

# 2022 - 14th Annual Long Course Summer Kickoff!

## June 3-5, 2022- Plantation, Florida

**Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming.

**Sanction #:** FG142215402046

**Sponsored By:** North Palm Beach Swim Club.

**Conditions of Sanction:** 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. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

**Location:** Plantation Central Park - - 9141 NW 2nd Street; Plantation, FL 33324.

**Directions:** Plantation Aquatic Complex is in Central Park. From I-95 go west on to I-595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately  $\frac{3}{4}$  of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

**Dates & Times:** **Session I – OPEN** **Friday** – June 3, 2022. Warm-up 5:00 p.m. Meet starts 6:00 p.m.

**Session II – 13 & OVER** – **Saturday** – June 4, 2022. Warm-up 7:30 a.m. Meet starts 9:00 a.m.

**Session III – 12 & Un. Age Group** – **Saturday** – June 4, 2022. Warm-up 12:00p.m. Meet Starts 1:00 pm

**Session IV – 13 & OVER** – **Sunday** – June 5, 2022. Warm-up 7:30a.m. Meet Starts 9:00 a.m.

**Session V – 12 & Un. Age Group** – **Sunday** – June 5, 2022. Warm-up 12:00pm. Meet Starts 1:00 p.m.

**NOTE:** The Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chairman.

**Pool:** 50 Meters by 25 Yards outdoor pool, 8 long-course racing lanes, with a separate 50m x 25 yd pool for warm-up and swim-down pool. Colorado Timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 103.1.1 (A). Water depth at the east pool start varies from 4'0" to 12'0" depending on lane assignment accordance with 103.2.3. Water depth at the west pool start varies from 5'0" to 5'0" depending on lane assignment accordance w/ 103.2.3.

**Rules:** 2022 USA Swimming Rules and Florida Gold Coast 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 must adhere to the Minor Athlete Abuse Prevention Policy (MAAPP).

All sessions are timed finals.

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.

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.

**Drones:** 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.

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**Deck Changes:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**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 written request and written approval of the meet host and the 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.

**Eligibility:** Open to all current 2022 USA swimming registered athletes invited by the host team and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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. **THIS MEET WILL HAVE A 300 SWIMMER CAP PER SESSION.**

**Disability:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact host at 305-773-6060 or [swimnpb@bellsouth.net](mailto:swimnpb@bellsouth.net).

**Entries:** Entries Open- Sunday, May 1, 2022. **All entries must be received by – Wednesday, May 25, 2022.**  
**E-mail entries to: NPBCoach4@aol.com.** Host will NOTIFY teams being turned away due to the meet being entry capped by phone, or e-mail, within 48-hours of receipt of the entry. PLEASE enter electronically, NO MAILED entries accepted. For electronic entries (CL or SDIF format only!!) Confirmation for electronic entries will be sent via e-mail.\*\*Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 561-762-7261. NOTE: Swimmers without registration numbers or birth dates will not be entered. \*\*\* Entry Fees will be doubled if not entered electronically. **THIS MEET WILL HAVE A 300 SWIMMER CAP PER SESSION.**

**Seeding:** Long Course Meter Times will be used for seeding. Entering teams must convert their swimmers' short course times or enter with an NT. All events are Timed Finals and will be swum fastest to slowest.

**Entry Fees:** **\$7.50**– Individual Event. **\$12.00**– per swimmer surcharge \*Entry fees are made payable to:  
**“North Palm Beach Swim Club” (note: one check per team)**

**Refunds:** Once a team or individual entry has been received & processed, there will be no refunds in full or in part.

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**Entry Limit:** Four (4) individual events per day. **THIS MEET WILL HAVE A 300 SWIMMER CAP PER SESSION.**

**Awards:** Medals 1st-3rd Ribbons 4th – 8<sup>th</sup>. Awards for 13 & Over event will be given by request only.

**Age Group:** 10 & Under, 11-12, 13-14, and 15 & Over.

**Distance Events:** The 400 Free and 400 IM are timed finals OPEN events, will not be separated by age groups, and will be swum men and women together, fastest to slowest. **Swimmers must supply their own timers.**

