



## Dragons Long Course Summer Invitational June 26 - 27, 2021

North County Aquatic Complex- 861 Toney Penna Drive, Jupiter-Florida

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG132117703062**  
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 AND FLORIDA GOLD COAST 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.

**Hosted by:** **Jupiter Dragon Swim Team**

**Location:** North County Aquatic Complex- 861 Toney Penna Drive, Jupiter-Florida

**Directions:** Take I-95 to Exit 87A East (Jupiter/Indiantown Road) or Florida Turnpike to Exit 116 (Jupiter). Go east approximately two miles to Pennock Lane. Turn right/south on Pennock to Toney Penna (½ mile). Turn left on Toney Penna and left again into the pool parking lot. **See map on page 6 or at [www.jdswim.com](http://www.jdswim.com)**

**Dates & Time:** All sessions are **timed finals** for all swimmers.

<b>Session I 13&amp;Over</b>	<b>Timed Finals</b>	<b>Saturday</b>	<b>June 26, 2021</b>	<b>Warm-up – 7:30 am</b>	<b>Start – 8:30 am</b>
<b>Session II 12&amp;Under</b>	<b>Timed Finals</b>	<b>Saturday</b>	<b>June 26, 2021</b>	<b>Warm-up – 12:00 pm</b>	<b>Start – 1:00 pm</b>
<b>Session III All Ages</b>	<b>Timed Finals</b>	<b>Sunday</b>	<b>June 27, 2021</b>	<b>Warm-up – 7:30 am</b>	<b>Start – 8:30 am</b>

**\*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:** 50 Meter by 25 Yard heated outdoor pool, **7 long-course** racing lanes with separate warm-up and swim-down lane available. Daktronics 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). Water depth at the start varies from 4'4" to 8'0" depending on lane assignment accordance with 202.3.7 (C).

**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.

**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 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.

- Eligibility:** Open to all 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.
- Deck Changes:** 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.
- Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or athlete is responsible for notifying the referee of any accommodations that are required in accordance with the USA-S rule 105.4 Please contact Coach K at 561-339-9959 ahead of time to allow for preparations - coachkirill@yahoo.com |
- Entry Deadline:** [All entries must be received by **Friday June 18, 2021** |
- Entry Limit:** Three (3) individual events per day. |
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) Please email entry to: [coachkiril@yahoo.com](mailto:coachkiril@yahoo.com) Confirmation for electronic entries will be sent via e-mail. \*\*Submission of electronic entries signifies that all swimmers are 2021 USA Swimming registered. **Any non-registered athletes will be removed from the meet.** Questions, please contact Coach K at 561-339-9959.  
Non-electronic entries are not accepted
- Entry Fees:** \$ 6.00 per Individual event entry  
\$15.00 per swimmer surcharge

**\*Entry fees are made payable to “Jupiter Dragons Parents Organization” JDPO (note: one check per team)**

- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part, unless FGC rule 1.17a.i-v applies.
- Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
- Seeding:** Eligible entries shall be seeded in the following order - Long Course Meters followed by Short Course Yards and will be swum fastest to slowest.
- Distance Events:** 400 IM and 400 FREE for all ages will be limited to the 1<sup>st</sup> 28 girls and 28 boys swimmers – 8 heats and will be swum alternating women than men, fastest to slowest. **Positive check-in is required for 400 IM and 400 Free.**
- Awards:** Individual Events: Medals places: 1<sup>st</sup> – 3<sup>rd</sup> Ribbons places 4<sup>th</sup> – 8<sup>th</sup> for the following age groups: **10&Under, 11&12, 13&14 and 15&Over**
- Scoring:** This competition is not scored.
- Admission:** Admission - \$3 per session. Heat Sheets – **FREE - you can find the heat sheet posted online at [www.jdswim.com](http://www.jdswim.com)**. They will be emailed to your team as well on Thursday June 24, 2021.
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.
- Meet Referee:** Kelly Herrera
- Admin. Official:** Kiril Zahariev
- Meet Director:** Kiril Zahariev (Coach K) cell # 561-339-9959 E-mail - [coachkiril@yahoo.com](mailto:coachkiril@yahoo.com)
- 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.
- Information:** Call the Teams Office at (561) 339-9959.
- Meet Results:** Meet results will be uploaded periodically on Meet Mobile. Official results will be e-mailed & posted at FLORIDA GOLD COAST website at [www.fgcswim.org](http://www.fgcswim.org)

