

FGC BC Inv. @ Lake Lytal

July 2-3, 2021

Hosted by:



Sanctioned by:

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

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 are no longer required to follow enhanced health and safety measures by PB County Parks & Rec and the State of Florida; however 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

Directions:

Google Maps Link: <https://bit.ly/3pvXUCD>

Date and Time: Session I Fri 7/2 8 & U Sizzler. WUp: 430pm Start of Meet: 5pm

Session II Fri 7/2 Mixed Open 200 Free Mixed Open 200 IM

Session III Sat 7/3 Warm up: 7am Start of meet: 8am 50s & 100s

*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).
- 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.
- The State of Florida, Palm Beach County Parks & Rec have rescinded all orders regarding COVID guidelines. Pls. use practical care and respect when coughing or sneezing in close proximity to those around you. If you are filling "ill" we advise you not attend this event.
- 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 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.
- Eligibility:** Open to all current 2021 USA swimming athletes registered in Florida Gold Coast Swimming and affiliated with a Florida Gold Coast Swimming registered club. Swimmers entered in this event CAN NOT have achieved a "BB" USA Swimming 2021 Motivational Time Standard or FASTER.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- The 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.

- Disability Athletes:** 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
- Entries:** All entries will be pre-seeded with swimmers 2021 USAS registered athletes
- Entry Limit:** **Fri Sizzler** 4 Events. **BC Meet:** 2 Events on Fri. & 4 Events on Sat. 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.
- Meet Cap:** This meet will have a time cap of 3 hours on Friday & 4 hours on Sat. Once that time cap is reached the meet will no longer be taking entries. A 1st draft file guarantees your place in the competition. The final draft may be updated by meet deadline. **Deadline Friday June 25, 2021 8pm or When 4 Hour Cap is met on Saturday**
- Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
- Entry Fees:** 8 & Under Sizzler: \$4 per event. All other events: \$6 per event. \$12 Per Swimmer Surcharge
- Refunds:** 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
- Seeding:** Mixed M/F. 10 Lanes Slowest to Fastest
- Awards:** Ribbons 1-8 in recognized Age Group & Gender Categories
- Scoring:** THIS MEET WILL NOT BE SCORED.
- Spectator Admission:** \$5.00 per session. Heat sheets: Available FREE online and thru the Meet Mobile app for phones and tablets. A ltd # of hard copy meet programs will be available. A spectator section will be made available on the east side of the deck. THE NORTH & WEST SIDE OF DECK IS SEQUESTERED FOR COACHES, ATHLETES, & MEET PERSONNEL ONLY, no parents! Teams can set up anywhere on the deck. Thank you for your understanding and we ask parents not to berate the Meet Marshals for the sake of the swimmers.
- Meet Information:** 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 www.lightningswimming.org
- Head Referee:** Dee Herfurth
- Meet Director:** Gordon Andrews
- Admin Official:** Gordon Andrews
- Meet Marshall:** Steven Hughes
- 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:** Gordon Andrews 561-310-4924
- NOTE:** Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.
- Warm-up Procedures:** Teams will be given assigned warmup lanes depending on the number of swimmers entered per session

ORDER OF EVENTS

<u>SESSION 1: Fri 7/2</u>		<u>Session 3: Sat 7/3</u>	
	<u>WarmUp: 430 Meet Start 5p</u>		<u>Warmup 7a Meet Start 8am</u>
1-2	8 & U 25 Fr	15	Mixed 10 & U 50 Fr
3-4	8 & U 25 Bk	16	Mixed 11-12 50 Fr
5-6	8 & U 25 Breast	17	Mixed 13 & O 50 Fr+
7-8	8 & U 25 Fly	18	Mixed 10 & U 50 Bk
9-10	8 & U 50 Fr	19	Mixed 11-12 50 Bk
	<u>SESSION 2: Fri 7/2</u>	20	Mixed 13 & O 50 Bk+
	<u>WarmUp: 530 Meet Start 6p</u>	21	Mixed 12 & U 100 IM*
11	Mixed 12 & U 200 Fr*	22	Mixed 13 & O 100 IM+
12	Mixed 13 & O 200 Fr+	23	Mixed OPEN 100 Bk**
13	Mixed 12 & U 200 IM*		*Ranked and Awarded 10 & U, 11-12
14	Mixed 13 & O 200 IM+		**Ranked & Awarded 10 & U/11-12/13-14/15 & O
			+ Ranked & Awarded 13-14, 15 & Over
		24	Mixed 10 & U 50 Brst
		25	Mixed 11-12 50 Brst
		26	Mixed 13 & O 50 Brst+
		27	Mixed 10 & U 100 Fr
		28	Mixed 11-12 100 Fr
		29	Mixed 13 & O 100 Fr+
		30	Mixed OPEN 100 Brst**
		31	Mixed 10 & U 50 Fly
		32	Mixed 11-12 50 Fly
		33	Mixed 13 & O 50 Fly+
			5' Break if Needed
		34	Mixed OPEN 100 Fly**