**Scratch Deadline:** 400 Freestyle and 400 Ind. Medley – **Thursday** - by **6:00 p.m.**

**Deck Entries:** There will be NO Deck Entries accepted at this meet.

**Referee:** Scott Boggs.

**Starter:** Eric McNeely.

**Meet Directors:** Alf Aguirre - 305-773-6060 & Dick Cavanah – 561-762-7261.

**Admission:** **\$3.00 Admission Saturday and Sunday. No Admission Friday**

**Heat Sheet** Heat Sheets will not be sold. Please download and print from: [NPBSwimming.com](http://NPBSwimming.com)

**Concessions:** **There will be NO concessions at this meet.**  
**PLEASE HAVE YOUR SWIMMERS BRING THEIR OWN FLUIDS AND SNACKS.**

**Hospitality:** Refreshments and hospitality for coaches/officials/volunteers will be available during the entire meet.

**Information:** Updates to meet information as well as Timelines, Psyche Sheets and Results for the meet will be posted on: [www.npbswimming.com](http://www.npbswimming.com).

**Warm-up Procedures:** NO Equipment Permitted. Swimmers must enter the water feet first.

Friday session 5:00 p.m. to 5:20 p.m. General Warm Up: Swimming and Pulling Only.

5:20 p.m. to 5:50 p.m. Controlled Warm Up

- Lane 1 Pace, 50 and 100 Circle Swim, Push Off
- Lane 2 Racing Starts, 25 yards One Length.
- Lanes 3 thru 8 Swimming and Pulling, Push Off

AM sessions (Sat & Sun) 7:30 a.m. to 8:10 a.m. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts, No Sprinting or Pace Work

8:10 a.m. – 8:50 a.m. Controlled Warm Up

- Lane 1 Pace, 50 and 100 Circle Swim, Push Off
- Lane 2 Racing Starts, 25 yards One Length.
- Lanes 3 thru 8 Swimming and Pulling, Push Off

PM sessions (Sat & Sun) 12:00 p.m. to 12:30 p.m. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts, No Sprinting or Pace Work

12:30 p.m. to 12:50 p.m. Controlled Warm Up

- Lane 1 Pace, 50 and 100 Circle Swim, Push Off
- Lane 2 Racing Starts, 25 yards One Length.
- Lanes 3 thru 8 Swimming and Pulling, Push Off

**Hotels:** Sheraton Suites- 311 University Drive, Plantation, FL (954)424-3300.

Hyatt Place- 8530 Broward Blvd, Plantation, FL (954)370-2220.

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June 3 – 5, 2022 - Plantation, Florida

## Order of Events

Girls-Odd / Boys-Even

### Session I Friday – June 3, 2022

Warm-up: 5:00pm

Meet Starts: 6:00pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1-2 *	OPEN *	400 Freestyle *
3-4 *	OPEN *	400 Ind. Medley *

### Session II Saturday – June 4, 2022

Warm-up: 7:30am

Meet Starts: 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
5-6	13 & Over	200 Freestyle
7-8	13 & Over	100 Breaststroke
9-10	13 & Over	200 Backstroke
11-12	13 & Over	100 Butterfly
13-14	13 & Over	50 Freestyle

### Session III Saturday- June 4, 2022

Warm-up: 12:00pm

Meet Starts: 1:00 pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
15-16	10 & Under	200 Freestyle
17-18	11-12	200 Freestyle
19-20	10 & Under	100 Breaststroke
21-22	11-12	100 Breaststroke
23-24	10 & Under	100 Backstroke
25-26	11-12	100 Backstroke
27-28	10 & Under	50 Butterfly
29-30	11-12	50 Butterfly
31-32	10 & under	50 Freestyle
33-34	11-12	50 Freestyle

### Session IV Sunday- June 5, 2022

Warm-up 7:30am

Meet Starts: 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
35-36	13 & Over	200 Individual Medley
37-38	13 & Over	100 Freestyle
39-40	13 & Over	200 Breaststroke
41-42	13 & Over	100 Backstroke
43-44	13 & Over	200 Butterfly

### Session V Sunday- June 5, 2022

Warm-up 12:00pm

Meet Starts: 1:00pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
45-46	10 & Under	200 Individual Medley
47-48	11-12	200 Individual Medley
49-50	10 & Under	100 Freestyle
51-52	11-12	100 Freestyle
53-54	10 & Under	100 Butterfly
55-56	11-12	100 Butterfly
57-58	10 & Under	50 Breaststroke
59-60	11-12	50 Breaststroke
61-62	10 & Under	50 Backstroke
63-64	11-12	50 Backstroke

\* Swum fastest to slowest, boys & girls combined seeding.

\* This event is an OPEN event and not separated by Age Groups.



## **2022 - 14th Annual Long Course Summer Kickoff!**

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

