

Dear Coaches!

Let me be the first to welcome you to Stuart, FL this week for the 2021 FGC Long Course Junior Olympic Meet. After missing out on the 2020 Summer JO meet, it's great to have the swimmers back competing in the pool! If at any point in time you have any questions or concerns, please do not hesitate to ask me. I will do my best to get back to you as quickly as possible.

Martin County, Florida Gold Coast Swimming, Martin County Swimming and North Palm Beach Swim Club are looking forward to co-hosting our fifth Junior Olympic meet at the Sailfish Splash Water Park. The facility is owned and operated by Martin County. It is a great venue for swimming and we have an amazing team of volunteers lined up to make this year a great experience for the athletes and their families.

Attached are two aerial site plans. Please share with your staff and athlete families, along with the details of this e-mail.

PARKING

Parking is free but is expected to be tight on Friday as the County offices across the street will be open for business. Please do NOT park in the County lot until after 5PM on Thursday or Friday. Overflow parking will be at the church located just east of the pool (shuttle service available). The overall site map attached indicates locations available for parking. Parking is reserved at the facility's parking lot for officials only, remainder is first come first served.

CLOSED DECK

Please make sure all your athlete families understand the FGC Board of Directors has mandated all Championship level meets in the LSC shall have closed decks (athletes separated from families and spectators). The attached map of the pool deck shows the location of the athlete and coaches entrance to the competition pool (coaches will be required to show credentials to have access to the competition pool, refer to meet information). Family members will not be allowed to accompany the athletes beyond the Athlete & Coaches entrance gate. Coaches and Athletes are allowed to enter the competition deck with chairs, coolers, food and drinks for themselves. Athletes will be required to have their bag tag with them in order to return to the competition pool after leaving to use the locker rooms or visit their parents / concessions. Failure to do so may result in a delay for them to return to the competition pool. Your Coaching Staff list was to be included in your OME submittal. Coaches must have up-to-date credentials to enter the competition side of the deck. Heat sheets will be included in coach's packet, by team, for each session based on the number of coaches registered for the meet.

ATHLETE FAMILIES & SPECTATORS

ALL family members, guests and spectators must use the Spectator Entrance at the main entrance to the water park (see attached map). Family members and spectators may NOT enter the Spectator Viewing Area adjacent to the competition pool with chairs or tents. There is a small area between the park entrance and the Spectator Viewing Area where tents and folding chairs will be allowed (see yellow highlighted area on the attached map). There are also locations outside of the fence indicated on the site map where families may set up tents. Tents may be set up on Thursday during the 1500M, not prior to 4:30PM. **The venue will open to spectators, athletes and coaches at 7:00AM each morning and at 4:00PM each afternoon Friday – Sunday. VOLUNTEERS may enter the venue at**

6:30AM each morning and at 3:30PM each afternoon. The spectator bleachers are covered but will not keep the sun or a driving rain out completely so please urge your families to plan accordingly. Folding bleacher seats are allowed and there is ADA accessible seating for spectators as well. The athletes and spectators will all use the main locker rooms (see MAAPP below). The County is providing a first aid tent.

ADMISSION & HEAT SHEETS

Admission is \$5 per session and please NO \$50 or \$100 bills. Heat sheets will NOT be sold at the gate. The Heat Sheets will be available on meet mobile or at the North Palm Beach Swimming Website: www.npbswimming.com or the Martin County Swimming's website: www.martincountyswimming.org

MAAPP - Please review carefully

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP).
- Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.
- Deck changing is prohibited. Make sure you tell all your athletes this. If they are seen deck changing you can expect to be reminded as their coach of this expectation.
- Remind your athletes of appropriate behavior in the locker room. Be sure to include that the use of any devices that record or take photos are prohibited in the locker room and changing areas.
- As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.

FOOD & BEVERAGE

Family and spectator coolers, food and beverages are **NOT permitted anywhere inside** the facility including the shaded yellow area for parent tents. Coolers may be left in vehicles so long as the food and beverages are not brought into the facility. You may bring in a single bottle of water and your morning coffee when you enter the facility. The facility does have a full service concession with plenty of drink options and a decent selection of food for a waterpark.

