

Lightning April Swim Meet

Friday & Saturday April 14-15, 2023



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, FLORIDA GOLD COAST SWIMMING, AND PALM BEACH COUNTY PARKS & REC 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:

Lake Lytal Lightning Swim Team

Location:

3645 Gun Club Rd. West Palm Beach, FL 33405

Directions:

<https://bit.ly/3Ba1Zuj>

Dates and Times:

Fri-Sat. 4/14-15/2023

Fri 4/14 10 & Un: WUp 430pm-5pm Starts 5-510 Meet Starts 515pm

Saturday 4/15; Phase 1 Warm Ups 730-755 am Phase 2: 755- 820 am- Starts Both Phases 820am-830am
Start of meet: 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:** 25 yards x 50 meters heated outdoor pool, 10 short-course racing lanes with group warm-up and 20 swim-down lanes available after each event. Hybrid Colorado/Daktronics 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 12'0 to 4'6 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 CDC, State of Florida, Palm Beach County Health Dept. & 2023 Palm Beach County Parks & Rec Health Guidelines 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 - 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.
- Medical Supervision:** Lake Lytal Aquatic Complex staff is Red Cross Certified Lifeguards who's training includes, but are not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training in accordance with USA Swimming Rule 202.4.11(N).
- Eligibility:** Open to all current USA swimming athletes registered in Florida Gold Coast Swimming and affiliated with a Florida Gold Coast Swimming registered club.
- 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.

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.
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 – 561-310-4924
Entry Limit:	Individual events: 4 IEs Friday/4 IEs per swimmer. <u>Meet to be Capped at 3 hours Friday and 4 hours Saturday.</u>
Entry Deadline:	<u>Monday, April 10, 2023 8pm</u>
Deck Entries:	Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.
Entry Fees:	\$6 per event \$15 Per Swimmer Surcharge
Refunds:	Once a team or individual entry has been received and processed, there will be no refunds in full or in part unless FG 1.17.v applies
Seeding:	Mixed M/F. 10 Lanes Fastest to Slowest
Awards:	Ribbons 1-8 in recognized Age Group & Gender Categories
Scoring:	THIS MEET WILL NOT BE SCORED.
Admission:	\$5.00 per session. Heat sheets: Available FREE online and thru the Meet Mobile app for phones and tablets. Hard Copies available at door \$2
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 www.lightningswimming.org
Head Referee:	Dee Herfurth
Meet Director:	Gordon Andrews
Admin Official:	Bonnie Hiller
Meet Marshall:	Steven Hughes
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:	Gordon Andrews 561-310-4924 lightningswimming@gmail.com
Warmup Procedures:	Teams will be assigned lanes for a 2 session general warmup followed by 10' of designated start lanes. Feet first entries at all times during general warmup and cool down throughout the competition

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

ORDER OF EVENTS & BREAK

<u>SESSION 1: FRI. 4/14 5:15p Start</u>		<u>SESSION 2: SAT 4/15 Start 8:30pm</u>	
1	Mixed 8 & U 25 Fr	11	Mixed 11 & Over 100 Fr #
2	Mixed 8 & U 25 Bk	12	Mixed 11-12 50 Bk
3	Mixed 10 & U 50 Fr %	13	Mixed 13 & Over 50 Bk
4	Mixed 8 & U 25 Brst	14	Mixed 11-12 Over 50 Fr
5	Mixed 8 & U 25 Fly	15	Mixed 13 & Over 50 Fr
6	Mixed 10 & U 50 Bk %	16	Mixed OPEN 100 Bk**
7	Mixed 10 & U 100 IM %	17	Mixed 11-12 50 Brst
8	Mixed 10 & U 50 Br %	18	Mixed 13 & Over 50 Brst
9	Mixed 10 & U 50 Fly %	19	Mixed 11-12 100 IM
10	Mixed 10 & U 100 Fr %	20	Mixed 13 & O 100 IM
		21	Mixed OPEN 100 Brst**
		22	Mixed 11 - 12 50 Fly
		23	Mixed 13 & Over 50 Fly
			5 Min. Break
		24	Mixed OPEN 100 Fly **
			5 Min. Break
		25	Mixed OPEN 200 Fr **

% Separate Awards & Rankings 8 & U, 9-10

Separate Awards & Rankings , 11-12, 13 & O

**Separate Awards and Rankings 10 &U/ 11-12/13 & O

***Separate Awards & Rankings 10 & U, 11-12