



2023 Turkey Invitational

North Palm Beach Swim Club

November 17-19, 2023

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction #

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.

Location: **Sailfish Splash Waterpark**
931 SE Ruhnke
Stuart, Florida 34994

Date & Time:

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, November 17	N/A	N/A	4:30 pm	5:30 pm
Saturday, November 18	7:30 am	9:00 am	4:00 pm	5:00 pm
Sunday, November 19	7:30 am	9:00 am	4:00 pm	5:00 pm

Pool/Timing: 50 meters x 25 yards heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down 6 lane 25yard pool available. Colorado 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 5'0 to 7'0 depending on lane assignment accordance with 202.3.7 (C).

Format: Meet will be conducted in SCY. The 400IM and 500 Free will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest **ten** swimmers in each of the following age groups: 10 & under, 11-12, 13-14, 15-over advancing to finals. Breaks between events may be inserted at Meet Director and Meet Referee discretion.

- Rules:** 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.
- 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.
- Deck Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- 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.
- Medical Supervision:** The Sailfish Splash Waterpark has Full and Part Time Ellis certified Lifeguards trained in, but not limited to, CPR, AED and First Aid. On-site equipment includes an AED, Spine Boards, First Aid Kits, Lightning Detector and Handicap Lifts.
- 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 vicinity 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.
- Eligibility:** All swimmers must be 2023 registered members of USA Swimming as provided by article 302.
12 & Unders - NAG “B” Time Standards
13 & Over - NAG “BB” Time Standards
- Disability Athletes:** Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the host ahead of time to allow for preparations.
- Entry:** All entries must be received by **8:00pm Wednesday, November 8, 2023.** HYtek or Team Unify entry files will only be accepted. Please email your entry to **NPBCoach4@aol.com**

Entry Fees:	\$7.50 per Ind. Event & \$12 per Rel. Event. \$15.00 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.
Deck Entries:	THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.
Entry Limit:	Swimmers may swim a maximum of three (3) individual events and one relay event per day . Swimmers entering more than three (3) events in one day will be scratched from the events that exceed this limit.
Seeding:	<p>All events will be seeded fast to slow in the following order: SCY, LCM, nonconforming distance SCY, nonconforming distance LCM except as otherwise noted. Timed final events and preliminary heats for 11-12, 13-14 and 15-18 age groups may be swum combined. If so, they will be resulted separately. Finals events will be swum in the following order: 10 & Under, 11-12, 13-14, 15-Over</p> <p>Friday evening's 500 freestyle and 400 IM will be seeded in event order without alternating heats of women and men. Positive check-in is NOT required for the 500 freestyle and 400 IM. Friday evening swimmers must supply their own timers and counter.</p>
Scratches:	<p>Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.</p> <p>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.</p>
Awards:	Medals 1 st – 3 rd Ind events. Ribbons 4 th – 10 th . High Point Award – 9-Un, 10, 11,12,13,14 & 15-Over - Boy & Girl.
Scoring:	Individual Events Only – 11-9-8-7-6-5-4-3-2-1.
Meet Directors:	Alf Aguirre & Dick Cavanah
Referee:	Scott Boggs
Admission:	\$5 per session (No Admission cost on Friday)
CONCESSIONS:	Concessions will be available at the meet. Everyone entering the pool is encouraged to bring their own water or sports' drinks. Make sure to label them with your name. This will prevent someone else from using your drink by accident. Do NOT share water bottles.
HOSPITALITY:	Hospitality for Coaches, Officials and Volunteers will be available at the meet.
Information:	Alf Aguirre 305-773-6060 Dick Cavanah 561-762-7261
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.

First 2/3rds of warm-up session

General Warm-up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace

Last 1/3rd 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 Swimming and Pulling, Push Off
Lane 4 Racing Starts, 25 yards One Length.
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 25 yards One Length
Lane 8 Swimming and Pulling, Push Off
Lane 9 Racing Starts, 25 yards One Length.
Lane 10 Pace, 50 and 100 Circle Swim, Push Off



**North Palm Beach
Swim Club**

Order of Events*

Friday PM Timed Finals

500 Freestyle
400 Individual Medley

Saturday Prelims

100 Backstroke
50 Freestyle
100 Ind. Medley
50 Butterfly
200 Butterfly
100 Breaststroke
200 Freestyle

Saturday Finals

200 Med. Relay
100 Backstroke
50 Freestyle
100 Ind. Medley
50 Butterfly
200 Butterfly
100 Breaststroke
200 Freestyle

Sunday Prelims

100 Freestyle
100 Butterfly
50 Breaststroke
200 Breaststroke
50 Backstroke
200 Backstroke
200 Ind. Medley

Sunday Finals

200 Free Relay
100 Freestyle
100 Butterfly
50 Breaststroke
200 Breaststroke
50 Backstroke
200 Backstroke
200 Ind. Medley

Time Standards

Girls				Boys			
<u>SCY</u>	<u>LCM</u>	<u>Event</u>	<u>Description</u>	<u>Event</u>	<u>LCM</u>	<u>SCY</u>	
8:25.39	7:36.79	1 #	7-10 500 Free	2 #	7:29.39	8:16.69	
7:08.79	6:23.89	3 #	11-12 500 Free	4 #	6:15.49	6:57.29	
6:18.69	5:40.59	5 #	13-14 500 Free	6 #	5:24.09	5:58.99	
<u>6:11.99</u>	<u>5:32.89</u>	7 #	<u>15-Ov 500 Free</u>	8 #	<u>5:09.89</u>	<u>5:44.09</u>	
6:24.19	7:19.69	9 #	11-12 400 IM	10 #	7:09.89	6:13.09	
5:37.59	6:25.89	11 #	13-14 400 IM	12 #	6:04.69	5:17.09	
<u>5:30.49</u>	<u>6:18.79</u>	13 #	<u>15-Ov 400 IM</u>	14 #	<u>5:47.29</u>	<u>5:03.69</u>	

