

Wellington Swimming Spring Long Course Invite May 12-14, 2023

12150 Forest Hill Blvd Fl 33414
Wellington Swimming

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming Inc.
Sanction # **FG142312504041**

In granting approval it is understood & agreed that USA Swimming under the conditions authorized by USA Swimming, Florida Gold Coast & Wellington Swimming shall be free & held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

SPONSORED BY: Wellington Swimming and the Village of Wellington

LOCATION: Wellington Aquatic Center, 12150 Forest Hill Blvd Wellington Fl. 33414

DIRECTIONS: **From south** I-95 to Forest Hill Blvd exit, go west approx. 15 miles. The pool is on the left behind the Wellington Town Center, amphitheater and Pool.

From North I-95 to Forest Hill exit, go west approx. 15 miles. The pool is on the left behind the Wellington Town Center, amphitheater. See our web site, www.wellingtonswimming.com.

DATES & TIMES:

Friday May 12, 2023

Session I - Start Time: 6:00PM Warm-up 4:30PM

Saturday May 13, 2023

Session II- Start Time: 9:00AM Warm-up 7:30AM

Session III- Start Time: 1:00PM Warm-up 11:30AM

Sunday May 14, 2023

Session IV- Start Time: 10:00AM Warm-up 08:30AM

Session V - Start Time: Ten minutes after session IV

*** Meet director reserves the right to change 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 yard x 25 meter x 50 Meter heated outdoor pool, 8 long course racing lanes with Separate warm-up and swim-down lane available. Colorado Timing System® will be used. Fly over starts may be used.

The competition course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming.

CAMERA FREE: 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 area, 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 & photographed by the official photographer(s) & network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, & biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

CONFLICT OF INTEREST: Unauthorized sale, advertisement & promotion of products and/or services at the location of the competition or its vicinity are not allowed without the written request & 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 competition. Failure to comply will result in removal from the facility and/or immediate area.

RULES: Current USA Swimming and FGC rules will govern this meet.

Public Health and Safety mandates and guidelines of the State of Florida, Palm Beach County, Village of Wellington, Wellington Aquatic Center, and Wahoo" of Wellington Swimming will be enforced. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

Safety rules as outlined by USA Swimming & 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).

Medical Supervision: Wellington Aquatic Center 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).

Operation of a Drone: Operation of a Drone, or any other flying apparatus is prohibited over the entire venue anytime athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the V.P. of Program Operations

Deck Changing: Deck changing, in part or whole, into or out of swimsuits (excluding drag suits) other than in locker rooms or other designated areas is not appropriate and is prohibited.

ELIGIBILITY: Open to all current 2023 USA Swimming registered athletes & foreign athletes with proper travel credentials that have been invited by USA Swimming. The meet host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. All registrations must be done prior to the start of the competition.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

DISABILITY: All swimmers are welcome to enter this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations, rtw01@aol.com or 561-723-7156.

ENTRIES: All entries must be received by **May 5, 2023**.

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to: RTW01@aol.com Confirmation for electronic entries will be sent via E-mail. **Submission of electronic entries signifies that all swimmers are USA registered. Questions please contact us at 561-723-7156.

Non-registered or **nonexistent** teams must submit entries for swim meets by email with the information about the athletes (date of birth, name, USA-S ID#, events and entry times).

ENTRY LIMIT: Limit of five (4) events per swimmer per day.

Each Session will be limited to 350 swimmers maximum and subject to change to a lower number.

DECK ENTRIES: Deck Entries will be accepted at doubled entry fees.

ENTRY FEES: \$ 7.00 per individual event.
\$15.00 per swimmer surcharge

***Entry fees are made payable to: Wellington Swimming** **Note: one check per team**

REFUNDS: Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i.v applies.

SEEDING: Long Course meter times will be used for entry and seeding. All events are Timed Finals, all events swum together will be scored by their age groups.

DISTANCE EVENTS: The 400, 800 & 1500 Free and 400IM for all ages are timed finals and will be swum mixed, fastest to slowest. **All distance events are positive check in.** Swimmers must provide a timer & Counter as needed.

AWARDS: Individual Events: Medals 1st – 3rd, Ribbons 4th-8th

ADMISSION: Spectators are only allowed in spectator designated areas away from the swimmer and official designated areas. Spectators fee @ \$5.00 per session charge.

HEAD REFEREE: David Katz

MEET DIRECTOR: Richard Whalen

ADMIN. OFFICAL: Richard Whalen

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.

CONCESSION: Hospitality will be provided for coaches, officials & volunteers. Concessions will be offered.

MEET RESULTS: Official results will e-mailed and posted at Gomotionapp.com

Warm-up Procedures: Assigned Lanes for each team depending on final number of swimmers in the meet. If needed we will add multiple phases for team warm times.

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

Order of Events

Friday May 12, 2023 Session 1 Warm-Up 4:30pm, Start 6:00pm			
Session 1			
Girls	Event	Age Group	Boys
1	Mixed 1500 Free *	OPEN	
3	Mixed 12& un 400 Free*	12 & under	
5	Mixed 400 IM	OPEN	
7	Mixed 12 & Under 200 IM	12 & under	

Saturday MAY 13, 2023 Session 2 Warm-up 7:30am, Start 9:00am			
Session 2			
Girls	Event	Age Group	Boys
09	200 FREESTYLE	13 & 14	10
11	200 FREESTYLE	15 & Over	12
13	100 BACKSTROKE	13 & Over	14
15	Mixed 200 Breaststroke	13 & Over	
17	100 BUTTERFLY	13 & Over	18
19	50 FREESTYLE	13 & 14	20
21	50 FREESTYLE	15 & Over	22
23	Mixed 400 Free	13 & Over	

Saturday May13, 2023 Session 3			
Warm-up 11:30 am, Start 1:00pm			
Session 3			
Girls	Event	Age Group	Boys
25	200 FREESTYLE	11-12	26
27	200 FREESTYLE	10 & Under	28
29	Mixed 200 BREASTSTROKE	12 & Under	
31	50 Backstroke	12 & Under	32
33	50 FREESTYLE	11-12	34
35	50 FREESTYLE	10 & UNDER	36
37	50 BUTTERFLY	12 & UNDER	38
39	50 BREASTSTROKE	10 & UNDER	40
41	Mixed 200 Butterfly	12 & Under	
43	Mixed 200 Backstroke	12 & Under	

Sunday May 14, 2023 Session 4			
Warm-up 8:30 am, Start 10:00am			
Session 5			
Girls	Event	Age Group	Boys
45	100 FREESTYLE	12 & under	46
47	100 FREESTYLE	13 & OVER	48
49	100 BACKSTROKE	12 & Under	50
51	Mixed 200 BACKSTROKE	13 & OVER	
53	Mixed 200 IM	13 & Over	
55	100 BUTTERFLY	12 & Under	56
57	100 Breaststroke	13 & Over	58
59	100 Breaststroke	12 & Under	60
61	Mixed 200 Butterfly	13 & Over	

Sunday, May 14, 2023 Session 5			
Start 10 minutes after Session			
Session 6			
Girls	Event	Age Group	Boys
63	Mixed 800 FR *	OPEN	

*Positive check in