



# **2021 Turkey Invitational**

## **North Palm Beach Swim Club**

### **November 19-21, 2021**

**Sanctioned by:**

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.

Sanction # **FG132132302102**

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

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

**Date & Time:**

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, November 19	N/A	N/A	4:00 pm	5:30 pm
Saturday, November 20	7:30 am	9:00 am	4:30 pm	5:30 pm
Sunday, November 21	7:30 am	9:00 am	4:30 pm	5:30 pm

**Pool/Timing:** 50 meters x 25 yards heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down 6 lane 25 yard pool available. Colorado 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 5'0 to 7'0 depending on lane assignment accordance with 202.3.7 (C).

**Format:** Meet will be conducted in SCY. The 400IM and 500 Free will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest eight swimmers in each of the following age groups: 10 & under, 11-12, 13-14, 15-over advancing to finals.

Breaks between events may be inserted at Meet Director and Meet Referee discretion.

**Rules:** 2021 USA Swimming and FGC 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, 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 Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**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.

<b>Image Authorization:</b>	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.
<b>Conflict of Interest:</b>	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.
<b>Eligibility:</b>	All swimmers must be 2021 registered members of USA Swimming as provided by article 302.  <b>Qualifying time standards are 2021-2024 USA Swimming National Age Group Motivational "BB" times for all individual events.</b>  The Meet Host <b><u>WILL NOT</u></b> be accepting New or Renewing USA Swimming registrations at the meet.
<b>Disability Athletes:</b>	Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the host ahead of time to allow for preparations.
<b>Entry:</b>	All entries must be received by <b>6:00pm Wednesday, November 10, 2021</b> . HYtek or Team Unify entry files will only be accepted. Please email your entry to <b>NPBCoach4@aol.com</b>
<b>Entry Fees:</b>	\$10.00 per individual event \$10.00 per Swimmer Surcharge
<b>Refunds:</b>	Once a team or individual entry has been received and processed, there will be no refunds in full or in part.
<b>Deck Entries:</b>	<b>THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.</b> All entries must be received through OME as described above.
<b>Entry Limit:</b>	Swimmers may swim a maximum of <b>three (3) individual events per day</b> . Swimmers who enter more than three (3) events in one day will be scratched from the events that exceed this limit.
<b>Seeding:</b>	All events will be seeded fast to slow in the following order: SCY, LCM, nonconforming distance SCY, nonconforming distance LCM except as otherwise noted. Timed final events and preliminary heats for 11-12, 13-14 and 15-18 age groups may be swum combined. If so, they will be resulted separately. Finals events will be swum in the following order: 10 & Under, 11-12, 13-14, 15-Over Friday evening's 500 freestyle and 400 IM will be seeded in event order without alternating heats of women and men. Positive check-in is NOT required for the 500 freestyle and 400 IM. <b>Friday evening swimmers must supply their own timers and counter.</b>
<b>Scratches:</b>	Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.  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.

- Awards:** 1<sup>st</sup> – 10<sup>th</sup> place
- Scoring:** This meet shall not be scored.
- Meet Director:** Alf Aguirre
- Head Referee:** Scott Boggs
- Admission:** **\$5 per session (No Admission cost on Friday)**
- CONCESSIONS:** Concessions will be available at the meet. Everyone entering the pool is encouraged to bring their own water or sports' drinks. Make sure to label them with your name. This will prevent someone else from using your drink by accident. Do NOT share water bottles.
- HOSPITALITY:** Hospitality for Coaches and Officials will be available at the meet.
- Information:** Alf Aguirre 305-773-6060  
Dick Cavanah 561-762-7261
- Warm up:** Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

First 2/3<sup>rds</sup> of warm-up  
session

General Warm-up  
Swimming and Pulling Only, Push Off  
No Racing Starts  
No Sprinting or Pace

Last 1/3<sup>rd</sup> of warm-up  
Session

Controlled Warm-up

Lane 1	Pace, 50 and 100 Circle Swim, Push Off
Lane 2	Racing Starts, 25 yards One Length.
Lane 3	Swimming and Pulling, Push Off
Lane 4	Racing Starts, 25 yards One Length.
Lane 5	Swimming and Pulling, Push Off
Lane 6	Swimming and Pulling, Push Off
Lane 7	Racing Starts, 25 yards One Length
Lane 8	Swimming and Pulling, Push Off
Lane 9	Racing Starts, 25 yards One Length.
Lane 10	Pace, 50 and 100 Circle Swim, Push Off

## **Order of Events\***

### **Friday PM Timed Finals**

500 Freestyle  
400 Individual Medley

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### **Saturday Prelims**

100 Backstroke  
50 Freestyle  
100 Ind. Medley  
50 Butterfly  
200 Butterfly  
100 Breaststroke  
200 Freestyle

### **Saturday Finals**

100 Backstroke  
50 Freestyle  
100 Ind. Medley  
50 Butterfly  
200 Butterfly  
100 Breaststroke  
200 Freestyle

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### **Sunday Prelims**

100 Freestyle  
100 Butterfly  
50 Breaststroke  
200 Breaststroke  
50 Backstroke  
200 Backstroke  
200 Ind. Medley

### **Sunday Finals**

100 Freestyle  
100 Butterfly  
50 Breaststroke  
200 Breaststroke  
50 Backstroke  
200 Backstroke  
200 Ind. Medley

## Time Standards

Girls				Boys			
SCY	LCM	Event	Description	Event	LCM	SCY	
7:34.89	6:51.09	<b>1 #</b>	7-10 500 Free	<b>2 #</b>	6:44.49	7:26.99	
6:38.19	5:56.49	<b>3 #</b>	11-12 500 Free	<b>4 #</b>	5:48.69	6:27.49	
6:18.69	5:40.59	<b>5 #</b>	13-14 500 Free	<b>6 #</b>	5:24.09	5:58.99	
<u>6:11.99</u>	<u>5:32.89</u>	<b>7 #</b>	<u>15-Ov 500 Free</u>	<b>8 #</b>	<u>5:09.89</u>	<u>5:44.09</u>	
5:56.79	6:48.29	<b>9 #</b>	11-12 400 IM	<b>10 #</b>	6:39.19	5:46.39	
5:37.59	6:25.89	<b>11 #</b>	13-14 400 IM	<b>12 #</b>	6:04.69	5:17.09	
<u>5:30.49</u>	<u>6:18.79</u>	<b>13 #</b>	<u>15-Ov 400 IM</u>	<b>14 #</b>	<u>5:47.29</u>	<u>5:03.69</u>	

