



**2022 FGC Senior Championships (LCM)**  
**Coral Springs, FL – July 22 – July 24, 2022**



**Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG2R222030B063**

"In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, City of Coral Springs, Coral Springs Swim Club and Coral Springs Booster Club 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:** Coral Springs Swim Club

**Location:** Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

**Directions:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge; continue south to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

**Parking:** The act of drivers parking vehicles in an illegal or restricted area such as, but not limited to, a fire zone, where signs are posted, in crosswalks, on sidewalks, double parking, or blocking a fire hydrant as dictated by area traffic laws. Illegal acts of parking may result in a violation, fee or towing at the owners' expense. The Coral Springs Swim Club, Coral Springs Booster Club or the City of Coral Springs are **NOT** responsible for fines.

**Dates & Times:**

Session		Date		Warm up/ Start times			
				Prelims' warm-up	Prelims 'start	Finals warm up	Finals 'start
<b>Session I</b>	Prelims	Friday	July 22	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session II</b>	Finals	Friday	July 22	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session III</b>	Prelims	Saturday	July 23	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session IV</b>	Finals	Saturday	July 23	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session V</b>	Prelims	Sunday	July 24	7:00 am	8:30 am	3:30 pm	5:00 pm
<b>Session VI</b>	Finals	Sunday	July 24	7:00 am	8:30 am	3:30 pm	5:00 pm

**Type of Meet:** 50-meter Long Course: Timed Finals. Prelims/ Consolation and Championship Finals; Championship Final will follow the Consolation Final.

**Pool/ Timing:** 50 meters x 25 yards heated outdoor pool, 50 long-course racing lanes with separate warm-up and swim down lanes available. Daktronics timing System will 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 4'5 to 8'0 depending on lane assignment accordance with 202.3.7 (C).

**Format:** These championships will be conducted in LCM. The 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to A, B, C, and D finals. The D final will be limited to the top 16-under athletes that do not qualify for the A, B, or C final.

**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 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. 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.

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.” Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the roped off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the event.

**Eligibility:** This meet is open to all athletes who:

1. Will be 15 years of age or over on the first day of the meet.
2. Are 2022 registered athlete members of USA Swimming as provided by article 302.
3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
4. Have achieved one or more qualifying times within the qualifying period.
5. The Meet Host WILL NOT be accepting New or Renewing USA Swimming registrations at the meet. FLEX and SEASONAL members are not eligible for this meet. The meet is only open to year-round members.

The qualifying period shall be Jul 13, 2020 through the entry deadline (July 13, 2022).

**Disability Athletes:** FGC and host clubs along with their Meet Referees are committed to the FGC Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

**Entry:** Entries will only be accepted through USA Swimming Online Meet Entry (OME).

OME Opens: 12:01 am EST June 13, 2022

OME Closes: 11:59 pm EST July 13, 2022

**Online payment is not permitted for this meet**

Entry fees are made payable to “**CSSC**” (one check per team)

**Late Entries:** Late entries will be accepted through a secondary Late Entry OME, provided the entry cap has not been reached.

OME for Late Entries Opens: 12:00 am EST July 14, 2022

OME for Late Entries Closes: 11:59 pm EST July 16, 2022

Entry fees for late entries will be twice the standard entry fee.

No entries will be accepted after the late entry OME closes.

**Entry Limit:** Individual events: Three (3) individual events per swimmer per day and a total of nine (9) individual events during the meet.

Relay events: Teams may enter “A” & “B” relay teams only

**Over entered swimmers will be scratched from the event that exceeds the entry limit. Over entered relays will be scratched and will not be allowed to swim. Teams will be charged for over entered entries even after the swimmers are scratched from the selected events.**

**OME Help:** Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries will not be accepted. If you need assistance doing your entries using OME, please contact Laura Azevedo at [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com).

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. Override times may be used to enter relays and do not require proof.

