

North Palm Beach Presidents' Day Meet
February 17-18, 2023
North Palm Beach Swim Club

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: North Palm Beach Swim Club

Location: North Palm Beach Country Club
951 US Hwy. #1, North Palm Beach, FL 33408

Date and Time: **Session 1** – Fri- Feb 17 - Warm up 4:00pm - - Start of session 4:30pm
Session 2 – Sat- Feb 18 – Warm up 8:00am - - Start of Session 9:00am

*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: **Meet will be held in Six (6) – 25 yard lanes.** Pool is 6 lane, 50 meters x 25 yards, heated & cooled, outdoor pool, 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). Water depth at the start varies from 7'0 to 11'0 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, Village of North Palm Beach & North Palm Beach Country Club 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

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 current 2023 USA swimming athletes registered in Florida Gold Coast Swimming, who are members of the North Palm Beach Swim Club, Martin County Aquatic, Jupiter Dragons, Flood Aquatics, Lake Lytal.
- Due to the change of date and it's proximity to the BB Championships, swimmers with BB times are not eligible to compete in events that they meet the BB time standards.**
- 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 – NPBSwimming@gmail.com
- Entries:** All entries must be received by February 8, 2023. PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only) E-mail to NPBCoach4@aol.com, 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 561-691-3427.
- Note:** Swimmers without registration number or birth dates will not be entered.
- Entry Limit:** **Four (4)** individual events per session per swimmer.
- Meet Cap:** The meet will be capped at **250 athletes** per session on a first comes first basis.
- Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
- Entry Fees:** \$5 per individual event.
- Facility Surcharge:** \$10 per swimmer. Please make check payable to **NPB Swimming**
- 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:** Short Course Time will be used for seeding. FASTEST TO SLOWEST. Boys and Girls will swim combined in each stroke event.
- Awards:** Ribbons 1st thru 8th Place
- Meet Information:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on the internet after entries are processed. Results will also be posted at the conclusion of the Meet. Look for this information at: **Npbswimming.com**.

Head Referee: Scott Boggs

Meet Director: Alf Aguirre

Admin Official: Dick Cavanah

Meet Marshall: Facility Lifeguards.

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: Alf Aguirre – 305-773-6060, Dick Cavanah – 561-762-7261.

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first. All Lanes – Circle swimming only (counterclockwise only).
General Warm Up will prevail. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work

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

ORDER OF EVENTS (Girls & Boys will swim combined)

Friday February 17, 2023 Warm-up 4:00pm Meet Start 4:30pm

Event Number	Age Group	Event
1	10 & Under	25 Freestyle
2	10 & Under	25 Backstroke
3	10 & Under	25 Breaststroke
4	10 & Under	25 Butterfly

Friday February 18, 2023 Warm-up 5:30pm Meet Start 6:00pm

Event Number	Age Group	Event
5	Open	50 Freestyle
6	Open	50 Backstroke
7	Open	50 Breaststroke
8	Open	50 Butterfly

Saturday February 18, 2023 Warm-up 8:00am Meet Start 9:00am

Event Number	Age Group	Event
9	Open	200 Freestyle
10	Open	100 Backstroke
11	Open	100 Breaststroke
12	Open	100 Butterfly
13	Open	100 Freestyle
14	Open	200 IM