## Order of Events

### Session 1 - Saturday June 26, 2021 Warm-up: 7:30 a.m. Meet Starts: 8:30 a.m.

Event Number	Event	Age Group
1-2	200 Free **	13 & Over
3-4	100 Fly **	13 & Over
<b>5 min. break</b>		
5-6	50 Breast **	13 & Over
7-8	50 Free **	13 & Over
<b>5 min. break</b>		
9-10	200 IM **	13 & Over
11-12	100 Back **	13 & Over
13-14	200 Breast **	13 & Over
15-16	400 Free P/S/F **	13 & Over

**\*\* Event will be awarded separately (13&14 and 15&Over)**

**P-Positive Check in/S-All Ages swim together and scored separately/F-Swim Fastest to Slowest Alternating Girls and Boys**

### Session 2 - Saturday June 26, 2021 Warm-up: 12:00 p.m. Meet Starts: 1:00 p.m.

Event Number	Event	Age Group
17-18	200 Free *	12 & Under
19-20	100 Fly *	12 & Under
<b>5 min. break</b>		
21-22	50 Breast *	12 & Under
23-24	50 Free *	12 & Under
<b>5 min. break</b>		
25-26	100 Back *	12 & Under

**\* Event will be awarded separately (10&under and 11&12)**

### Session 3 - Sunday June 27, 2021 Warm-up: 7:30 a.m. Meet Start: 8:30 a.m.

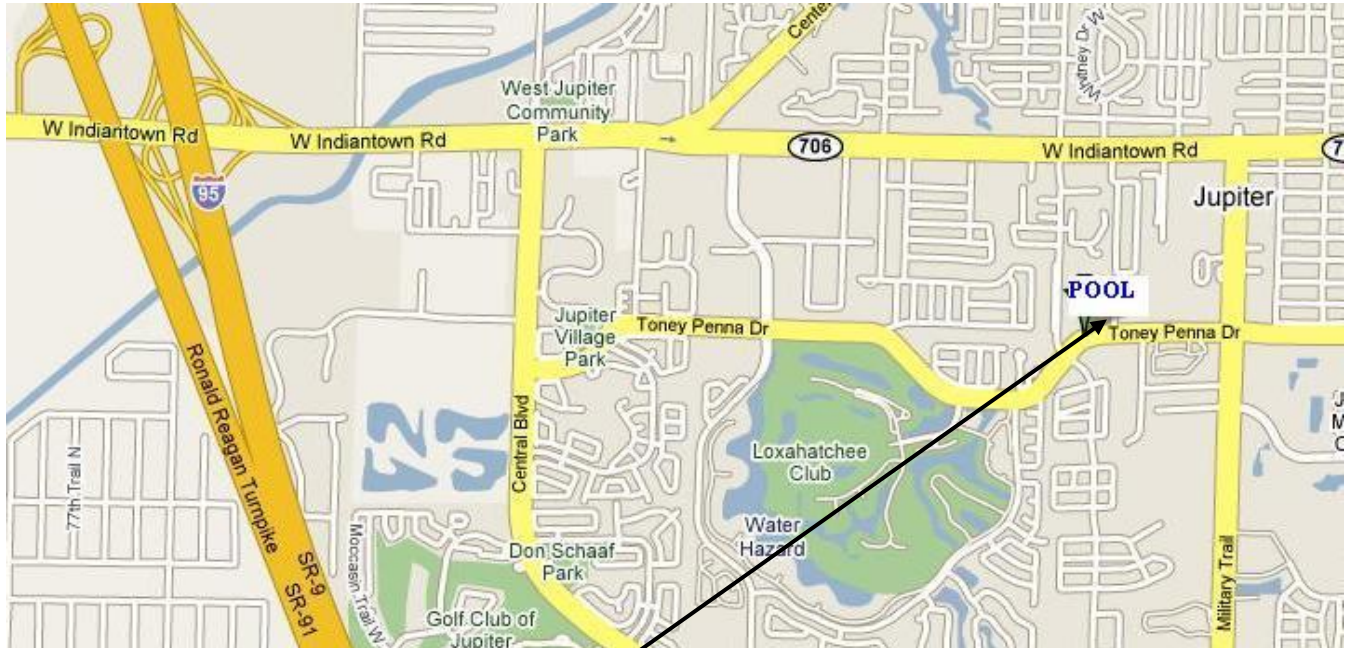
Event Number	Event	Age Group
27-28	100 Free **	13 & Over
29-30	100 Free *	12 & Under
<b>5 min. break</b>		
31-32	50 Back **	13 & Over
33-34	50 Back *	12 & Under
35-36	50 Fly **	13 & Over
37-38	50 Fly *	12 & Under
<b>5 min. break</b>		
39-40	100 Breast **	13 & Over
41-42	100 Breast *	12 & Under
43-44	200 Back **	13 & Over
45-46	200 Fly **	13 & Over
47-48	200 IM *	12 & Under
49-50	400 IM P/S/F **	13 & Over