Override times for all other events not proven through SWIMS by the scratch deadline for the event in question will be scratched. CONVERTED TIMES ARE NOT PERMITTED.

Unregistered swimmers may not be added to a team’s roster.

Relay-only swimmers may not be added to a team’s roster.

Entry Chair: Laura Azevedo email: [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

OME Help: Laura Azevedo email: [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

**Deck Passes:** Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:  
1-7 Swimmers; 2 deck passes  
8-15 Swimmers; 3 deck passes  
16-23 Swimmers; 4 deck passes  
24- 32 Swimmers; 6 deck passes  
Over 32 Swimmers; 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. There is no cost for coaches' deck pass. Coaches that have not purchased their deck pass prior to the entry deadline will not be allowed to enter the facility unless they can provide proof of up-to-date membership in good standing with USA Swimming.

<b>Entry fees:</b>	<b>\$15.00 per individual event</b>	<b><u>Late fees:</u></b>	<b>\$30.00 per individual event</b>
	<b>\$20.00 per relay team</b>		<b>\$40.00 per relay team</b>
	<b>\$20.00 per swimmer surcharge</b>		<b>\$40.00 per swimmer surcharge</b>

All teams must pay via check made out to "Coral Springs Swim Club" upon arrival at the meet. All payments must be made before the team's first swim.

**Coach Deck Pass: \$0.00 per pass**

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

**Psych Sheet:** Once the psych sheet has been posted, no changes to the entries will be allowed. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

**Deck Entries: The FGC Deck Seed policy will be NOT in effect.**

**Seeding:** All preliminary heats and timed finals events will be seeded fastest to slowest in order of LCM then SCM, then SCY except as otherwise noted in this meet announcement. The order of the final heats will be A, B, C and D.

**Responsibility Clause:** The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

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

**1500 Free:** Positive check-in by the scratch deadline for Sunday's 1500 free is required to compete. Sunday's 1500 free events will be swum as timed finals. The Top 8 swimmers will swim in finals at night.

Swimmers achieving the Senior Championships qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard.

At prelims, all distance events will be seeded fastest to slowest, alternating women and men. 1500 Freestyle swimmers must supply their own counters and timers.

**Scratches:** Scratches from timed final events and preliminaries will be accepted until the deadlines listed below.

**Positive Check in and Scratch Deadline**

Friday, July 22 <sup>nd</sup> events	5:30 PM Thursday
Saturday, July 23 <sup>rd</sup> events	5:30 PM Friday
Sunday, July 24 <sup>th</sup> events	5:30 PM Saturday

A scratch box will NOT be maintained. Please email or text your scratches from timed final events or preliminaries to the administrative referee. Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Scratches from finals may be done by email or text to the administrative referee or in person. "Failure to Swim" Finals or distance event will result in the swimmer being fined **\$25.00 (cash only)**. Upon payment of fine, the swimmer will be eligible to continue competing in the meet. In case of missing a Sunday night final, payment of **\$25.00 (cash only)** must be made in order to compete in future FGC Senior Championship meets.

A swimmer not in originally announced or posted in Finals is moved into final due to the scratch of another swimmer will not be penalized for failing to swim in that final. Swimmers within the top 40 are encouraged to declare their intention not to compete if they do not intend to swim so that the Administrative Referee will be able to properly seed the meet for finals. Finals will be swum in the following order: A, B, C and D.

Scratches must be done by the individuals' coach. "Team" scratches are not accepted.

