



14 & Under Florida Gold Coast Jr. Olympics Hosted by North Palm Beach Swim Club & Martin County Swimming July 22 – July 25, 2021

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction #

Conditions of Sanction: In granting this approval it is understood and agreed that **USA Swimming, Florida Gold Coast Swimming Inc., Martin County Swimming & North Palm Beach Swim Club**, 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.

Any swimmer entered in the meet, unaccompanied by a USA-S coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must each race from within the water. It is the responsibility of each swimmer or swimmer's legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with 104.2.2c. The copy of such certification is on file with USA Swimming.

Hosted by: **North Palm Beach Swim Club & Martin County Swimming.**

Location: **Sailfish Splash Waterpark**
931 SE Ruhnke
Stuart, Florida 34994

Directions: **FROM I-95 / SR-9:** Take EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue another 4 miles, and then turn Right onto SE Indian St. In 0.4 miles, turn left onto SE Willoughby Blvd. Turn right in two blocks in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

FROM FLORIDA'S TURNPIKE: Take Exit 33, Palm City/Stuart (SR-714 / SW Martin Downs Blvd.) At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy. toward the Indian Street Bridge. SW Martin Hwy. turns into SW 36th St. SW 36th St. turns into Indian Street on the east side of the Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

Date & Time: **Thursday – July 22, 2021**
Session I. Finals Warm-up: 4:00 p.m. Start 5:30 p.m.

Friday – July 23, 2021
Session II. Prelims Warm-up: 7:00 a.m. Start 8:30 a.m.
Session III Finals 11-12 & 13-14 age groups. Warm-up: 4:00 p.m. Start: 5:30 p.m.

Saturday – July 24, 2021
Session IV. Prelims Warm-up: 7:00 a.m. Start: 8:30 a.m.
Session V. Finals 11-12 & 13-14 age groups Warm-up: 4:00 p.m. Start: 5:30 p.m.

Sunday – July 25, 2021
Session VI. Prelims Warm-up: 7:30 a.m. Start: 9:00 a.m.
Session VII. Finals 11-12 & 13-14 age groups. Warm-up: 4:00 p.m. Start: 5:30 p.m.

NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start times of sessions to ensure an efficient meet.

- General Meeting:** Friday, July 23rd, at 8:00am in the Hospitality Room at Sailfish Splash Waterpark. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each coach to be aware of any changes made during this meeting.
- Pool / Timing:** 8 lanes, 50 meter course, with separate warm-up and cool down pool available. Colorado Timing System will be used.
1. Fly-over starts may be used.
 2. Chase starts may be used.
- The water depth at North start end 7ft. for all 8 lanes. The water depth at South start end 13 ft. 6 in. for all 8 lanes in accordance with 202.4.11C.
- Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are 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.
- 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.” Exceptions may be granted with prior written approval by the Vice President of Program Operations and the Martin County Parks and Recreation Department.
- Deck Changing:** Deck changes are prohibited. (see 202.4.11.I)
- 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 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, allow event organizers the right to use names, pictures, likeness, 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 it’s 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.
- Eligibility:** Athlete Eligibility – **The Florida Gold Coast Junior Olympic Championship is a closed meet.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. To be eligible to swim at the Florida Gold Coast Jr. Olympics, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:
- i. Former permanent FG swimmer, who are not registered / re-registered by 120 day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
 - ii. Swimmers who legitimately transfer into the LSC within the 120 day window may apply for an exemption to the 120 day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of two of the following documents:
 1. Florida Driver’s License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by registration chair.

All FGC 14 & under Jr. Olympic swimmers will qualify for the meet by attaining the Jr. Olympic qualifying times during the period 7/21/19 to 7/21/21. The times must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded.

The meet host WILL NOT accept New or Renewing USA Swimming Registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes: Entries for swimmers with disabilities should be submitted in OME. Athletes that override times, must let the meet referee and host know prior to entry deadline. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105

Entries: Entries Open – 12:00 PM - EST – Monday, June 21, 2021
Entries Close – 6:00 PM - EST – Monday Evening, July 19, 2021

Late Entry: Late entries will be accepted through a secondary late entry OME.
Entries Open – 6:01 PM - EST Monday, July 19, 2021
Entries Close – 6:00 PM - EST Wednesday, July 21, 2021

On-Line Meet Entry: Entries will be processed using the USA Swimming OME System. Access this entry system from the USA Swimming web site at the address: www.usaswimming.org/ome. Log in, select “Enter Team”. Only one account may be used to enter a team. Paper, Fax, or Email entries will not be accepted.

