

2021 - 13th Annual Long Course Summer Kickoff!

June 5-6, 2021- Plantation, Florida

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.

Sanction #FG132115602043.1

Sponsored By: North Palm Beach Swim Club.

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

Location: **Plantation Central Park - - 9141 NW 2nd Street; Plantation, FL 33324.**

Directions: Plantation Aquatic Complex is in Central Park. From I-95 go west on to I-595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Dates & Times: Session I – 15 & Over	Saturday – June 5, 2021.	Warm-up 7:00 a.m.	Meet starts at 8:00 a.m.
Session II – 13 & 14	Saturday – June 5, 2021,	Warm-up 10:00 a.m.	Meet starts at 10:30 a.m.
Session III – 12 & Under	Saturday – June 5, 2021.	Warm-up 12:45 p.m.	Meet Starts at 1:30 p.m.
Session IV – 15 & OVER	Sunday – June 6, 2021.	Warm-up 7:00 a.m.	Meet Starts at 8:00 a.m.
Session V – 13 & 14	Sunday – June 6, 2021.	Warm-up 10:00 a.m.	Meet Starts at 10:30 a.m.
Session IV–12 & Under	Sunday – June 6, 2021.	Warm-up 12:30 p.m.	Meet Starts 1:30 p.m.

NOTE: The Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chairman.

Pool: 50 Meters by 25 Yards outdoor pool, 8 long-course racing lanes, with a separate 50m x 25 yd pool for warm-up and swim-down pool. Colorado Timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (c)(4). Water depth at the east pool start varies from 4'0" to 12'0" depending on lane assignment accordance with 103.2.3. Water depth at the west pool start varies from 5'0" to 5'0" depending on lane assignment accordance w/ 103.2.3.

Rules: 2021 USA Swimming Rules and Florida Gold Coast 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 must adhere to the Minor Athlete Abuse Prevention Policy (MAAPP).

All sessions are timed finals.

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.

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.

Drones: 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.

2021 - 13th Annual Long Course Summer Kickoff!

- Deck Changes:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- 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, 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.
- Eligibility:** Open to all current 2021 USA swimming registered athletes invited by the host team and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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. **THIS MEET WILL HAVE A 250 SWIMMER CAP PER SESSION.**
- Disability:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact host at 305-773-6060 or swimnpb@bellsouth.net.
- Entries:** Entries Open- Sunday, May 2, 2021. **All entries must be received by – Wednesday, May 26, 2021.**
E-mail entries to: NPBCoach4@aol.com. Host will NOTIFY teams being turned away due to the meet being entry capped by phone, or e-mail, within 48-hours of receipt of the entry. PLEASE enter electronically, NO MAILED entries accepted. For electronic entries (CL or SDIF format only!!) Confirmation for electronic entries will be sent via e-mail. **Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 561-762-7261. NOTE: Swimmers without registration numbers or birth dates will not be entered. *** Entry Fees will be doubled if not entered electronically. **THIS MEET WILL HAVE A 250 SWIMMER CAP PER SESSION.**
- Seeding:** Long Course Meter Times will be used for seeding. Entering teams must convert their swimmers' short course times or enter with an NT. All events are Timed Finals and will be swum fastest to slowest.
- Entry Fees:** \$8.00– Individual Event. \$10.00– per swimmer surcharge *Entry fees are made payable to: **“North Palm Beach Swim Club” (note: one check per team)**
- Refunds:** Once a team or individual entry has been received & processed, there will be no refunds in full or in part.
- Entry Limit:** Three (3) individual events per day. **THIS MEET WILL HAVE A 250 SWIMMER CAP PER SESSION.**
- Awards:** Medals 1st-3rd Ribbons 4th – 8th. Awards for 13 & Over event will be given by request only.
- Age Group:** 10 & Under, 11-12, 13-14, and 15 & Over.

2021 - 13th Annual Long Course Summer Kickoff!