MEET PROTOCOLS

Friday – Sunday Prelims Warm-Up schedule will be split into Session A & Session B:
Sessions A & B teams will be announced after all entries are determined.

Session “A” - 7:00AM – 7:30AM – General Warm-Up

Session “A” - 7:30AM – 7:40AM – Controlled Warm-Up including one way racing start lanes

Session “B” - 7:45AM – 8:15AM – General Warm-Up

Session “B” - 8:15AM – 8:25AM – Controlled Warm-Up including one way racing start lanes

Thursday – Sunday Finals Warm-Up schedule:

4:00PM – 4:45PM – General Warm-Up

4:45PM – 5:25PM – Controlled Warm-Up, including one way racing start lanes

All morning swims will be swum fastest to slowest with fly-over starts. All starts will launch from the East end of the pool, except 50M events, which will start at the West (scoreboard) end. Relay cards will be included in the Coaches packets and must be submitted 90 minutes prior to the start of each session to the Clerk of Course located on the pool deck and may be picked up prior to the start of the event. Changes to relay order may be provided to the lane timer prior to heat start.

Scratch Protocol:

- Swimmers have 30 minutes after completion of event to declare intention to scratch.
- Swimmers have 30 minutes after completion of last individual event in prelims to remove their intention to scratch . . . if they want to.
- Swimmers who do NOT remove their initial intention to scratch will be scratched from that event.

Finals Protocol:

- Championship Final will be paraded out provided there is no weather concern
- Alternates need to report to the starting area chief judge, READY to swim, prior to the event they are an alternate for.

Penalties:

If a swimmer fails to swim a **Positive Check-In event**, they are disqualified from their next event(s), until \$25 fine is paid. If a swimmer fails to show for Finals, and they were in the original (announced) top 8 for that event, they are disqualified from their next event(s), until \$25 fine is paid.

Mandatory Coaches Meeting Friday morning at 8:30AM in hospitality. Any questions regarding the 1500M distance event can be addressed at the Starter's table.

A **Meet Committee** has been established to handle issues pertaining to non-rule situations such as weather and equipment issues.

- Athlete – TBD at the meet
- Coach – TBD at the meet
- Coach – TBD at the meet
- Meet Director – Dick Cavanah or Mark Corley
- Meet Referee – Scott Boggs

INCLEMENT WEATHER PROCEDURES

If a lightning event occurs, the lightning detection system will generate a single long horn blast, and the pool deck **MUST** be cleared immediately. Athletes and spectators must return to their vehicles until the all clear signal (three short blasts), at which time they may return to the deck. We recommend you set up a call tree or a group text (e.g. Remind 101) prior to the meet so you can communicate efficiently with your athletes and their families.

WATER PARK ACCESS

The County may offer a discount for access to the water park. Follow this website link: <https://www.sailfishsplash.com/> for Sailfish Splash Water Park, for more information and details about the water park and the competition pool.

ATHLETE RESPONSIBILITY

This is a Championship Meet on a closed deck, so please make sure your athletes and coaching staff pay attention to the meet and are ready to swim their events. It is their responsibility to be on time for the start of their events. It is our goal to have every entered swimmer splash for all of their events. However, once a swimmer misses their event, they will be recorded as a "No-Show" and will not be eligible to swim the missed event in a later heat or event. Please also make sure you remind your athletes to be positive influences for their teammates and their fellow competitors. Any disruptive behavior, name calling or intimidation of athletes will be dealt with immediately in accordance with USA Swimming rules. Finally, please assign a coach to be responsible for making sure your athletes thoroughly pick up all of the trash in their areas at the completion of each session.

TIMELINES & PSYCH SHEETS

Timeline and Psych sheets have been emailed to all coaches and will be posted to FGC's website and are already posted to Martin County Swimming's website: www.martincountyswimming.org ASAP. You will also find the meet information on our website. Please make sure your entire coaching staff reads the meet information concerning the conduct of the meet and let us know if you have any questions. If you have any questions about the meet protocols, meet entries, documentation for qualifying times, the psych sheet or the timeline, please contact the Meet Directors in accordance with the Meet Information.

We are looking forward to a great meet with fast swims and a positive experience for everyone.

Scott Boggs
Meet Referee
sboggs303@aol.com