



FLORIDA GOLD COAST SWIMMING SENIOR CHAMPIONSHIPS
Mar 16-19, 2023
Pembroke Pines, FL

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.
 Sanction No. **FG2R2307512027**

It is understood and agreed that USA Swimming, the facilities, and the host organizations shall be free from any liabilities or claims for 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.

Date	Prelims Warm-up	Prelims Start	Finals Warm-up *	Finals Start *
Thursday, Mar 16			2:30pm	4:00pm
Friday, Mar 17	7:00am	8:30am	4:30pm	6:00pm
Saturday, Mar 18	7:00am	8:30am	4:30pm	6:00pm
Sunday, Mar 19	7:00am	8:30am	TBA	TBA

Hosted by: South Florida Aquatic Club and Comets Swim Team Booster Club

Location: Academic Village Swimming Pool. 17191 Sheridan Street, Pembroke Pines, FL. Enter from 172nd.

The pool parking lot is for athletes that drive themselves to the pool, coaches, volunteers, and officials only.

Athletes that do not drive themselves must be dropped off at the pool. Individuals dropping off swimmers may not leave their vehicles and congregate in the parking lot or by the pool gate.

The pool deck and parking lot will be monitored by security.

- Pool/Timing:** 25 Yard x 50 meter heated outdoor pool with two courses and 18 short-course racing lanes with separate warm-up and swim-down lanes available. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 4'0" to 8'0" depending upon lane assignment. Colorado Timing Systems® electronic timing system with touch pads will be used for this meet. The competition course has been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming.
- Format:** These championships will be conducted in SCY. The 1650 yard freestyle and all relays will be timed final events. All other events will be conducted as preliminaries and finals with the top 20 swimmers from preliminaries advancing to finals. The next 10 fastest 15-16 year olds, who are not in the aforementioned 20, will advance to a third finals heat.
- Rules:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet.
- 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.
- 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.
- The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at the Academic Village site. 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.
- 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 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.
- 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.
- Academic Village is staffed by Red Cross Certified Lifeguards whose training includes, but is not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming and the meet host 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.

Eligibility:

This meet is open to all athletes who:

1. Are 2023 registered athlete members of USA Swimming as provided by article 302.
2. Will be 15 years of age or older on the first day of the meet. Athletes under the age of 15 are not eligible to enter individual events, but will be permitted to swim on relays as relay-only swimmers and will be permitted to swim in time trials.
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, or are unattached and affiliated with Florida Gold Coast Swimming.
4. Have achieved one or more qualifying times within the qualifying period OR are designated as relay-only.

The qualifying period shall be Mar 21, 2021 through the entry deadline.

Disability Athletes:

Any athlete with a disability will be accommodated in accordance with Article 105. Qualifying times may be waived by the meet referee for such swimmers. Please contact the meet host ahead of time to allow for preparation.

Entry:

Entries will only be accepted via HyTek file emailed to allan.c.golding@comcast.net.

Entry Closes: 11:59am EST Wednesday Mar 8, 2023

Entry times must be official times achieved in competition sanctioned, approved, or observed by USA Swimming. Meet management reserves the right to challenge any submitted entry time. If an entry time is challenged, it must be 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 achieved.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day including time trial events. Swimmers are limited to a total of eight (8) individual events during the meet, not including time trial events.

Teams are limited to no more than two entries per relay event.

Over-entries will be scratched by the administrative referee.

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

Relay-only swimmers may be added to a team's roster. Please note: Relay only swimmers should be added your team roster and added to at least one relay event. They will not be required to swim on that relay in the meet. However, if you do not add your relay-only swimmer to at least one relay prior to exporting your entries, they will not be included on your roster in your entry file, and therefore will not be on your meet roster. Meet management will not accept late entries of relay only swimmers. They must be included on your roster.

Athletes may enter the 1650 freestyle with qualifying 1000/800 freestyle times. Athletes wishing to enter the 1650 freestyle with 1000/800 times should enter events 1A (women) or 2A (men).

Please refer to the accompanying entry instructions document for further information regarding entries.

Entry Chair: Allan Golding (allan.c.golding@comcast.net)

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

Entry Fees: \$15.00 per individual event

Relay Fees: \$20.00 per relay

Coach deck pass: \$0.00 per pass

\$0.00 per pass

All teams must pay via cash or check made out to "SOFLO Swimming" upon arrival at the meet. All payments must be made before the team's first swim.

Late Entries: Entries will not be accepted after the entry deadline.

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.

Seeding: All preliminary heats and timed finals events will be seeded in order of SCY, then LCM, then SCM. Heats will be ordered slowest to fastest except as otherwise noted in this meet announcement.

Finals will be swum in event order. The order of the final heats will be C then B then A. The C final will be reserved for athletes in the 15-16 age group.

Distance: Swimmers may qualify for the 1650 freestyle using any of the short or long course meters cuts in the 1500 or 800, or the short course yards cut in the 1650 or 1000.

Positive check-in by the scratch deadline for Thursday's 1650 free is required to compete. Heats will be swum slowest to fastest with the fastest ten women in the second last heat and the fastest ten men in the last heat.

Relays: All relays will be open age group and will swim in the evening sessions. Relay only swimmers will be permitted.

