

**Simple Invite**  
**May 13<sup>th</sup> & 14<sup>th</sup> 2022**  
***Boca Raton Swim Team***

**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 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.

**Hosted by:** *Boca Raton Swim Team*

**Location:** **Boca Raton High School Aquatic Center**  
**1501 NW 15<sup>th</sup> Court Boca Raton FL 33486**

**Directions:** From I-95 or Turnpike exit onto Glades Road. Head east on Glades Road then turn south on to 15<sup>th</sup> Court the High School is on right the pool is located next to stadium and track

**Date and Time:** Session 1 Warm up: 4:30pm Start of meet: 5:30pm SCY  
Session 2 Warm up: 9:00am Start of meet: 10:00am LCM

\*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 meters x 25 yards heated outdoor pool, 10 short-course racing lanes with several separate warm-up and swim-down lanes available; 8 long-course racing lanes with one buffer lane and 1-warm up swim down lane 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 5'6 to 15'0 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:** Current USA Swimming Rules will govern this meet.

Public Health and Safety mandates and guidelines of the State of Florida, Palm Beach County, City of Boca Raton and Boca Raton School District 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 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 202.4.11(D).

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 2022 USA swimming athletes registered

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 561-251-3724 or email [allan@brswim.com](mailto:allan@brswim.com)

**Entries:** All entries must be received by 11:59pm Friday May 6<sup>th</sup> 2022.

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

E-mail to [allan@brswim.com](mailto:allan@brswim.com) fax: 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 us at 561.251-3724

**Unregistered Teams:** Will not be permitted entry into this swim meet.

**Note:** Swimmers without registration number or birth dates will not be entered.

\*\*\*Entry Fees will be Doubled if not entered electronically.

**Entry Limit:** Individual events: 4 individual events per session.  
Relay Events: 1 Relay events per swimmer.

**Meet Cap:** Friday session capped at 160. Saturday session capped at 200.

**Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.

**Entry Fee:** \$4.50 per event / \$12 per relay / \$12 per swimmer surcharge  
\*Entry fees are made payable to Boca Raton Aquatics (note: one check per team)  
*DO NOT mail check to the high school address*

**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:** All events will be seeded FASTEST TO SLOWEST prior to the first day of the meet.

**Awards:** Ribbons 1<sup>st</sup> – 8<sup>th</sup>

**Scoring:** THIS MEET WILL NOT BE SCORED

**Admission:** \$5.00 per person per session

**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.brswim.com](http://www.brswim.com)

**Head Referee:** Tom Ward

**Meet Director:** Allan Williams

**Admin Official:** Allan Williams

**Meet Marshall:** Aaron Custodio

**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 Allan Williams at (561) 251-3724

**Warm-up Procedures:** NO Equipment Permitted. Swimmers must enter the water feet first.  
Friday = 4:30pm to 5pm and Saturday = 8:30 am. to 9 am. General Warm Up;  
Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work  
Friday = 5pm to 5:25pm and Saturday 9am. – 9:25am. 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 Swimming and Pulling, Push Off  
Lane 5 Swimming and Pulling, Push Off  
Lane 6 Swimming and Pulling, Push Off  
Lane 7 Swimming and Pulling, Push Off  
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

1. Pace lanes – last 25 minutes of warm up. Push- off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet first entries only.
  2. Practice Racing Starts – Last 25 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
  3. General Lanes - Circle swimming only (counter clockwise only).
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# **Covid Guidelines**

## **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.

### **Boca Raton Swim Team - COVID-19 Guide for Safe return to competition plan to the Boca Raton High School Aquatic Complex**

#### **BEFORE THE MEET:**

Before the meet, all the swimmers, coaches and volunteers are required to read the meet information, or any information provided regarding the operational procedures that will take place during the meet.

#### **Expectations for Swimmers, Volunteers, Coaches and Staff:**

Health Screening Survey:

Any member should refrain from attending the meet until they are able to answer NO to each question.

***DO NOT COME TO THE POOL IF YOU ARE SICK!***

1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?

2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms? (Please take your temperature before you answer this question.)

- Fever or chills (100.4° F/37.8° C or greater as measured by an oral thermometer)
- Cough
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell
- Chills
- Headache
- Muscle, or body aches
- Fatigue
- Nausea, diarrhea, or vomiting
- Bright red (or any) rash

3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?

4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?

5. In the past 14 days, have you travelled outside the State of Florida?

6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?

7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of Florida, been on a commercial flight, or traveled outside of the United States?

8. Have you been tested for COVID-19 and are waiting to receive test results?

9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

Plan for swimmers, coaches and volunteers to ingress and egress:

**FACILITY ENTRY & EXIT:** Swimmers, volunteers and coaches will enter the facility using the main entrance (north side). Anyone experiencing any of the symptoms mentioned above, should not come to the meet.

**HAND SANITATION STATIONS:** Hand sanitation stations will be available throughout the facility during the course of the meet. Swimmers, coaches and volunteers are encouraged to use them.

**TRASH:** Trash cans will be available throughout the facility. Trash cans lids will be removed to reduce contact area.

**CONCESSIONS AND HOSPITALITY:** Concessions and hospitality room may 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.

**FACE COVERINGS:** EVERYONE is encouraged to wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Face mask should cover face and nose.

Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child.

**SPECTATORS:** The spectator area on the west side of the pool - the bleachers area will be available but must remain clear of chairs/tents and all spectators are asked to cycle in/out of this area and only use it to view your athlete. Spectators will be able to set up tents/chairs outside of the facility. There is PLENTY of parking at the facility. Masks will now be optional but recommended for all.

**SOCIAL DISTANCING:** Everyone attending the meet is encouraged to follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

**TIMERS:** All volunteers will bring the own pen. There will be only one timer per lane. The same timer will use both back up button and stopwatch.

**Officials will follow guidelines below suggested by the FGC Officials' Chair.**

**ATTESTATION STATEMENT:** In applying for this sanctioned event, the Host, Boca Raton Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, City of Boca Raton, Palm Beach County and the Palm Beach County School District.

## ORDER OF EVENTS

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

**Session 1 Friday SCY** Warm up: 4:30pm Start of meet: 5:30pm

<u>#</u>	<u>Description</u>	
1	12 & Under	Mixed 200 Free Relay
2	12 & Under	Mixed 100 IM
3	12 & Under	Mixed 50 Back
4	8 & Under	Mixed 25 Back
5	12 & Under	Mixed 50 Breast
6	8 & Under	Mixed 25 Breast
7	12 & Under	Mixed 50 Fly
8	8 & Under	Mixed 25 Fly
9	12 & Under	Mixed 50 Free
10	8 & Under	Mixed 25 Free
11	12 & Under	Mixed 200 Medley Relay

**Session 2 Saturday LCM** Warm up: 9:00am Start of meet: 10:00am

<u>#</u>	<u>Description</u>	
12	11-12	Mixed 100 Free
13	13-14	Mixed 100 Free
14	15-18	Mixed 100 Free
15	11-18	Mixed 200 Back
16	11-12	Mixed 100 Back
17	13-14	Mixed 100 Back
18	15-18	Mixed 100 Back
19	11-18	Mixed 200 Breast
20	11-12	Mixed 100 Breast
21	13-14	Mixed 100 Breast
22	15-18	Mixed 100 Breast
23	11-18	Mixed 200 Fly
24	11-12	Mixed 100 Fly
25	13-14	Mixed 100 Fly
26	15-18	Mixed 100 Fly
27	11-18	Mixed 200 IM