All times that have been achieved during the qualifying date range will be displayed in OME. Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. Override times may be used to enter the relay events and do not require proof. Override times for all other events that have not been proven through SWIMS by the scratch deadline for the event in question will be scratched. Proof of asterisk (*) submitted times must be provided to the National Times Coordinator or Meet Director by 6:00pm – July 14th, 2021 in order to be seeded. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: **“RELAY ONLY” ATHLETES WILL NOT BE ALLOWED IN THE MEET.** Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date.

Teams may enter athletes with an Unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link

For OME assistance contact: Bruno Darzi, email: Bruno.darzi@gmail.com
FGC NTV: Allan Golding, email: fgcmeetsanction@gmail.com

Entry Limit: **Individual:** Limited 7 individual events plus relays. No more than 3 Individual events per day.
Relays: One (1) per team per event (“A” relay only). All relays will be swum at finals.
Over entered swimmers will be scratched from the event that exceeds the entry limit.

Seeding: Eligible entries shall be seeded in the following order – Long Course Meters, Short Course Meters, Short Course Yards. All events will be swum fastest to slowest.

Entry Fees: **\$15.00** Individual Event, **\$20.00** Relays, **\$20.00** per athlete meet surcharge.

Late Entry Fees: **\$30.00** Individual Event, **\$40.00** Relays, **\$40.00** per athlete meet surcharge
On-Line payment is not permitted for this meet.
Please make checks payable to: **North Palm Beach Swim Team**
NOTE: One check only per team.

Deck Entries: **Deck Entries will not be allowed in this meet.**

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or part.

- Distance & Relay Events:**
1. Thursday's 1,500 Free (11-14) and 400 IM (11-14) are timed final events, swum together, and scored separately for the following age groups: 11-12 & 13-14. All of Thursday's events will be seeded fastest to slowest.
 2. The 400 Free's top 8 swimmers in the following age groups (11-12) will swim at night, all others will swim in the preliminaries, alternating women and men.
 3. The 13-14 400 Free is a prelims and finals event. The preliminary session will be alternating women and men.
 4. Swimmers achieving the JO qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter Freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard.
 5. NOTE: 1500 Free swimmers must supply their own counters.
 6. All individual and relay events for all age groups will be seeded fastest to slowest.

Check In: Positive check in for the 400 and 1500 Freestyles and 400 Ind. Medley will be closed at the times listed below. Swimmers who fail to check in may swim, only if an open lane is available without creating another heat on a first come first served basis.

Event	Age Group	Day	Check-In Closing Time
1500 Free	11-12/13-14	Thursday	5:00 PM
400 Free	10 & Under	Thursday	5:00 PM
400 IM	11-12/13-14	Thursday	5:00 PM
400 Free	13-14	Friday	8:00 AM
400 Free	11-12	Saturday	8:00 AM

Finals: Finals will consist of one heat of girls and one heat of boys, with eight (8) swimmers per individual event. Relay events will only swim in the finals, seeded fastest to slowest.

Scratches: Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. **Note: "Failure to swim" in finals or positive check-in events (400 & 1500 Free and 400 IM) 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. In the case of missing a Sunday night final, payment of \$25.00 must be made in order to compete in future FGC Championship meets.**

1. 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. The Referee will instruct the Announcer to call the alternate(s).
2. Scratches must be done individually; "team scratches are not accepted."
3. In addition to swimmers required to scratch if they are not going to swim finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11th – 20th places.
4. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Awards:

Individual/Relay Events: Individual: Medals 1st – 8th, Relays: 1st – 3rd place team.
Individual High Point: Top 3 in each Age Group & Gender.
Team Awards: Women, Men, and Combined Top 3 Teams.
Team Age Group Awards: Women & Men Top Team in each Age Group.

Scoring: **Individual:** 9-7-6-5-4-3-2-1 **Relays:** 18-14-12-10-8-6-4-2

Head Referee: Scott Boggs – sboggs303@aol.com.

Administrator Officials: Mark Leininger, Dick Cavanah, Alf Aguirre.

