.99 - 2:40.38	17	15-18 200 Fly	18	2:39.99 - 2:29.98	2:20.49 - 2:11.58	
1:30.69 - 1:21.28	1:45.99 - 1:34.68	19	7-10 100 Back	20	1:43.09 - 1:35.48	1:29.29 - 1:23.18	
1:18.09 - 1:13.38	1:30.99 - 1:22.68	21	11-12 100 Back	22	1:27.99 - 1:22.58	1:15.69 - 1:13.28	
1:11.19 - 1:06.18	1:23.59 - 1:17.08	23	13-14 100 Back	24	1:17.89 - 1:12.28	1:06.39 - 1:01.78	
1:09.39 - 1:05.98	1:21.09 - 1:16.88	25	15-18 100 Back	26	1:14.39 - 1:10.28	1:03.19 - 1:00.58	
35.19 - 32.38	39.89 - 36.58	27	7-10 50 Free	28	39.49 - 36.48	34.49 - 31.98	
31.29 - 28.68	35.69 - 32.58	29	11-12 50 Free	30	34.69 - 32.08	30.29 - 27.88	
30.19 - 26.78	34.49 - 30.58	31	13-14 50 Free	32	31.99 - 28.28	27.79 - 24.68	
29.49 - 26.28	33.79 - 30.18	33	15-18 50 Free	34	30.19 - 26.98	26.39 - 23.48	
41.79 - 37.18	47.09 - 41.98	35	7-10 50 Fly	36	45.99 - 42.18	40.49 - 37.38	
33.89 - 31.78	38.29 - 35.88	37	11-12 50 Fly	38	38.59 - 36.08	34.19 - 31.88	
1:44.99 - 1:33.88	1:59.79 - 1:48.28	39	7-10 100 Breast	40	1:55.99 - 1:48.18	1:41.69 - 1:34.18	
1:27.19 - 1:22.38	1:40.89 - 1:35.38	41	11-12 100 Breast	42	1:38.39 - 1:34.38	1:24.49 - 1:22.38	
1:21.69 - 1:15.98	1:34.79 - 1:27.68	43	13-14 100 Breast	44	1:28.09 - 1:21.28	1:15.49 - 1:09.78	
1:19.69 - 1:15.78	1:32.39 - 1:27.48	45	15-18 100 Breast	46	1:23.49 - 1:18.48	1:11.09 - 1:09.08	
2:57.19 - 2:35.58	3:20.99 - 2:56.28	47	7-10 200 Free	48	3:12.09 - 2:54.78	2:47.99 - 2:33.38	
2:28.99 - 2:15.28	2:49.19 - 2:34.08	49	11-12 200 Free	50	2:44.89 - 2:32.48	2:23.49 - 2:13.48	
2:21.29 - 2:05.78	2:41.79 - 2:23.88	51	13-14 200 Free	52	2:32.29 - 2:14.78	2:12.79 - 1:57.48	
2:18.69 - 2:05.58	2:38.29 - 2:22.48	53	15-18 200 Free	54	2:26.09 - 2:09.08	2:06.79 - 1:52.58	