Distance Events: The 400 Free and 400 IM are timed finals events and will be swum men and women together, fastest to slowest. All distance events are positive check in. Swimmers who fail to check-in may swim if a lane is available without creating an additional heat. **Swimmers must supply their own timers.**

Check In: **400 Individual Medley** and **400 Freestyle** check in must be done 20 minutes before the start of the session they are being swum in.

Deck Entries: There will be NO Deck Entries accepted at this meet.

Referee: Scott Boggs.

Starter: Eric McNeely.

Stroke/Turns: Varis Monroe, Eric McNeely.

Meet Directors: Alf Aguirre - 305-773-6060 & Dick Cavanah – 561-762-7261.

Admission: **No spectators will be allowed at this meet.**

Heat Sheet Heat Sheets will not be sold. Please download and print from: NPBSwimming.com

Concessions: **There will be NO concessions at this meet.**
PLEASE HAVE YOUR SWIMMERS BRING THEIR OWN FLUIDS AND SNACKS.

Hospitality: Refreshments and hospitality for coaches/officials/volunteers will be available during the entire meet.

Information: Updates to meet information as well as Timelines, Psyche Sheets and Results for the meet will be posted on: www.npbswimming.com.

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.

Sessions I, IV 7:00 a.m. to 7:30 a.m. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts, No Sprinting or Pace Work

7:30 a.m. – 7:55 a.m. Controlled Warm Up in competition pool only.

- Lane 1 Pace, 50 and 100 Circle Swim, Push Off
- Lane 2 Racing Starts, 25 yards One Length.
- Lanes 3 thru 8 Swimming and Pulling, Push Off

Sessions II, V 10:00 a.m. to 10:30 a.m. General Warm Up; Swimming and Pulling Only, Push off; No Racing Starts, No Sprinting or Pace Work

10:15 a.m. to 10:30 a.m. Controlled Warm up in competition pool only.

- Lane 1 Pace, 50 and 100 Circle Swim, Push Off
- Lane 2 Racing Starts, 25 yards One Length.
- Lanes 3 thru 8 Swimming and Pulling, Push Off

PM sessions III, VI 12:30 p.m. to 1:00 p.m. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts, No Sprinting or Pace Work

1:00 p.m. to 1:20 p.m. Controlled Warm Up in competition pool only.

- Lane 1 Pace, 50 and 100 Circle Swim, Push Off
- Lane 2 Racing Starts, 25 yards One Length.
- Lanes 3 thru 8 Swimming and Pulling, Push Off

Hotels: Sheraton Suites- 311 University Drive, Plantation, FL (954)424-3300.

Hyatt Place- 8530 Broward Blvd, Plantation, FL (954)370-2220.

2021 – 13th Annual Long Course Summer Kickoff!

Order of Events

Girls-Odd / Boys-Even

SATURDAY – JUNE 5th

Session I Saturday – June 5, 2021 Warm-up: 7:00am Meet Starts: 8:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1-2	15 & Over	200 Freestyle
3-4	15 & Over	100 Breaststroke
5-6	15 & Over	200 Backstroke
7-8	15 & Over	100 Butterfly
9-10	15 & Over	50 Freestyle
11-12	15 & Over	Mixed 400 Ind Medley*

Session II Saturday – June 5, 2021 Warm-up: 10:0am Meet Starts: 10:30am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
(10)1-(10)2	13 & 14	200 Freestyle
(10)3-(10)4	13 & 14	100 Breaststroke
(10)5-(10)6	13 & 14	200 Backstroke
(10)7-(10)8	13 & 14	100 Butterfly
(10)9-(1)10	13 & 14	50 Freestyle
(1)11-(1)12	13 & 14	Mixed 400 Ind Medley*

Session III Saturday- June 5, 2021 Warm-up: 12:30pm Meet Starts: 1:30 pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
(2)11-(2)12	12 & Under	Mixed 400 Ind Medley*
13-14	10 & Under	200 Freestyle
15-16	11-12	200 Freestyle
17-18	10 & Under	100 Breaststroke
19-20	11-12	100 Breaststroke
21-22	10 & Under	100 Backstroke
23-24	11-12	100 Backstroke
25-26	10 & Under	50 Butterfly
27-28	11-12	50 Butterfly
29-30	10 & under	50 Freestyle
31-32	11-12	50 Freestyle

* 400 Individual Medley and 400 Freestyle are positive check-in events.

