



Dragons Long Course Spring Invitational April 21 - 23, 2023

North County Aquatic Complex- 861 Toney Penna Drive, Jupiter-Florida

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG132311103039**

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.

Hosted by: **Jupiter Dragon Swim Team**

Location: North County Aquatic Complex- 861 Toney Penna Drive, Jupiter-Florida

Directions: Take I-95 to Exit 87A East (Jupiter/Indiantown Road) or Florida Turnpike to Exit 116 (Jupiter). Go east approximately two miles to Pennock Lane. Turn right/south on Pennock to Toney Penna (½ mile). Turn left on Toney Penna and left again into the pool parking lot. **See map on page 6 or at www.jdswim.com**

Dates & Time: All sessions are **timed finals** for all swimmers.

Session I	Timed Finals	Friday	April 21, 2023	Warm-up – 4:30 pm	Start – 5:30 pm
Session II	Timed Finals	Saturday	April 22, 2023	Warm-up – 7:30 am	Start – 8:30 am
Session III	Timed Finals	Saturday	April 22, 2023	Warm-up – 12:30 pm	Start – 1:30 pm
Session IV	Timed Finals	Sunday	April 23, 2023	Warm-up – 7:30 am	Start – 8:30 am

WARM UP PROCEDURES: If needed Warm up on Saturday and Sunday will be split into “Wave 1” warm up and “Wave 2” warm up. Teams will be assigned lanes in either “Wave 1” or “Wave 2” warm up. Racing Start lanes will be open for both “Wave 1 and 2” 15 minutes before the start of each session.

NO RACING STARTS IN COOL DOWN LANE DURING MEET

***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: 50 Meter by 25 Yard heated outdoor pool, **7 long-course** racing lanes with separate warm-up and swim-down lane available. Daktronics Timing System will be used. Fly-over starts will possibly be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start varies from 4'4" to 8'0" depending on lane assignment accordance with 202.3.7 (C) 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 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 2023 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the Referee, will be in effect.

Public Health and Safety mandates and guidelines of the State of Florida, Palm Beach County Health Dept. & 2022 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. 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:** North County Aquatic Complex has Full Time and Part Time American Red Cross Certified Lifeguards. Trainings include, but are not limited to, CPR, AED, and First Aid.
- Safety Equipment:** Safety Equipment: AED (Automated External Defibrillator), Spine Boards, First Aid Kits, Lightning Detection, and Handicap Lift.
- Eligibility:** Open to all current 2023 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 202.3.3 The Meet 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. **No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.**
- Deck Changes:** Changing, in whole or in part, into or out of a swimsuit 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:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or athlete is responsible for notifying the referee of any accommodations that are required in accordance with the USA-S rule 105.4 Please contact Coach K at 561-339-9959 ahead of time to allow for preparations - coachkirill@yahoo.com
- Entry Deadline:** All entries must be received by **Friday April 14, 2023.**
- Entry Limit:** Three (3) individual events per day.
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) Please email entry to: coachkirill@yahoo.com Confirmation for electronic entries will be sent via e-mail. **Submission of electronic entries signifies that all swimmers are 2023 USA Swimming registered. **Any non-registered athletes will be removed from the meet.** Questions, please contact Coach K at 561-339-9959. **Non-electronic entries are not accepted**
- Entry Fees:** \$7.00 per Individual event entry
\$12.00 per swimmer surcharge
***Entry fees are made payable to "Jupiter Dragons Swim Team LLC" JDST LLC (note: one check per team)**
- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part, unless FGC rule 1.17a.i-v applies.
- Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect
- Seeding:** Eligible entries shall be seeded in the following order - Long Course Meters followed by Short Course Yards and will be swum slowest to fastest.

- Distance Events:** 400 IM and 400 Free, for all ages will be swum alternating women than men, fastest to slowest. **Positive check-in is required for 400 IM and 400 Free.**
- Awards:** Individual Events: Medals places: 1st – 3rd Ribbons places 4th – 8th
- Scoring:** This competition is not scored.
- Admission:** Admission - \$5 per session. **Heat Sheets – FREE - you can find the heat sheet posted online at www.jdswim.com.** They will be emailed to your team as well. Hard copies will be available to coaches and officials.
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.
- Meet Referee:** Kelly Herrera
- Admin. Official:** Kiril Zahariev
- Meet Marshall:** Palm Beach County Parks & Recreation Lifeguard Staff
- Meet Director:** Kiril Zahariev (Coach K) cell # 561-339-9959 E-mail - coachkiril@yahoo.com
- 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:** Call Coach K at (561) 339-9959.
- Meet Results:** Meet results will be uploaded periodically on Meet Mobile. Official results will be e-mailed & posted at FLORIDA GOLD COAST website at www.fgcswim.org
- Warm Up Procedure:** **NO Equipment Permitted. Swimmers Must Enter the Water Feet First**
7:30 a.m. – 8:05 a.m. General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts.
No Sprinting or Pace Work
Practice Racing Starts – Last 15 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.
General Lanes - Circle swimming only (counter clockwise only).

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

Order of Events

Session 1 - Friday April 21, 2023

Warm-up: 4:30 p.m.

Meet Starts: 5:30 p.m.