**Awards:**

<b>Individuals Events &amp; Relays:</b>	Ind. 1 <sup>st</sup> – 3 <sup>rd</sup>
<b>Individual High Point:</b>	Women & Men High Point – 1 <sup>st</sup> – 3 <sup>rd</sup> (Open/ 15-16)
<b>Age Group Team awards:</b>	1 <sup>st</sup> -3 <sup>rd</sup> place for each age group and gender (Open/ 15-16)
<b>Team Awards:</b>	Overall Girls/ Boys Team 1 <sup>st</sup> - 3 <sup>rd</sup>
<b>Overall Team Award:</b>	Combined 1 <sup>st</sup> – 3 <sup>rd</sup>

**Scoring:** Top 24 of each event will be scored.

<b>Individual:</b>	<b>1-8 Place:</b> 32, 28, 27, 26, 25, 24, 23, 22
	<b>9-16 Place:</b> 20, 17, 16, 15, 14, 13, 12, 11
	<b>17-24 Place:</b> 9, 7, 6, 5, 4, 3, 2, 1
<b>Relays:</b>	<b>1-8 Place:</b> 64, 56, 54, 52, 50, 48, 46, 44
	<b>9-16 Place:</b> 40, 34, 32, 30, 28, 26, 24, 22
	<b>17-24 Place:</b> 18, 14, 12, 10, 8, 6, 4, 2

**Admission:** \$5.00 per session for prelims and finals.

**Concession:** Concession stand will be available.

**Hospitality:** Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

**Identification:** Coaches and officials shall wear their 2022 USA Swimming registration card in a visible location at the meet at all times during this meet.

**Meet Information:** Updates to meet information as well as timelines, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as [www.swimcsc.com](http://www.swimcsc.com)

**Head Referee:** Harold Avellaneda

**Meet Director:** Cesar Montes

**Meet Marshall:** Jay Walsh/ City of Coral Springs Lifeguard Staff

**Administrative Official:** Laura Azevedo/ Christine Palumbo

**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:** Coral Springs Aquatic Office (954-340-5032)

**Warm-up Procedure:** **NO Equipment Permitted. Swimmers Must Enter the Water Feet First.**  
**If needed, Meet Director reserves the right to assign warm up times.**

7:00 a.m. – 7:35 a.m. (“A” warm up) / 7:35 a.m. – 8:10 a.m. (“B” warm up) - General Warm Up  
Swimming and Pulling Only, Push Off

No Racing Starts, No Sprinting or Pace Work

**Controlled Warm Up – 8:10 a.m. – 8:30 a.m.** Open to all athletes

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 meters One Length.

Lane 3 Swimming and Push Off

Lane 4 Swimming and Push Off

Lane 5 Swimming and Push Off

Lane 6 Swimming and Push Off

Lane 7 Racing Starts, 50 meters One Length

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

**Finals Warm-up:** 3:30 pm – 4:15 pm / General Warm-up - See Above.

4:15 pm – 4:55 pm / Controlled Warm-up – See Above

4:25 pm - 4:55pm / Sprint lanes

1. Pace lanes – last 40 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 30 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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**NOTE:** Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

## ORDER OF EVENTS

Girls odd#, Boys even# **DAY ONE – Prelims - Friday, July 22, 2022**

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

### FRIDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
1	2:45.39	2:23.19	15 & Over 200 Backstroke	2:13.59	2:30.99	2
3	1:05.59	57.19	15 & Over 100 Freestyle	50.69	57.59	4
5	2:40.39	2:23.49	15 & Over 200 Butterfly	2:11.59	2:29.99	6
7	4:55.29	5:31.59	15 & Over 400 Freestyle	5:09.89	4:38.39	8

Girls odd#, Boys even# **DAY ONE – Finals - Friday, July 22, 2022**

Finals: Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.

### FRIDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
1	2:45.39	2:23.19	15 & Over 200 Backstroke	2:13.59	2:30.99	2
3	1:05.59	57.19	15 & Over 100 Freestyle	50.69	57.59	4
5	2:40.39	2:23.49	15 & Over 200 Butterfly	2:11.59	2:29.99	6
7	4:55.29	5:31.59	15 & Over 400 Freestyle	5:09.89	4:38.39	8
9	N/A	N/A	15 & Over 200 Freestyle Relay	N/A	N/A	10
11	N/A	N/A	15 & Over 200 Medley Relay	N/A	N/A	12

Girls odd#, Boys even# **DAY TWO – Prelims - Saturday, July 23, 2022**

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

### SATURDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
13	2:22.49	2:05.59	15 & Over 200 Freestyle	1:52.59	2:09.09	14
15	3:09.59	2:44.39	15 & Over 200 Breaststroke	2:32.69	2:55.79	16
17	1:12.89	1:04.59	15 & Over 100 Butterfly	56.99	1:03.69	18
19	5:42.39	5:00.29	15 & Over 400 IM	4:40.59	5:17.49	20

Girls odd#, Boys even# **DAY TWO – Finals - Saturday, July 23, 2022**

Finals: Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.

### SATURDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
13	2:22.49	2:05.59	15 & Over 200 Freestyle	1:52.59	2:09.09	14
15	3:09.59	2:44.39	15 & Over 200 Breaststroke	2:32.69	2:55.79	16
17	1:12.89	1:04.59	15 & Over 100 Butterfly	56.99	1:03.69	18
19	5:42.39	5:00.29	15 & Over 400 IM	4:40.59	5:17.49	20
21	N/A	N/A	15 & Over 400 Free Relay	N/A	N/A	22



Girls odd#, Boys even# **DAY THREE – Prelims - Sunday, July 24, 2022**

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

**SUNDAY PRELIMS – ORDER OF EVENTS**

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
23	1:16.89	1:05.99	<b>15 &amp; Over 100 Backstroke</b>	1:00.59	1:10.29	24
25	1:27.49	1:15.79	<b>15 &amp; Over 100 Breaststroke</b>	1:09.09	1:18.49	26
27	30.19	26.29	<b>15 &amp; Over 50 Freestyle</b>	23.49	26.99	28
29	2:41.89	2:20.69	<b>15 &amp; Over 200 IM</b>	2:10.79	2:28.19	30
31	19:43.09	19:12.69	<b>15 &amp; Over 1500 Freestyle</b>	18:10.99	18:29.99	32

Girls odd#, Boys even# **DAY THREE – Finals - Sunday, July 24, 2022**

Finals: Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.

**SUNDAY FINALS – ORDER OF EVENTS**

Event #	Women LCM	Women SCY	Event	Men SCY	Men LCM	Event #
23	1:16.89	1:05.99	<b>15 &amp; Over 100 Backstroke</b>	1:00.59	1:10.29	24
31	19:43.09	19:12.69	<b>Women 15 &amp; Over 1500 Freestyle</b>	N/A	N/A	
25	1:27.49	1:15.79	<b>15 &amp; Over 100 Breaststroke</b>	1:09.09	1:18.49	26
	N/A	N/A	<b>Men 15 &amp; Over 1500 Freestyle***</b>	18:10.99	18:29.99	32
27	30.19	26.29	<b>15 &amp; Over 50 Freestyle</b>	23.49	26.99	28
29	2:41.89	2:20.69	<b>15 &amp; Over 200 IM</b>	2:10.79	2:28.19	30
33	N/A	N/A	<b>15 &amp; Over 400 Medley Relay</b>	N/A	N/A	34

Women 800 LCM	Women 1000 SCY	Event	Men 1000 SCY	Men 800 LCM
10:13.39	11:22.49	<b>800 Meter Freestyle/ 1000 Yard Freestyle ***</b>	10:46.39	9:41.89

\*\*\* Swimmers achieving the Senior Championships qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard.

## 2022 – Senior Championships Time Trials - Long Course \*

**Sanctioned by:** This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

**Sponsored by:** Coral Springs Swim Club

**Dates and Time:** Friday – July 22, 2022 - 10 minutes after the conclusion of prelims.  
Saturday - July 23, 2022 - 10 minutes after the conclusion of prelims.

**Course/Timing:** One 50-meter x 25-yard. Competition course 8 lanes 50 meters. The second 25-yard x 25-meter may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used.