**# Events will be time finals, Boys & Girls together and Age Groups combined**

Girls				Boys			
SCY	LCM	Event	Description	Event	LCM	SCY	
1:30.69	1:45.99	<b>15</b>	10- Un 100 Back	<b>16</b>	1:43.09	1:29.29	
1:18.09	1:30.99	<b>17</b>	11-12 100 Back	<b>18</b>	1:27.99	1:15.69	
1:11.19	1:23.59	<b>19</b>	13-14 100 Back	<b>20</b>	1:17.89	1:06.39	
1:09.39	1:21.09	<b>21</b>	15-Ov 100 Back	<b>22</b>	1:14.39	1:03.19	
35.19	39.89	<b>23</b>	10- Un 50 Free	<b>24</b>	39.49	34.49	
31.29	35.69	<b>25</b>	11-12 50 Free	<b>26</b>	34.69	30.29	
30.19	34.49	<b>27</b>	13-14 50 Free	<b>28</b>	31.99	27.79	
29.49	33.79	<b>29</b>	15-Ov 50 Free	<b>30</b>	30.19	26.39	
1:31.69	---	<b>31</b>	10 -Un 100 IM	<b>32</b>	---	1:28.89	
1:18.09	---	<b>33</b>	11-12 100 IM	<b>34</b>	---	1:14.99	
41.79	47.09	<b>35</b>	10-Un 50 Fly	<b>36</b>	45.99	40.49	
33.89	38.29	<b>37</b>	11-12 50 Fly	<b>38</b>	38.59	34.19	
2:36.89	2:59.19	<b>39</b>	13-14 200 Fly	<b>40</b>	2:47.99	2:26.89	
2:33.49	2:53.99	<b>41</b>	15-Ov 200 Fly	<b>42</b>	2:39.99	2:20.49	
1:44.99	1:59.79	<b>43</b>	10-Un 100 Breast	<b>44</b>	1:55.99	1:41.69	
1:27.19	1:40.89	<b>45</b>	11-12 100 Breast	<b>46</b>	1:38.39	1:24.49	
1:21.69	1:34.79	<b>47</b>	13-14 100 Breast	<b>48</b>	1:28.09	1:15.49	
1:19.69	1:32.39	<b>49</b>	15-Ov 100 Breast	<b>50</b>	1:23.49	1:11.09	
2:57.19	3:20.99	<b>51</b>	10-Un 200 Free	<b>52</b>	3:12.09	2:47.99	
2:28.99	2:49.19	<b>53</b>	11-12 200 Free	<b>54</b>	2:44.89	2:23.49	
2:21.29	2:41.79	<b>55</b>	13-14 200 Free	<b>56</b>	2:32.29	2:12.79	
2:18.69	2:38.29	<b>57</b>	15-Ov 200 Free	<b>58</b>	2:26.09	2:06.79	

Girls				Boys			
SCY	LCM	Event	Description	Event	LCM	SCY	
1:19.99	1:31.19	59	10-Un 100 Free	60	1:30.19	1:18.79	
1:08.29	1:18.09	61	11-12 100 Free	62	1:15.49	1:05.89	
1:05.49	1:14.79	63	13-14 100 Free	64	1:09.89	1:00.89	
1:03.99	1:13.49	65	15-Ov 100 Free	66	1:06.89	57.89	
1:39.09	1:52.99	67	10-Un 100 Fly	68	1:50.79	1:37.09	
1:17.59	1:28.49	69	11-12 100 Fly	70	1:26.29	1:16.09	
1:10.89	1:20.39	71	13-14 100 Fly	72	1:15.49	1:06.09	
1:09.39	1:19.29	73	15-Ov 100 Fly	74	1:11.79	1:02.69	
47.49	53.99	75	10-Un 50 Breast	76	53.29	46.59	
39.99	45.49	77	11-12 50 Breast	78	45.19	39.49	
2:57.29	3:23.99	79	13-14 200 Breast	80	3:10.79	2:43.99	
2:52.79	3:20.49	81	15-Ov 200 Breast	82	3:01.39	2:36.19	
41.89	48.89	83	10-Un 50 Back	84	49.19	42.29	
35.39	40.79	85	11-12 50 Back	86	40.39	34.99	
2:34.89	2:58.69	87	13-14 200 Back	88	2:49.09	2:25.09	
2:31.39	2:54.99	89	15-Ov 200 Back	90	2:41.39	2:17.49	
3:15.59	3:43.19	91	10-Un 200 IM	92	3:40.79	3:13.19	
2:47.29	3:11.39	93	11-12 200 IM	94	3:08.49	2:43.99	
2:37.59	3:01.79	95	13-14 200 IM	96	2:51.39	2:28.49	
2:34.89	2:58.19	97	15-Ov 200 IM	98	2:43.99	2:20.89	

### Statement of local protocols and requirements

#### 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 CDC 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.