Girls

Girls		Boys				
SCY	LCM	Event	Description	Event	LCM	SCY
2:57.29 - 2:44.58	3:23.99 - 3:09.78	55	13-14 200 Breast	56	3:10.79 - 2:56.78	2:43.99 - 2:32.88
2:52.79 - 2:44.38	3:20.49 - 3:09.58	57	15-18 200 Breast	58	3:01.39 - 2:55.78	2:36.19 - 2:32.68
1:19.99 - 1:10.48	1:31.19 - 1:20.58	59	7-10 100 Free	60	1:30.19 - 1:21.88	1:18.79 - 1:11.68
1:08.29 - 1:01.58	1:18.09 - 1:10.98	61	11-12 100 Free	62	1:15.49 - 1:09.88	1:05.89 - 1:00.88
1:05.49 - 58.18	1:14.79 - 1:06.18	63	13-14 100 Free	64	1:09.89 - 1:01.98	1:00.89 - 53.88
1:03.99 - 57.18	1:13.49 - 1:05.58	65	15-18 100 Free	66	1:06.89 - 57.58	57.89 - 50.68
2:34.89 - 2:23.38	2:58.69 - 2:45.58	67	13-14 200 Back	68	2:49.09 - 2:36.58	2:25.09 - 2:14.68
2:31.39 - 2:23.18	2:54.99 - 2:45.38	69	15-18 200 Back	70	2:41.39 - 2:30.98	2:17.49 - 2:13.58
1:39.09 - 1:26.08	1:52.99 - 1:37.98	71	7-10 100 Fly	72	1:50.79 - 1:38.98	1:37.09 - 1:27.28
1:17.59 - 1:13.48	1:28.49 - 1:22.78	73	11-12 100 Fly	74	1:26.29 - 1:22.58	1:16.09 - 1:13.58
1:10.89 - 1:05.98	1:20.39 - 1:14.78	75	13-14 100 Fly	76	1:15.49 - 1:09.68	1:06.09 - 1:01.28
1:09.39 - 1:04.58	1:19.29 - 1:12.88	77	15-18 100 Fly	78	1:11.79 - 1:03.68	1:02.69 - 56.98
47.49 - 42.78	53.99 - 48.48	79	7-10 50 Breast	80	53.29 - 48.98	46.59 - 42.98
39.99 - 37.88	45.49 - 42.98	81	11-12 50 Breast	82	45.19 - 43.58	39.49 - 38.18
41.89 - 37.68	48.89 - 43.88	83	7-10 50 Back	84	49.19 - 44.98	42.29 - 39.08
35.39 - 33.88	40.79 - 38.98	85	11-12 50 Back	86	40.39 - 39.48	34.99 - 34.28
3:15.59 - 2:52.68	3:43.19 - 3:17.08	87	7-10 200 IM	88	3:40.79 - 3:19.38	3:13.19 - 2:54.98
2:47.29 - 2:31.68	3:11.39 - 2:53.08	89	11-12 200 IM	90	3:08.49 - 2:53.88	2:43.99 - 2:30.88
2:37.59 - 2:20.88	3:01.79 - 2:42.18	91	13-14 200 IM	92	2:51.39 - 2:36.78	2:28.49 - 2:17.18
2:34.89 - 2:20.68	2:58.19 - 2:41.88	93	15-18 200 IM	94	2:43.99 - 2:28.18	2:20.89 - 2:10.78

Girls

Girls		Boys				
SCY	LCM	Event	Description	Event	LCM	SCY
23:07.29 - 20:53.88	23:55.39 - 21:37.38	95	11-12 1500 Free	96	23:25.49 - 21:37.38	22:37.49 - 20:52.98
21:43.19 - 19:12.88	22:23.09 - 19:48.08	97	13-14 1500 Free	98	21:27.39 - 18:58.88	20:43.19 - 18:19.78
21:26.19 - 19:12.68	22:02.19 - 19:43.08	99	15-18 1500 Free	100	20:33.99 - 18:29.98	20:02.89 - 18:10.98
13:44.69 - 12:25.38	12:26.69 - 11:17.18		11-12 800 Free		12:15.19 - 11:18.58	13:30.19 - 12:27.88
13:01.79 - 11:31.58	11:41.99 - 10:20.98		13-14 800 Free		11:13.99 - 9:56.28	12:23.89 - 10:58.08
12:49.99 - 11:22.48	11:28.39 - 10:13.38		15-18 800 Free		10:50.09 - 9:41.88	11:57.79 - 10:46.38



2021 FG LCM Championships South

AAST AJSC AKS ASC BEST BISC BKSC BMHG CANE CCPR CGSC CM CST EA FFSC FKSC GPA GRSC HSC MACM
MBS MCDA MIA MJST MS MSAT MWA NMST NSU OSC POMP RANS SDST SF SGST SOFL SWAT YSF

Sanction Number: FG272119709063

Hosted by: Pompano Swim Team

Location: Pompano Beach Aquatic Center, 820 NE 18th Ave. Pompano Beach, FL 33061

Date & Time:

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Jul 16	N/A	N/A	4:30 pm	6:00 pm
Saturday, Jul 17	7:30 am	9:00 am	5:00 pm	6:00 pm
Sunday, Jul 18	7:30 am	9:00 am	5:00 pm	6:00 pm

The boys prelims session will start no earlier than 90 minutes after the completion of the girls prelims session.

Pool/Timing: 50 meters x 25 yards heated outdoor pool, 8 long-course racing lanes with separate warm-up and swim-down 5 lane 25mt pool available. Colorado 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 5'0 to 7'0 depending on lane assignment accordance with 202.3.7 (C).

Entry Fees: *Entry fees are made payable to: Pompano Piranhas, Inc. (note: one check per team).

Meet Director: Jesse Vassallo

Head Referee: Josh Blanco

Admin Referee: Bethsabee Vassallo

Admission: No spectator admission

Information: Jesse Vassallo 787-315-1529

Warm up:

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Prelims warm-ups may be conducted as two 45 minute sessions. Teams will be notified of their warm-up assignments prior to the start of the meet.

First 2/3rds of warm-up session

General Warm-up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace

Last 1/3rd of warm-up Session

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

Additional sprint lanes may be opened as necessary.

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.

Piranhas Swim Team

COVID-19 Guide for Safe return to competition plan to the Pompano Beach Aquatic Complex

Before the Meet:

Before the meet, all the swimmers, coaches and volunteers are required to read the meet information, or any information provided regarding the operational procedures that will take place during the meet.