* 400 IM & 400 Free **MAY** be limited to top 24 Men & top 24 Women.

* Swum fastest to slowest, boys & girls combined seeding.

2021 – 13th Annual Long Course Summer Kickoff!

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SUNDAY – JUNE 6th

Session IV Sunday- June 6, 2021

Warm-up 7:00am

Meet Starts: 8:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
33-34	15 & Over	200 Individual Medley
35-36	15 & Over	100 Freestyle
37-38	15 & Over	200 Breaststroke
39-40	15 & Over	100 Backstroke
41-42	15 & Over	200 Butterfly
43-44	15 & Over	Mixed 400 Freestyle*

Session V Sunday- June 6, 2021

Warm-up 10:00am

Meet Starts: 10:30am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
(1)33-(1)34	13 & 14	200 Individual Medley
(1)35-(1)36	13 & 14	100 Freestyle
(1)37-(1)38	13 & 14	200 Breaststroke
(1)39-(1)40	13 & 14	100 Backstroke
(1)41-(1)42	13 & 14	200 Butterfly
(1)43-(1)44	13 & 14	Mixed 400 Freestyle*

Session VI Sunday- June 6, 2021

Warm-up 12:30pm

Meet Starts: 1:30pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
(2)43-(2)44	12 & Under	Mixed 400 Freestyle*
45-46	10 & Under	200 Individual Medley
47-48	11-12	200 Individual Medley
49-50	10 & Under	100 Freestyle
51-52	11-12	100 Freestyle
53-54	10 & Under	100 Butterfly
55-56	11-12	100 Butterfly
57-58	10 & Under	50 Breaststroke
59-60	11-12	50 Breaststroke
61-62	10 & Under	50 Backstroke
63-64	11-12	50 Backstroke

* 400 Individual Medley and 400 Freestyle are positive check-in events.

* 400 IM & 400 Free **MAY** be limited to top 24 Men & top 24 Women.

* Swum fastest to slowest, boys & girls combined seeding.

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A statement of the local protocols and requirements;

1. Pool and pool deck capacity is limited to no greater than 50% maximum capacity (Broward Co. Emergency order 20-21). Normal maximum capacity is well in excess of 800 individuals. This meet will be capped at 500 athletes (250/session) and 75 coaches, officials, and volunteers per session. The warm-up and warm down lanes will be limited to four swimmers per lane.
2. No groups larger than 10 individuals (Broward Co Emergency order 20-21).
3. At least 6 feet social distance required between groups (Broward Co. Emergency order 20-21)
4. Swimmers, coaches, officials and volunteers will be offered hand sanitizer upon entry/exit from pool.
5. Face coverings are mandatory for all swimmers (except when warming up/down or competing), coaches, officials, and volunteers.
6. Parents drop off and pick up swimmers in a car line.
7. No spectators will be permitted on pool deck.

The plan for spectator ingress and egress;

There will be no spectator access to the pool deck. The event will be live-streamed and parents may watch from inside their POV in the pool parking lot.

The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;

250 athletes per session.

375 persons max on the pool deck.

Safe sport considerations to ensure parents have access to and/or the opportunity to observe their child; and

Event will be livestreamed (see above).

An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines. Suggested language:

*In applying for this sanction(ed event), the Host, **City of Plantation** 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 **City of Plantation and Broward County** (City and County).*

Liability disclaimer:

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.