

***Boca Raton Swim Team***  
**The 2023 Mile by Moonlight and Winterish Invite**  
**January 27 and 28, 2023**

Boca Raton Community High School  
1501 NW 15<sup>th</sup> Court Boca Raton FL 33486

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG142302706007**

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:** **Boca Raton Aquatics and Boca Raton Swim Team**

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

**Directions:** From I-95 or Turnpike exit onto Glades Road. Head east on Glades Road then turn south on to 15th Court the High School is on right use first or second entrance. Pool is located next to Stadium and track.

**Date and Time:** Session 1 Fri Jan 27 2023 - Warm-up at 4pm. Meet starts at 5pm.  
Session 2 Sat Jan 28 2023 - Warm-up at 7:30am. Meet starts at 8:30am.

\*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:** 20 lane 25 yard/meters x 50 yards/meters heated and cooled outdoor pool, Pending the size of the meet host may run either: 1 - 10 lane short course racing lanes with separate warm up area OR 2 separate 8 short-course racing lanes with separate warm-up and swim-down lanes 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). The copy of such certification is on file with USA Swimming. Water depth at the start varies from 5'6" to 13'0" 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, Palm Beach County School District, Boca Raton, Boca Raton High School] 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. 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 2023 USA swimming registered athletes that are members of **Florida Gold Coast Swimming** Foreign athletes with proper travel credentials who have been invited by USA Swimming.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- 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 – allan@brswim.com
- Entries:** All entries must be received by **11:59pm Tuesday, January 17<sup>th</sup> 2023**
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)
- E-mail to [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 office at 561.251.3724
- 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 a day.
- Meet Cap:** The 1650 Free will be capped at 100 swimmers. Session 2 will be capped at 175 swimmers.
- Deck Entries:** Deck entries will not be accepted at this event.
- Entry Fees:** \$5.00
- Facility Surcharge:** \$15.00 per swimmer
- \*Entry fees are made payable to **Boca Raton Aquatics** (note: one check per team)
- Unregistered Teams:** Will not be allowed.
- Refunds:** Once the team or individual entry has been received and processed, there will be no refunds in full or in part unless FGC rule 1. 17.v applies.
- Seeding:** All events are timed finals and shall be seeded and swam fastest to slowest. Competition course shall be 10 lanes unless meet size dictates change
- Distance Event:** Positive check in is not required
- Awards:** Ribbons 1<sup>st</sup> – 8<sup>th</sup> place
- Scoring:** THIS MEET WILL NOT BE SCORED

**Admission:** Friday admission Free  
Saturday admissions \$5.00

**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 brswim.com

**Head Referee:** Tom Ward

**Meet Director:** Allan Williams

**Admin Official:** Allan Williams

**Meet Marshall:** David Genz

**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:** Allan Williams 561.251.3724

**Warm-up Procedures:** NO Equipment Permitted. Swimmers must enter the water feet first.  
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. – 8:30 a.m. 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 20 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 20 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).

**Medical Supervision Rule 202.4.11:** Lifeguards male and female, AED device, Shepard’s crooks, Lifeguard buoys, first aid kits with band aid and bandages, ice packets, Boca Regional General Hospital 1.2 miles from the pool, Palm Beach County School District School Police Officer, these are all available to athletes participating in the meet.

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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**

***Boca Raton Swim Team***  
**The 2023 Mile by Moonlight and Winterish Invite**  
**January 27 2023**

**Session I (Open) Warm up 4:00pm / Meet Starts 5:00pm**  
**Event is mixed gender all ages**

Event	Number	Age	Event
1	Open		1650 Free *+!

\*Swimmers in the 1650 Free must provide their own timer and counter.

+Seeding will be done fastest to slowest.

! Event limited to first 100 swimmers entered. *Should the swim meet encounter a larger than expect entry count, the meet host will pursue the option to run events in 2 separate courses, divided by gender and being run at the same time but is not guaranteed.*

***Boca Raton Swim Team***  
**The 2023 Mile by Moonlight and Winterish Invite**  
**January 28 2023**

**Session 2 (16 and under) Warm up 7:30am / Meet Starts 8:30am**  
**Events are mixed gender all ages**

Event	Number	Age	Event
2	12 & Under		Mixed 50 Free
3	8 & Under		Mixed 25 Free
4	Open		Mixed 200 Back
5	12 & Under		Mixed 50 Back
6	8 & Under		Mixed 25 Back
7	Open		Mixed 200 Breast
8	12 & Under		Mixed 50 Breast
9	8 & Under		Mixed 25 Breast
10	Open		Mixed 200 Fly
11	12 & Under		Mixed 50 Fly
12	8 & Under		Mixed 25 Fly
13	Open		Mixed 400 IM