

Mike Horgan Memorial Inv.

Fri-Sun Oct. 6-8, 2023



Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No **FG142327905080**

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.

Hosted by: Lake Lytal Lightning Swim Team
Location: 3645 Gun Club Rd. West Palm Beach, FL 33405
Directions: <https://bit.ly/3BaIZuj>

Date and Time: **Friday-Sunday Oct.6-8, 2023**

Session 1 Fri 10/6: WUp 4pm Start 5 pm

Session 2 Sat 10/7: 13 & Over Warm up 7am Start 8:15am (Split Warmup)

Session 3 Sat 10/7: 12 & U-Wup 11 am Start 12:15 pm (Split Warmup)

Session 4 Sun 10/8: 13 & Over Warm up 7am Start 8:15 am (Split Warmup)

Session 5 Sun 10/8: 12 & U-Wup 11 am Start 12:15 pm (Split Warmup)

*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.

Warmups: 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

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: 2 Friday. 4 Saturday. 4 Sunday. ‘B’ Time Standards recommended for entries

Meet Cap: **The meet will be capped at 250 Athletes per session**

Entry Deadline: **Friday, September 29, 2023 8pm**

Deck Entries: Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.

Entry Fees: \$7 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: 10 Lanes Fastest to Slowest. In mixed Age Groups Super-Seeded by age

- Awards:** Medals 1-3. Ribbons 4-10 in recognized Age Group & Gender Categories
1-2 Ind. High Point Awards in the following categories Girl/Boy 10&U, 11,12, 13,14,15&O
- Scoring:** Ind.Scoring: 1st-11,2nd-9,3rd-8,4th-7,5th-6th-5,7th-4,8th-3,9th-2,10th-1
- Closed Deck:** All areas behind the starting area will be CLOSED to Spectators. Areas in front of Scoreboard
CLOSED
- Scoring:** THIS MEET WILL BE SCORED FOR INDIVIDUAL HIGH POINT...NO TEAM SCORES
- 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
- WarmUp Procedures:** Assigned Lanes and 2 WUp Sessions of 30 + 10' Starts in Sessions 2-5
- 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

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

ORDER OF EVENTS

Session 1: Friday, October 6, 2023

Warm-up: 4:00pm Meet Start: 5:00pm 8pm Meet Timeline Capacity
 Positive Check In for Events #1-2. Check-In Closes 440pm.
 A 5 minute break following the 400 IM will take place if deemed necessary by
 meet committee

<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
1	Mixed 11 & Over	400 IM**
2	Mixed OPEN	500 FR***

**Ranked and Awarded 11-12, 13-14, 15 & O

***Ranked and Awarded 10 & U, 11-12, 13-14, 15 & O

<u>Session 2 Sat 10/7*</u>			<u>Session 4 Sun 10/8*:</u>		
13 & Over Warm up 7am Start 8:15 am may be split			13 & Over Warm up 7am Start 8:15 am may be split		
<u>Ev. #</u>	<u>Age</u>	<u>Event</u>	<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
3-4	13 & O	200 Fr*	41-42	13 & O	100 Fr*
5-6	13 & O	100 Br*	43-44	13 & O	200 Br*
7-8	13 & O	200 IM*	45-46	13 & O	200 Bk*
9-10	13 & O	50 Fr*	47-48	13 & O	100 Fly*
11-12	13 & O	200 Fly*			10' Break if needed
13-14	13 & O	100 Bk*	49	13 & Over	Mixed 1650%
* Ranked/Awarded Separately 13-14/15&O			* Ranked/Awarded Separately 13-14/15&O		
<u>Session 3 Sat 10/7*:</u>			<u>Session 5 Sun 10/8*</u>		
12 & U-Wup 11 am Start 12:15 pm			12 & U-Wup 11 am Start 12:15 pm		
<u>Ev. #</u>	<u>Age</u>	<u>Event</u>	<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
15-16	11-12	200 Fr	51-52	11-12	100 Fr
17-18	10 & U	200 Fr	53-54	10 & U	100 Fr
19-20	11-12	200 Breast	55-56	11-12	200 Back
21-22	12 & U*	100 IM	57-58	11-12	100 Br
23-24	11-12	50 Fr	59-60	10 & U	100 Br
25-26	10 & U	50 Fr	61-62	12 & U	200 IM*
27-28	11-12	200 Fly	63-64	11-12	50 Bk
29-30	11-12	50 Br	65-66	10 & U	50 Bk
31-32	10 & U	50 Br	67-68	11-12	100 Fly
33-34	11-12	100 Bk	69-70	10 & U	100 Fly
35-36	10 & U	100 Bk			10' Break if needed
37-38	11-12	50 Fly	71	11-12	Mixed 1650%
39-40	10 & U	50 Fly	%Fastest to Slowest		
* Ranked/Awarded Separately 10 & U/11-12			* Ranked/Awarded Separately 10 & U/11-12		