Meet Directors: Meet Director: Dick Cavanah - npbcoach4@aol.com
 Assistant Meet Director: Mark Corley – markcorley@gmail.com
 Note: Please direct all questions to Dick Cavanah

Admission: \$5.00 per session.
Heat Sheets will not be sold, but will be available at:

- Concession:** Concession stand will be available.
- Hospitality:** Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.
- Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. **Coaches:** You will be permitted inside the roped off areas of the deck provided you have been given the proper credentials from the meet host, and do not interfere with those conducting the meet. Meet Referee will designate pool side areas accessible to coaches.
- Identification:** **In order to obtain a deck pass for this meet**
The Head Coach must list all the coaches from their team planning to attend the meet on OME. Dick Cavanah will then check to make sure every coach listed is registered and in good standing with USA swimming.
NOTE: Deck pass will only be handed out to individual coaches when they arrive at the meet.
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues. A separate meet committee may be created by the meet referee to handle eligibility rulings.
- Information:** Real Time results and updates to meet information as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the meet information on the Jr. Olympic page at: www.NPBSwimming.com. Unofficial meet results will also be available on your iPhone or android. Download Meet Mobile for free from the app store and get results and splits by team, swimmer or events.
- Warm-up Procedure:** **NO Equipment permitted. Swimmers must enter the water FEET FIRST.**
Competition Pool 1 – Friday, Saturday, Sunday Prelims
7:00 AM – 7:45 AM - General Warm-up Competition Course
Swimming and Pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.
7:45 AM - Controlled Warm-up, pool closes 15 minutes before the start of each session.
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 50 Meter One Length (West End)
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, 50 Meter One Length (East End)
Lane 8 Pace, 50 and 100 Circle Swim, Push Off
Competition Pool 1 – Finals Warm-up:
4:00 PM to 4:45 PM – General warm-up – See above.
4:45 PM to 5:25 PM – Controlled warm-up – See above.
Pool 2 - will be available for General Warm-up throughout the meet.
****Meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.***

Hotel Information

Available at: www.martincountyswimming.org
www.npbswimming.com

Heat Sheets

Available to download at: www.martincountyswimming.org
www.npbswimming.com



Day 1 – Finals – Session I – Thursday, July 22, 2021 – Start Time 5:30 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
1	21:37.39	20:46.59	20:53.89	11-12	1500 Free - P/SS/T	20:52.99	20:45.69	21:37.39	2
3	19:48.09	19:06.19	19:12.89	13-14	1500 Free - P/SS/T	18:19.79	18:13.39	18:58.89	4
5	6:05.39	5:54.29	6:44.89	10 & Under	400 Free - P/T	6:45.39	5:55.79	6:07.59	6
7	6:09.09	5:56.29	5:22.49	11-12	400 IM - P/SS/T	5:19.79	5:53.39	6:08.69	8
9	5:42.89	5:31.99	5:00.49	13-14	400 IM - P/SS/T	4:40.79	5:10.29	5:22.59	10

Key - P – Positive Check-In.

SS – Super Seeded – All ages swum together, scored separately.

T – Timed Finals

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm-up and cool down.

Day 2 – Prelim – Session II - Friday, July 23, 2021 - Start Time 8:30 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
11	3:17.09	3:10.79	2:52.69	10 & Under	200 IM	2:54.99	3:12.89	3:19.39	12
13	2:53.09	2:47.59	2:31.69	11-12	200 IM	2:30.89	2:46.69	2:53.89	14
15	2:45.59	2:38.49	2:23.39	13-14	200 Back	2:14.69	2:28.79	2:36.59	16
17	1:34.69	1:29.69	1:21.29	10 & Under	100 Back	1:23.19	1:31.49	1:35.49	18
19	1:22.69	1:21.49	1:13.39	11-12	100 Back	1:13.29	1:20.59	1:25.49	20
21	30.69	29.59	26.79	13-14	50 Free	24.69	27.29	28.29	22
23	36.79	35.69	32.39	10 & Under	50 Free	31.99	35.19	36.49	24
25	32.79	31.99	28.89	11-12	50 Free	27.89	30.89	32.09	26
27	1:27.69	1:23.99	1:15.99	13-14	100 Breast	1:09.79	1:17.09	1:21.29	28
29	1:48.29	1:43.49	1:33.89	10 & Under	100 Breast	1:34.19	1:43.59	1:48.19	30
31	1:35.39	1:30.89	1:22.39	11-12	100 Breast	1:22.39	1:30.59	1:34.39	32
33	5:01.59	4:54.29	5:36.29	13-14	400 Free - P	5:17.59	4:37.89	4:46.69	34

Key – P – Positive Check-In

Day 2 – Finals – Session III - Friday, July 23, 2021 - Start Time 5:30 p.m.