**Entry deadline:** All entries must be received by 10:00 am.

**Entry Limit:** Swimmers are limited to no more than 3 events per day including the events they participated in at the 2022 Senior Championships. Swimmers not in the 2022 Senior Championships can swim 3 events per day.

**Entry Fees:** \$15.00 per event if entered in Senior Champs  
\$20.00 surcharge for athlete not entered in Senior Champs  
\$20.00 per relay

**Eligibility:** Open to all current registered USA Swimming athletes. (And swimmers entered in the 2022 Senior Championships who do not exceed the event entry limit for the day).

**Awards:** None (other than fast times and satisfaction).

**Location:** Coral Springs Swim Club

**Directions:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile).

**Referee:** Harold Avellaneda

**Information:** Laura Azevedo – e-mail: [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)/ phone: 954-340-5032

## 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.

Coral Springs Swim Club Liaison – Bruno Darzi ([Bruno.darzi@gmail.com](mailto:Bruno.darzi@gmail.com))

### **Coral Springs Swim Club - COVID-19 Guide for Safe return to competition plan to the Coral Springs 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.

**THE USA SWIMMING & FGC SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.** Swimmers are encouraged arrive to the meet wearing their racing suit.

**LOCKER ROOMS:** Locker rooms are equipped with a divider, allowing for use of both halves. Please read the signs posted at the door. One half will be designated for swimmers, while the other half will be designated for coaches, officials and volunteers.

**CONCESSIONS AND HOSPITALITY:** Concessions and hospitality room will be available at the meet.

**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:** Masks will now be optional but recommended for all athletes, officials, coaches, and meet management.

The spectator area on the east side of the bleachers 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. Spectators must park across the street. Facility's parking lot is reserved for coaches, officials and volunteers ONLY.

**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.

**TIMING SYSTEM:** Daktronics timing system will be used for the meet.

**EQUIPMENT:** All equipment used at the meet will be sanitized prior to and immediately after the meet is concluded. All radios will be sanitized and placed at the officials' stations. Officials will follow guidelines below suggested by the FGC Officials' Chair.

**WARM UP PROCEDURE:** Teams may will be assigned warm up times (“A” & “B”) for all preliminary sessions ONLY prior to the start of the meet depending the size of the meet. Finals warm up will be open to all finalists. No warm up assignment is necessary.

**ATTESTATION STATEMENT:** In applying for this sanctioned event, the Host, the Coral Springs Swim Club 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 Coral Springs and Broward County.

## HOTELS

### **CORAL SPRINGS**

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076  
Contact number - 954-227-4120

La Quinta Inn and Suites - 3701 North University Drive, Coral Springs, FL 33065  
Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites - 3100 North University Drive, Coral Springs, FL 33065  
Lynne Lulfs – Area Director of Sales – 954-591-5353

### **PLANTATION**

Sheraton Suites Fort Lauderdale Plantation - 311 N. University Drive, Plantation, FL 33324  
Sharena Powell -Sales Manager-954-424-3300

### **FORT LAUDERDALE**

Holiday Inn Express & Suites – 1500 West Commercial Boulevard, Fort Lauderdale, FL 33309  
Glenys Hanna – Director of Sales – 954-772-3032 ext. 200

### **POMPANO BEACH**

Residence Inn Pompano Beach Oceanfront – 1350 North Ocean Boulevard, Pompano Beach, FL 33062  
Thomas Miller – Director of Sales & Marketing – 954-590-1000

Marriot Resort Fort Lauderdale Pompano Beach – 1200 North Ocean Blvd, Pompano Beach, FL 33062  
Janae Weldon – Sales Manager, Business Development – 954-782-0100

### **COCONUT CREEK**

Hampton Inn & Suites Coconut Creek – 5740 N. State Rd 7, Coconut Creek, FL 33073  
Cristina Pavloff – Director of Sales & Marketing – 954-363-3000