

WELLINGTON LONG COURSE SPRING INVITATIONAL

May 13 - 15, 2022

12172 Forest Hill Blvd Fl 33414

Wellington Swimming

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.
Sanction No. **FG142213304044**

In granting approval it is understood & agreed that USA Swimming, Florida Gold Coast Swimming & Wellington Swimming shall be free & 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, 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.

SPONSORED BY: Wellington Swimming LLC and the Village of Wellington

LOCATION: Wellington Aquatic Center, 12150 Forest Hill Blvd Wellington Fl. 33414

DIRECTIONS: **From south** I-95 to Forest Hill Blvd exit, go west approx. 15 miles. The pool is on the left behind the Wellington Town Center, amphitheater and Pool.

From North 1-95 to Forest Hill exit, go west approx. 15 miles. The pool is on the left behind the Wellington Town Center, amphitheater
See our web site, www.wellingtonswimming.com .

DATES & TIMES: **Session I-** **May 13, 2021, Warm-up- 4:30pm, Meet Starts 6:00pm**
Session II – **May 14, 2021, Warm-up-7:30am, Meet Starts 9:00am**
Session III- **May 14, 2021 Meet Starts 10 min. after end of Session II**
Session IV- **May 14, 2021 Warm-up-12:00pm, Meet Starts 1:30pm**
Session V- **May 15, 2021 Warm-up-8:30 am, Meet Starts 10:00am**
Session VI- **May 15, 2021, Meet Starts 10 min. after end of Session**

*** Meet director reserves the right to change 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: 25 yard x 25 meter x 50 Meter heated outdoor pool, 8 long course racing lanes with Separate warm-up and swim-down lanes available. Colorado Timing System® will be used. Fly over starts may be used. The competition course has been certified in accordance with 104.2.2C(4). Water depth at the start varies from 5 feet to 5 feet depending on lane assignment in accordance with 202.3.7(C).

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 area, 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 & photographed by the official photographer(s) & network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, & biographical info before, during or after the period of participation in USA Swimming competitions to promote such competitions.

CONFLICT OF INTEREST: Unauthorized sale, advertisement & promotion of products and/or services at the location of the competition or its vicinity are not allowed without the written request & 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 competition. Failure to comply will result in removal from the facility and/or immediate area.

RULES: Current USA Swimming and FGC rules will govern this meet.

Public Health and Safety mandates and guidelines of the State of Florida, Palm Beach County, Village of Wellington, and Facility 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:** A drone or any other flying apparatus is prohibited over the entire venue anytime athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior written Approval by the V.P. of Program Operations.
- Deck changing:** Changing, in part or whole, into or out of swimsuits (excluding drag suits) other than in locker rooms or other designated areas is not appropriate and is prohibited.
- ELIGIBILITY:** Open to all current 2022 USA Swimming registered athletes & foreign athletes with proper travel credentials that have been invited by Wellington Swimming and USA Swimming. The meet host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. All 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.
- DISABILITY:** All swimmers are welcome to enter this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations, rtw01@aol.com or 561-723-7156.
- ENTRIES:** All entries must be received by **May 6, 2022. PLEASE** enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to: RTW01@aol.com
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 561-723-7156.
- SEEDING:** Long Course Yard times will be used for entry and seeding fast to slowest. All events are Timed Finals, all events swum together will be scored by their age groups.
- ENTRY FEES:** \$7.00 per individual event
\$12.00 per swimmer surcharge
***Entry fees are made payable to: Wellington Swimming**
Note: one check per team
- REFUNDS:** Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i.v applies.
- ENTRY LIMIT:** Limit of four (4) events per swimmer per day, plus relays
- MEET CAP:** 450 swimmers
- AWARDS:** Individual Events: Medals 1st – 3rd, Ribbons 4th-8th BY AGE GROUPS: 10 & UNDER, 11-12, 13-14. AND 15 & OVER
Relays Events: Ribbons 1st – 3rd place.
- DISTANCE EVENTS:** The 400, 800 & 1500 Fr and 400IM for all ages are timed finals and will be swum mixed, Fastest to slowest. **All distance events are positive check in.** Swimmers must provide a timer & Counter as needed.
- DECK ENTRIES:** NO DECK ENTRIES.
- HEAD REFEREE:** **David Katz**
- MEET DIRECTOR:** **Richard Whalen**

ADMIN. OFFICIAL: Richard Whalen

MEET COMMITTEE: A meet committee may be created by the meet referee to handle issues per-
Training to non-rule situations at the meet such as severe weather and
Equipment issues.

ADMISSION: If spectators are allowed admission will be 5.00 per session. Heat Sheets: online

CONCESSION: If allowed concession stand will be open for all sessions.

Hospitality: Hospitality will be provided for coaches, officials & volunteers

MEET RESULTS: Official results will e-mailed and posted at www.wellingtonswimming.com

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
40-45 minutes General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts; No
Sprinting or Pace Work, and 20-25 minutes 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

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).

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

Order of Events

Friday, MAY13th Session 1
Warm-Up 4:30pm, Start 6:00pm

Session 1			
Girls	Event	Age Group	Boys
1	Mixed 400 IM	OPEN	
3	Mixed 800 FR	OPEN	
5	Mixed 400 FR	12 & under	

Saturday, May 14 th Session 2
Warm-up 7:30am, Start 9:00am

Session 5			
Girls	Event	Age Group	Boys
7	200 FREESTYLE	13 & OVER	8
9	100 BACKSTROKE	13 & OVER	10
11	MIXED 200 BREASTROKE	13 & OVER	
13	50 FREESTYLE	13 & OVER	14
15	100 BUTTERFLY	13 & OVER	16
17	200 IM	13 & OVER	18

Saturday, MAY 14 th Session 3
Start 10 minutes after Session 2

Session 6			
Girls	Event	Age Group	Boys
19	Mixed 400 FR *	13 & O	

Saturday, May 14th
Warm-up 12:00 pm, Start 1:30pm Session 4

Session 5			
Girls	Event	Age Group	Boys

21	200 FREESTYLE	12 & UNDER	22
23	50 BACKSTROKE	12 & UNDER	24
25	50 BUTTERFLY	12 & UNDER	26
27	50 FREESTYLE	12 & UNDER	28
29	50 BREASTROKE	12 & UNDER	30
31	200 IM	12 & UNDER	32
33	MIXED 200 BUTTERFLY	12 & UNDER	
35	MIXED 200 BREASTROKE	12 & UNDER	

Sunday, May 15th			
Warm-up 8:30am, Start 10:00am Session 5			
Session 5			
Girls	Event	Age Group	Boys
37	100 FREESTYLE	13 & Over	38
39	100 FREESTYLE	12 & under	40
41	200 BACKSTROKE	13 & OVER	42
43	100 BACKSTROKE	12 & UNDER	44
45	100 BREASTSTROKE	13 & OVER	46
47	100 BREASTROKE	12 & UNDER	48
49	MIXED 200 BUTTERFLY	13 & OVER	
51	100 BUTTERFLY	12 & UNDER	52
53	MIXED 200 BACKSTROKE	12 & UNDER	

Sunday, MAY 15th Session 6			
Start 10 minutes after Session 5			
Session 6			
Girls	Event	Age Group	Boys
55	Mixed 1500 FR *	11 & O	

***Positive check in,**