Girls	Age Group	Event	Boys
11	10 & Under	200 IM	12
13	11-12	200 IM	14
15	13-14	200 Back	16
17	10 & Under	100 Back	18
19	11-12	100 Back	20
21	13-14	50 Free	22
23	10 & Under	50 Free	24
25	11-12	50 Free	26
27	13-14	100 Breast	28
29	10 & Under	100 Breast	30
31	11-12	100 Breast	32
33	13-14	400 Free - P	34

5 Minute Break

35	10 & Under	200 Free Relay	36
37	11-12	200 Free Relay	38
39	13-14	200 Free Relay	40

Day 3 – Prelim – Session IV - Saturday, July 24, 2021 - Start Time 8:30 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
41	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	42
43	1:10.99	1:08.29	1:01.59	11-12	100 Free	1:00.89	1:07.29	1:09.89	44
45	2:23.89	2:18.99	2:05.79	13-14	200 Free	1:57.49	2:09.79	2:14.79	46
47	41.99	40.99	37.19	10 & Under	50 Fly	37.39	411.09	42.19	48
49	36.19	35.49	31.89	11-12	50 Fly	32.29	35.89	36.59	50
51	2:45.69	2:41.09	2:25.79	13-14	200 Fly	2:15.69	2:29.99	2:36.19	52
53	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	54
55	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	56
57	1:17.09	1:13.09	1:06.19	13-14	100 Back	1:01.79	1:08.19	1:12.29	58
59	5:22.29	5:15.19	6:00.19	11-12	400 Free - P/T/F1	5:57.69	5:12.99	5:21.89	60

Key - P – Positive Check-In. T – Timed Finals F1 – Fastest 8 swim in Finals

Day 3 – Finals – Session V - Saturday, July 24 - Start Time 5:30 p.m.

Girls	Age Group	Event	Boys
41	10 & Under	100 Free	42
43	11-12	100 Free	44
45	13-14	200 Free	46
47	10 & Under	50 Fly	48
49	11-12	50 Fly	50
51	13-14	200 Fly	52
53	10 & Under	50 Breast	54
55	11-12	50 Breast	56
57	13-14	100 Back	58
59	11-12	400 Free - P/T/F1	60

5 Minute Break

61	10 & Under	200 Medley Relay	62
63	13-14	200 Medley Relay	64
65	11-12	200 Medley Relay	66

Day 4 – Prelim – Session VI - Sunday, July 25, 2021 - Start Time 8:30 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
67	1:06.19	1:04.29	58.19	13-14	100 Free	53.89	59.59	1:01.99	68
69	2:34.09	2:29.49	2:15.29	11-12	200 Free	2:13.49	2:27.49	2:32.49	70
71	2:56.29	2:51.99	2:35.59	10 &Under	200 Free	2:33.39	2:48.99	2:54.79	72
73	3:09.79	3:01.89	2:44.59	13-14	200 Breast	2:32.89	2:48.89	2:56.79	74
75	38.99	37.29	33.89	11-12	50 Back	34.29	37.69	39.49	76
77	43.89	41.59	37.69	10 &Under	50 Back	39.09	42.99	44.99	78
79	1:14.79	1:12.89	1:05.99	13-14	100 Fly	1:01.29	1:07.69	1:09.69	80
81	1:22.79	1:20.99	1:13.49	11-12	100 Fly	1:13.59	1:20.89	1:22.59	82
83	1:37.99	1:34.99	1:26.09	10 &Under	100 Fly	1:27.29	1:36.29	1:38.99	84
85	2:42.19	2:35.59	2:20.89	13-14	200 IM	2:17.19	2:31.59	2:36.79	86

Day 4 – Finals – Session VII - Sunday, July 25, 2021 - Start Time 5:30 p.m.

Girls	Age Group	Event	Boys
67	13-14	100 Free	68
69	11-12	200 Free	70
71	10 &Under	200 Free	72
73	13-14	200 Breast	74
75	11-12	50 Back	76
77	10 &Under	50 Back	78
79	13-14	100 Fly	80
81	11-12	100 Fly	82
83	10 &Under	100 Fly	84
85	13-14	200 IM	86

5 Minute Break

87	11-12	200 Mixed Med Relay	87
88	10 &Under	200 Mixed Med Relay	88
89	13-14	200 Mixed Med Relay	89

GIRLS

BOYS

MIXED GENDER

Key: **P** = Positive Check-in. **S** = Special Seeding – All ages seeded together and swum together – scored separately. **SS** = Super Seeded – All ages swum together, scored separately, fastest 8 in each age group will swim in finals. **T** = Timed Finals. **T1** = Timed Finals, swum in prelims. **F** = Swum Fastest to Slowest alternating girl and boy. **F1** = Same as F plus fastest 8 swimmers in each age group swimming in finals.

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 DC 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.