



Dragons Long Course Spring Invitational April 22 - 24, 2022

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. **FG142211203039**

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 entering 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

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

Session I	Timed Finals	Friday	April 22, 2022	Warm-up – 4:30 pm	Start – 5:30 pm
Session II	Timed Finals	Saturday	April 23, 2022	Warm-up – 7:30 am	Start – 8:30 am
Session III	Timed Finals	Saturday	April 23, 2022	Warm-up – 12:00 pm	Start – 1:00 pm
Session IV	Timed Finals	Sunday	April 24, 2022	Warm-up – 7:30 am	Start – 8:30 am

WARM UP PROCEDURES: If needed Warm up on Saturday and Sunday will be split into “Wave 1” warm up and “Wave 2” warm up. Racing Start lanes will be open for both “Wave 1 and 2” 15 minutes before the start of each session. Teams will be assigned lanes in either “Wave 1” or “Wave 2” warm up.

NO RACING STARTS IN COOL DOWN LANE DURING MEET

***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. 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) The copy of such certification is on file with USA Swimming.

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 2022 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.

Public Health and Safety mandates and guidelines of the State of Florida, Palm Beach County Health Dept. & 2022 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 2022 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 without the use of the backstroke ledge. 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. **No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.**

Deck Changes:

Changing, in whole or in part, into or out of a swimsuit 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 April 15, 2022** |

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
Confirmation for electronic entries will be sent via e-mail. **Submission of electronic entries signifies that all swimmers are 2022 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: \$7.00 per Individual event entry
\$12.00 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 slowest to fastest.

Distance Events: 400 IM and 400 Free, for all ages 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: 1st – 3rd Ribbons places 4th – 8th

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.** They will be emailed to your team as well on Thursday April 21, 2022. Hard copies will be available to coaches and officials.

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 Marshall: Palm Beach County Parks & Recreation Lifeguard Staff

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 Coach K 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

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.

Order of Events

Session 1 - Friday April 22, 2022

Warm-up: 4:30 p.m.

Meet Starts: 5:30 p.m.

Event Number	Event	Age Group
1-2	400 IM P/S/F ****	Open
3-4	400 Free P/S/F ****	Open

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

**** - Event will be awarded separately (10&under, 11&12, 13&14 and 15&Over)

Session 2 - Saturday April 23, 2022

Warm-up: 7:30 a.m. Meet Starts: 8:30 a.m.

Event Number	Event	Age Group
5-6	200 Free ***	13 & Over
7-8	100 Fly ***	13 & Over
9-10	50 Breast ***	13 & Over
11-12	50 Free ***	13 & Over
13-14	200 IM ***	13 & Over
15-16	100 Back ***	13 & Over
17-18	200 Breast ***	13 & Over

*** - Event will be awarded separately (13&14 and 15&Over) Swim Slowest to Fastest

Session 3 - Saturday April 23, 2022

Warm-up: 12:00 p.m. Meet Starts: 1:00 p.m.

Event Number	Event	Age Group
19-20	200 Free *	12 & Under
21-22	100 Fly *	12 & Under
23-24	50 Breast *	12 & Under
25-26	50 Free *	12 & Under
27-28	200 IM *	12 & Under
29-30	100 Back *	12 & Under
31-32	200 Breast	11 & 12

* - Event will be awarded separately (10&under and 11&12) Swim Slowest to Fastest

Session 4 - Sunday April 24, 2022

Warm-up: 7:30 a.m. Meet Start: 8:30 a.m.

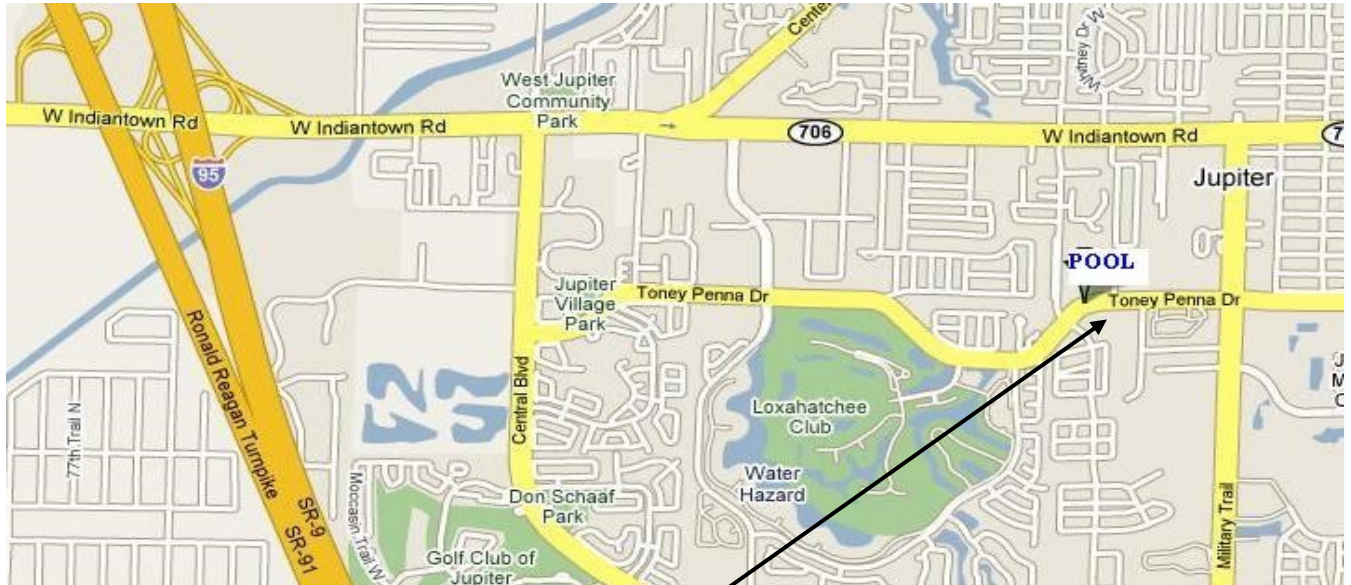
Event Number	Event	Age Group
33-34	100 Free ***	13 & Over
35-36	100 Free *	12 & Under
37-38	50 Back ***	13 & Over
39-40	50 Back *	12 & Under
41-42	50 Fly ***	13 & Over
43-44	50 Fly *	12 & Under
45-46	100 Breast ***	13 & Over
47-48	100 Breast *	12 & Under
49-50	200 Back **	11 & Over
51-52	200 Fly **	11 & Over

* - Event will be awarded separately (10&under and 11&12) Swim Slowest to Fastest

** - Event will be awarded separately (11&12, 13&14 and 15&Over) Swim Slowest to Fastest

*** - Event will be awarded separately (13&14 and 15&Over) Swim Slowest to Fastest

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 (½ 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”**