Events will be time finals, Boys & Girls together and Age Groups combined

Girls				Boys			
<u>SCY</u>	<u>LCM</u>	<u>Event</u>	<u>Description</u>	<u>Event</u>	<u>LCM</u>	<u>SCY</u>	
		15	10- Un Med. Relay	16			
		17	11- 12 Med. Relay	18			
		19	13 & Ov Med. Relay	20			
		21	10- Un 100 Back	22	1:55.09	1:39.79	
1:41.99	1:59.19	23	11-12 100 Back	24	1:35.49	1:22.19	
1:24.79	1:38.69	25	13-14 100 Back	26	1:17.89	1:06.39	
1:11.19	1:23.59	27	15-Ov 100 Back	28	1:14.39	1:03.19	
1:09.39	1:21.09	29	10- Un 50 Free	30	43.59	38.09	
38.89	44.99	31	11-12 50 Free	32	37.29	32.59	
33.59	37.39	33	13-14 50 Free	34	31.99	27.79	
30.19	34.49	35	15-Ov 50 Free	36	30.19	26.39	
29.49	33.79	37	10 -Un 100 IM	38	---	1:38.79	
1:42.59	---	39	11-12 100 IM	40	---	1:20.89	
1:24.09	---	41	10-Un 50 Fly	42	51.79	45.69	
47.39	53.39	43	11-12 50 Fly	44	41.89	37.09	
36.49	41.29	45	13-14 200 Fly	46	2:47.99	2:26.89	
2:36.89	2:59.19	47	15-Ov 200 Fly	48	2:39.99	2:20.49	
2:33.49	2:53.99	49	10-Un 100 Breast	50	2:09.39	1:53.39	
1:58.09	2:14.79	51	11-12 100 Breast	52	1:46.59	1:31.39	
1:34.09	1:48.89	53	13-14 100 Breast	54	1:28.09	1:15.49	
1:21.69	1:34.79	55	15-Ov 100 Breast	56	1:23.49	1:11.09	
1:19.69	1:32.39	57	10-Un 200 Free	58	3:33.49	3:06.69	
3:18.99	3:45.79	59	11-12 200 Free	60	2:57.49	2:34.59	
2:40.39	3:02.29	61	13-14 200 Free	62	2:32.29	2:12.79	
2:21.29	2:41.79	63	15-Ov 200 Free	64	2:26.09	2:06.79	
2:18.69	2:38.29						

Girls				Boys			
<u>SCY</u>	<u>LCM</u>	<u>Event</u>	<u>Description</u>	<u>Event</u>	<u>LCM</u>	<u>SCY</u>	
		65	10- Un 200 Free Rel	66			
		67	11- 12 200 Free Rel	68			
		69	13 & Ov 200 Fr Rel	70			
					Relays in Finals		
1:29.59	1:41.99	71	10-Un 100 Free	72	1:40.59	1:27.79	
1:13.59	1:24.09	73	11-12 100 Free	74	1:21.29	1:10.99	
1:05.49	1:14.79	75	13-14 100 Free	76	1:09.89	1:00.89	
1:03.99	1:13.49	77	15-Ov 100 Free	78	1:06.89	57.89	
1:53.99	2:09.99	79	10-Un 100 Fly	80	2:07.09	1:51.39	
1:24.39	1:36.19	81	11-12 100 Fly	82	1:33.99	1:22.89	
1:10.89	1:20.39	83	13-14 100 Fly	84	1:15.49	1:06.09	
1:09.39	1:19.29	85	15-Ov 100 Fly	86	1:11.79	1:02.69	
53.09	1:00.49	87	10-Un 50 Breast	88	59.69	52.09	
42.999	48.99	89	11-12 50 Breast	90	48.99	42.89	
2:57.29	3:23.99	91	13-14 200 Breast	92	3:10.79	2:43.99	
2:52.79	3:20.49	93	15-Ov 200 Breast	94	3:01.39	2:36.19	
46.99	54.89	95	10-Un 50 Back	96	55.29	47.49	
38.09	43.99	97	11-12 50 Back	98	43.69	37.89	
2:34.89	2:58.69	99	13-14 200 Back	100	2:49.09	2:25.09	
2:31.39	2:54.99	101	15-Ov 200 Back	102	2:41.39	2:17.49	
3:38.49	4:09.39	103	10-Un 200 IM	104	4:06.19	3:35.49	
3:00.19	3:26.09	105	11-12 200 IM	106	3:23.79	2:57.29	
2:37.59	3:01.79	107	13-14 200 IM	108	2:51.39	2:28.49	
2:34.89	2:58.19	109	15-Ov 200 IM	110	2:43.99	2:20.89	

Statement of local protocols and requirements

Message from USA Swimming:

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.