

Lake Lytal Lightning's 2021 Annual Santa Claus & Holiday Sprint Inv. Sat. Dec. 4, 2021



Sanctioned by:

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG132133805123**

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 attending this meet, you voluntarily assume all risks related to exposure to COVID-19.

Hosted by:

Lake Lytal Lightning Swim Team

Location:

Lake Lytal Aquatic Complex 3645 Gun Club Rd. West Palm Bch. 33460

Date and Time*:

Sat. Dec. 4, 2021

Session I – 13 & Over. -- Warm up: 7:00 am -- Start of session: 8:20 am

Session II – 9-12—Warm up 10:30am Meet Start 11:50am

Session III-8 & U- Warm up 2 pm Meet Start 2:30pm

*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:

Meet will be held in ten (10) – 25-yard lanes. Pool is 50 meters x 25 yards, heated & cooled, outdoor pool. Colorado/Daktronics hybrid 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 8'0 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:

2Current USA Swimming 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

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 current 2021 USA swimming athletes registered with USA Swimming

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 – lightningswimming@gmail.com
- Entries:** All entries must be received by Saturday November 21, 2021
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)
- E-mail to lightningswimming@gmail.com**, NO faxed entries. Confirmation for electronic entries will be sent via e-mail. ** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact Coach Andrews at 561-310-4924
- Note:** Swimmers without registration number or birth dates will not be entered.
- Entry Limit:** Individual events: Four (4) individual events per session per swimmer.
- Meet Cap:** The meet will be capped at 225 Swimmers per session
- Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
- Entry Fees:** \$5 per individual event. \$10 Per Relay.
- Swimmer Surcharge:** \$15 per swimmer.
- Refunds:** Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1. 17a.i.v applies.
- Seeding:** Fastest to Slowest – SCY. 13 & Over/9-12 Sessions' Events will be Super-Seeded
- Awards:** Individual Events - Top 3 Medals: 6 & Under 25s. 7-8 25s, 7 year old 50s & 100, 8 Year Old 50s & 100, 9 Year Olds. 10 Year Old. 11 Year Old. 12 Year Old. 13 Year Old. 14 Year Old. 15 & Overs
- Scoring:** No Team Scores. Ind. Scoring for High Point 11-9-7-6-5-4-3-2-1 (Pls. Check Events Order to See what events are eligible for scoring status in 8 & Under Session III.
- Admissions & Meet Programs:** **Admission \$5. Meet Programs: Free online & Meet Mobile. \$2 Hard Copy**
- Meet Information:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on the internet after entries are processed. Results will also be posted at the conclusion of the Meet. Look for this information at: www.lightningswimming.org
- Head Referee:** Dee Herfurth
- Meet Director:** Gordon Andrews
- Admin Official:** Gordon Andrews
- Meet Marshall:** Steven Hughes & Facility Lifeguards
- 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: lightningswimming@gmail.com

Warm-up Procedures: Assigned Lanes of either 1 or 2 Phases depending on final numbers count

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

- 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.

Currently there are NO Public Health and Safety mandates from the State of Florida & PB County Parks & Rec outside of common sense & courtesy.

Inclement Weather In the event of inclement weather, swimmers, coaches, and spectators must return outside the pool gates and wait in their vehicles.

ORDER OF EVENTS & SESSIONS

Session #1 Saturday 13 & O 7am warm-up, 8:20 am start***		Session #2 Saturday 9-12 10:30 warm-up, 11:50 am start***		Session #3 Saturday 8 & U 2:00 pm warm-up, 230pm start***			
Events Super-seeded 13,14,15 & Over		Events Super-seeded 9,10,11,12		7-8 Year Old 50s & 100s Super-seeded			
***ALL OF THESE START TIMES SUBJECT TO CHANGE ONCE ENTRIES ARE PROCESSED							
Event Number	Event	Event Number	Event	Event Number	Event		
1	13 & O 200 Mixed MRel	23	9-12 200 Mixed MRel	53	8 & U 100 Mixed MRel		
3-4	13 & O 50 Free	25-26	11-12 50 Free !	55	Mixed 6 & Under 25 Free*		
5-6	13 & O 100 IM	27-28	9-10 50 Free !!	56	Mixed 7-8 25 Free%		
7-8	13 & O 50 Back	29-30	9-12 100 IM #	57	Mixed 6 & Under 25 Back*		
9-10	13 & O 100 Free	31-32	11-12 50 Back !	58	Mixed 7-8 Year Old 25 Back%		
11-12	13 & O 50 Breast	33-34	9-10 50 Back !!	59	Mixed 6 & Under 50 Fr*		
13-14	13 & O 100 Back	35-36	9-12 100 Fr #	60	Mixed 7-8 Year Old 50 Fr%		
15-16	13 & O 50 Fly	37-38	11-12 50 Breast !!	61	Mixed 7-8 Year Old 50 Back**		
17-18	13 & O 100 Breast	39-40	9-10 50 Breast !	62	Mixed 7-8 Year Old 100 Fr**		
5' Break if Needed		41-42	9-12 100 Back #	63	Mixed 6 & Under 25 Breast*		
19-20	13 & O 100 Fly	43-44	11-12 50 Fly !!	64	Mixed 7-8 Year Old 25 Breast %		
21	13 & O 200 Mixed Fr. Rel	45-46	9-10 50 Fly !	65	Mixed 7-8 Year Old 50 Breast**		
@ Awarded & Rank/Scored- 13YO 14YO 15& O		47-48	9-12 100 Breast #	66	Mixed 8 & U 100 Fr Rel		
		49-50	9-12 100 Fly #	67	Mixed 6 & Under 25 Fly*		
		51	9-12 200 Mixed Fr. Rel	68	Mixed 7-8 Year Old 25 Fly%		
				69	Mixed 7-8 Year Old 50 Fly**		
				70	Mixed 7-8 Year Old 100 IM**		
				! Awarded & Rank-Scored 11 YO & 12 YO # Awarded & Rank-Scored 9 YO & 10 YO		*Used in scoring 6 & U High Point Award	
						% 7-8 Awarded but NOT used in High Point	
				** Used in scoring 7 YO & 8 YO High Point			