Event Number	Event	Age Group
1-2	400 IM P/S/F ****	Open
3-4	400 Free P/S/F ****	Open

P-Positive Check in/S-All Ages swim together and scored separately/F-Swim Fastest to Slowest Alternating Girls and Boys

**** - Event will be awarded separately (10&under, 11&12, 13&14 and 15&Over)

Session 2 - Saturday April 22, 2023

Warm-up: 7:30 a.m. Meet Starts: 8:30 a.m.

Event Number	Event	Age Group
5-6	200 Free ***	13 & Over
7-8	100 Fly ***	13 & Over
9-10	50 Breast ***	13 & Over
11-12	50 Free ***	13 & Over
13-14	200 IM ***	13 & Over
15-16	100 Back ***	13 & Over
17-18	200 Breast ***	13 & Over

*** - Event will be awarded separately (13&14 and 15&Over) Swim Slowest to Fastest

Session 3 - Saturday April 22, 2023

Warm-up: 12:30 p.m. Meet Starts: 1:30 p.m.

Event Number	Event	Age Group
19-20	200 Free *	12 & Under
21-22	100 Fly *	12 & Under
23-24	50 Breast *	12 & Under
25-26	50 Free *	12 & Under
27-28	200 IM *	12 & Under
29-30	100 Back *	12 & Under
31-32	200 Breast	11 & 12

* - Event will be awarded separately (10&under and 11&12) Swim Slowest to Fastest

Session 4 - Sunday April 23, 2023

Warm-up: 7:30 a.m. Meet Start: 8:30 a.m.

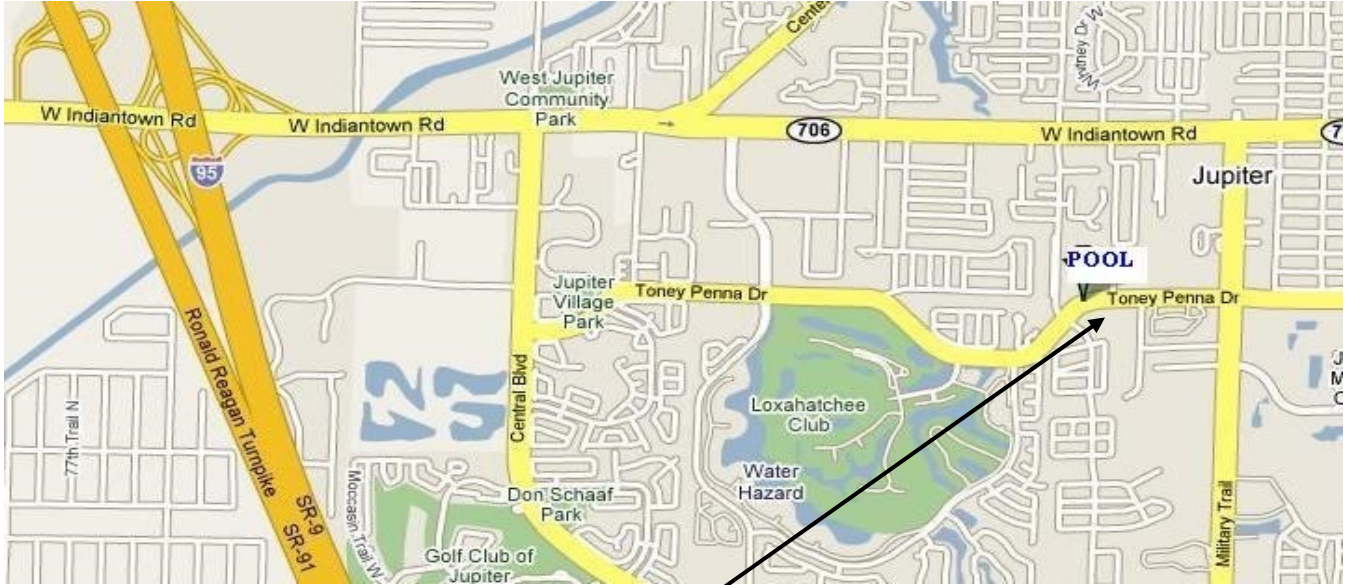
Event Number	Event	Age Group
33-34	100 Free ***	13 & Over
35-36	100 Free *	12 & Under
37-38	50 Back ***	13 & Over
39-40	50 Back *	12 & Under
41-42	50 Fly ***	13 & Over
43-44	50 Fly *	12 & Under
45-46	100 Breast ***	13 & Over
47-48	100 Breast *	12 & Under
49-50	200 Back **	11 & Over
51-52	200 Fly **	11 & Over

* - Event will be awarded separately (10&under and 11&12) Swim Slowest to Fastest

** - Event will be awarded separately (11&12, 13&14 and 15&Over) Swim Slowest to Fastest

*** - Event will be awarded separately (13&14 and 15&Over) Swim Slowest to Fastest

Map to North County Aquatic Complex and Additional Parking at Jupiter High School



North County Aquatic Complex, 861 Toney Penna Drive, Jupiter 33458.

From the South:
Take I-95 to Exit 87-A East (Jupiter/Indiantown Road) or Florida Turnpike to Exit 116 (Jupiter). Go east approximately two miles to Pennock Lane. Turn right/south on Pennock to Toney Penna (½ mile). Turn left on Toney Penna and left again into the pool parking lot.

Additional parking in Jupiter High School.

The parking is located East on Toney Penna, just before BB&T Bank on the North side. Look for a sign saying “Parking Swim Meet”