Expectations for Swimmers, Volunteers, Coaches and Staff:

Health Screening Survey: *DO NOT COME TO THE POOL IF YOU ARE SICK!*

Any member should refrain from attending the meet until they are able to answer NO to each question.

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 near 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 near 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 near 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, coaches and volunteers to ingress and egress:

Facility Entry and Exit:

Swimmers, volunteers, and coaches will enter the facility using the main entrance (north side) and exit the facilities through the east side emerges exit.

Hand Sanitation Station:

Hand sanitation stations will be available throughout the facility during the meet. Swimmers, coaches, and volunteers are encouraged to use them.

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 may 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 is encouraged to wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Face mask should cover face and nose.

Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child.

Spectators:

The spectator area on the north side of the pool - the bleachers area will be available but must remain clear of chairs/tents and all spectators are asked to cycle in/out of this area and only use it to view your athlete.

Spectators will be able to set up tents/chairs outside of the facility. There is PLENTY of parking at the facility.

Masks will now be optional but recommended for all.

Social Distancing:

Everyone attending the meet is encouraged to follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

Timers: 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.

Officials will follow guidelines suggested by the FGC Officials' Chair.

Warm up Procedure: Teams may will be assigned warm up times for all preliminary sessions ONLY prior to the start of the meet depending on the size of the meet. Finals warm up will be open to all finalists. No warmup assignment is necessary.

Attestation Statement: In applying for this sanctioned event, the Host, the Pompano Piranhas agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, Broward County, and the City of Pompano Beach.



2021 FG LCM Championships North

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

Sanction Number: FG172119706064

Hosted by: Boca Raton Swim Team

Location: Boca Raton High School Aquatic Center
1501 NW 15th Court Boca Raton FL 33486

Directions: From I-95 or Turnpike exit onto Glades Road. Head east on Glades Road then turn south on to 15th Court the High School is on right the pool is located next to stadium and track

Date & Time:

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Jul 16	N/A	N/A	7:30 am	8:30 am
Saturday, Jul 17	7:30 am	8:30 am	5:00 pm	6:00 pm
Sunday, Jul 18	7:30 am	8:30 am	5:00 pm	6:00 pm

Pool/Timing: 50 meters x 25 yards heated outdoor pool, 8 long-course racing lanes with separate warm-up and swim-down lane available. Colorado 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 5'6 to 15'0 depending on lane assignment accordance with 202.3.7 (C).

Entry Fees: *Entry fees are made payable to Boca Raton Aquatics (note: one check per team)

Meet Director: Allan Williams

Head Referee: Tom Ward

Admin Official: Allan Williams

Admission: \$5.00 – a viewing area on deck will be available. Standing room only, no seats.

Information: Call Allan Williams at (561) 251-3724

Warm up: Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Prelims warm-ups may be conducted as two 45 minute sessions. Teams will be notified of their warm-up assignments prior to the start of the meet.

First 2/3 rd s of warm-up session	General Warm-up Swimming and Pulling Only, Push Off No Racing Starts No Sprinting or Pace
Last 1/3 rd of warm-up Session	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

Additional sprint lanes may be opened as necessary.

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.

Boca Raton Swim Team - COVID-19 Guide for Safe return to competition plan to the Boca Raton High School Aquatic Complex

BEFORE THE MEET:

Before the meet, all the swimmers, coaches and volunteers are required to read the meet information, or any information provided regarding the operational procedures that will take place during the 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, coaches and volunteers to ingress and egress:

FACILITY ENTRY & EXIT: Swimmers, volunteers and coaches will enter the facility using the main entrance (north side). Anyone experiencing any of the symptoms mentioned above, should not come to the meet.

HAND SANITATION STATIONS: Hand sanitation stations will be available throughout the facility during the course of the meet. Swimmers, coaches and volunteers are encouraged to use them.

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 may 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 is encouraged to wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Face mask should cover face and nose. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child.

SPECTATORS: The spectator area on the west side of the pool - the bleachers area will be available but must remain clear of chairs/tents and all spectators are asked to cycle in/out of this area and only use it to view your athlete. Spectators will be able to set up tents/chairs outside of the facility. There is PLENTY of parking at the facility. Masks will now be optional but recommended for all.

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

TIMERS: 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.

Officials will follow guidelines suggested by the FGC Officials' Chair.

WARM UP PROCEDURE: Teams may will be assigned warm up times for all preliminary sessions ONLY prior to the start of the meet depending the size of the meet. Finals warm up will be open to all finalists. No warm up assignment is necessary.

ATTESTATION STATEMENT: In applying for this sanctioned event, the Host, the Boca Raton 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, City of Boca Raton, Palm Beach County and the Palm Beach County School District.