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

Positive Check-in and Scratch Deadlines

Thursday events	6:30 PM Wednesday
Friday events	6:30 PM Thursday
Saturday events	6:30 PM Friday
Sunday events	6:30 PM Saturday

These Championships will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:

1. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
2. Any swimmer qualifying for a championship final in an individual event who fails to compete in said final shall be barred from their next individual event. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

Scoring: The top 20 places from finals will be scored as follows:

Individual: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1
Relays: 48,42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2

Officials: Meet Referee: Jose Carrion

Administrative Referee: Allan Golding

Admission: \$ 5.00 per session.

Admission allows spectators to enter the pool deck only within the barricaded areas.

Information: Swim Office at (954) 538-3721 - SoFloMeets@swim4SoFlo.com

Warm up:

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Warm-ups may be conducted as two 45-minute sessions. If so, teams will be notified of their warm-up assignments prior to the start of the meet.

First 2/3 rd s of warm-up session	General Warm-up Swimming and Pulling Only, Push Off No Racing Starts No Sprinting or Pace
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Last 1/3 rd of warm-up session	Controlled Warm-up
	Lane 1 Pace, 50 and 100 Circle Swim, Push Off
	Lane 2 Racing Starts, 25 yards One Length.
	Lane 3-8 Swimming and Pulling, Push Off
	Lane 9 Racing Starts, 25 yards One Length.
	Lane 10 Pace, 50 and 100 Circle Swim, Push Off

Additional sprint lanes may be opened as necessary.

Time Trials

Time trials for individual events may be conducted at the discretion of the meet referee for athletes properly entered in these championships, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.

The entry and payment procedures for time trials will be presented at the technical meeting, but will close at 10:00 AM each day. Entry fees for time trials will be the same as the meet entry fees.

Each swimmer is limited to a maximum of two time trials during the course of the meet and time trials will count toward the swimmer's individual event total for each day, but not the meet total. If conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session.

The order of events in time trials will be that day's events followed by the remaining events in the meet. The 1650 freestyle will be offered on only one day to be determined by the meet referee.

ORDER OF EVENTS

Thursday, March 16		
Women	Event	Men
1	1650 Free	2
3	4x50 Medley Relay	4
5	4x50 Freestyle Relay	6

Friday, March 17		
7	200 Freestyle	8
9	100 Breaststroke	10
11	100 Butterfly	12
13	400 Individual Medley	14
15	4x100 Medley Relay*	16

*all heats swim in finals

Saturday, March 18		
17	100 Backstroke	18
19	200 Individual Medley	20
21	50 Freestyle	22
23	500 Freestyle	24
25	4x100 Freestyle Relay*	26

*all heats swim in finals

Sunday, March 19		
27	200 Butterfly	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Backstroke	34
35	100 Individual Medley	36

Florida Gold Coast Senior Championships Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
30.19	29.39	26.29	50 Free	23.49	26.19	26.99
1:05.59	1:03.99	57.19	100 Free	50.69	55.99	57.59
2:19.39	2:16.19	2:05.59	200 Free	1:52.59	2:04.69	2:07.89
4:53.79	4:37.39	5:31.59	400/500 Free	5:09.89	4:24.69	4:31.09
10:13.39	10:00.39	11:22.49	800/1000 Free	10:46.39	9:29.09	9:41.89
19:43.09	19:19.09	19:12.69	1500/1650 Free	18:10.99	18:05.99	18:29.99
1:14.49	1:13.29	1:05.99	100 Back	1:00.59	1:07.89	1:09.19
2:40.79	2:38.39	2:23.19	200 Back	2:13.59	2:26.89	2:29.29
1:25.69	1:23.69	1:15.79	100 Breast	1:09.09	1:15.19	1:17.19
3:05.39	3:01.39	2:44.39	200 Breast	2:32.69	2:45.39	2:49.39
1:11.19	1:09.79	1:04.59	100 Fly	56.99	1:02.29	1:03.69
2:38.29	2:35.49	2:23.49	200 Fly	2:11.59	2:20.99	2:23.79
N/A	1:16.29	1:07.99	100 IM	1:00.69	1:06.89	N/A
2:40.99	2:37.79	2:20.69	200 IM	2:10.79	2:23.99	2:27.19
5:42.39	5:35.99	5:00.29	400 IM	4:40.59	5:11.09	5:17.49
2:03.09	1:59.89	1:48.99	4x50 Free	1:36.09	1:43.49	1:46.59
4:36.89	4:30.19	4:06.69	4x100 Free	4:42.69	4:05.59	4:12.69
2:17.19	2:14.39	2:00.59	4x50 Medley	1:46.89	1:57.69	2:00.49
5:06.29	4:59.99	4:30.89	4x100 Medley	4:05.89	4:30.99	4:37.49



FLORIDA GOLD COAST SWIMMING SENIOR CHAMPIONSHIPS

Mar 16-19, 2023

Pembroke Pines, FL

Entry Form

Team name:

LSC:

Your name:

Email:

**Number of Deck Passes
Requested:**

Please enter the name and contact information of up to three coaches who will be in attendance at the meet. At least one contact is required.

Name

Cell number

1.

2.

3.

4.