**\* Event will be awarded separately (10&under and 11&12)**

**\*\* Event will be awarded separately (13&14 and 15&Over)**

**P-Positive Check in/S-All Ages swim together and scored separately/F-Swim Fastest to Slowest Alternating Girls and Boys**

## Map to North County Aquatic Complex and Additional Parking at Jupiter High School



### North County Aquatic Complex, 861 Toney Penna Drive, Jupiter 33458.

From the South:

Take I-95 to Exit 87-A East (Jupiter/Indiantown Road) or Florida Turnpike to Exit 116 (Jupiter). Go east approximately two miles to Pennock Lane. Turn right/south on Pennock to Toney Penna (1/2 mile). Turn left on Toney Penna and left again into the pool parking lot.

### Additional parking in Jupiter High School.

The parking is located East on Toney Penna, just before BB&T Bank on the North side. Look for a sign saying "Parking Swim Meet"



### COVID-19 Safety Plan Details

- **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, Jupiter Dragon Swim Team Website at [jdswwm.com](http://jdswwm.com), and sent to coaches prior.**
- **Separate Entrance Gate and Exit 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 timers. Following heats will be aligned at designated marks on the pool deck.
- **There will be NO CONCESSIONS.**

### **Palm Beach County Parks & Rec Supplemental Covid Information**

In granting this approval it is understood and agreed that Palm Beach County Board of County Commissioners and Palm Beach County Parks & Rec 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.

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 Jupiter Dragons 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 **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 bleachers or 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. Handshakes, high fives, and team huddles are prohibited.

- **Meet Procedures**

- A safety marshals will manage the warm up/down lane. Pre-meet warmup will limit swimmers to no more than 8 per lane. Swimmers will be asked to limit their time to warmup in the pool to 25 minutes. Teams will be assigned lanes and warm up times once entries are processed.
- During the swim meet there will be 1 timer 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 designated marks on the pool deck 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 8 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.

- **Other**

- Jupiter Dragons Swim Team will provide hand sanitizer stations around the pool deck
  - Entrance to the facility will be through the Gate by the Men's change room and Exit through the Gate by the Women's change room.
  - The Meet Director, Kiril Zahariev 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
  - JDST will utilize electronic means of communicating heat sheets and results via Meet Mobile, [www.jdswim.com](http://www.jdswim.com), 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.
  - Coaches please encourage your swimmers to remain segregated to your team tents when not competing or warm up/down.
  - No horseplay, congregation of swimmers, etc...
  - The Warm Down Lane is for warming down ONLY.

**In applying for this sanctioned event, the Host, Jupiter Dragons 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.**