



**2021 Michael Lohberg Invitational**  
**Coral Springs, FL – June 11 - 13, 2021**



**SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction No. **FG23211620B055**

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 AND FLORIDA GOLD COAST SWIMMING 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:** Coral Springs Swim Club, Coral Springs Aquatic Complex

**INVITED TEAMS:** Coral Springs Swim Club, FIU, Heritage Aquatic Team, Hurricane Aquatics, Jupiter Dragons, Midtown Aquatics, Sunrise Swimming, Gulliver, Swim Fort Lauderdale, Ramson Everglades, Tamarac Swimming.

**LOCATION:** Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

**DIRECTIONS:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on

the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East.

Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile).

**CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2((4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

**DATE & TIME:**

**Friday, June 11, 2021**

Session I	Warm up: 7:00 am	Start of meet: 8:30 am
Session II	Warm up: 4:00 pm	Start of meet: 5:00 pm

**Saturday, June 12, 2021**

Session III	Warm up: 7:00 am	Start of meet: 8:30 am
Session IV	Warm up: 4:00 pm	Start of meet: 5:00 pm

**Sunday, June 13, 2021**

Session V	Warm up: 7:00 am	Start of meet: 8:30 am
Session VI	Warm up: 4:00 pm	Start of meet: 5:00 pm

**Meet director reserves the right to change meet warm-up, start times, or drop so some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.**

**POOL/TIMING:** 50 meters x 25 yards heated outdoor pool, 50 long-course racing lanes with separate warm-up and swim-down lanes available. Daktronics timing System will 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 5'5 to 8'0 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 State of Florida, Broward County, Coral Springs, Coral Springs Aquatic Complex and Coral Springs Swim Club 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.

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.

**ELIGIBILITY:**

Open to all current 2021 USA swimming athletes registered in Florida Gold Coast Swimming and affiliated with **an invited** Florida Gold Coast Swimming registered club that have achieved the qualifying time standards. Times RECON report will be run after the entries have been received. Swimmers who failed to achieve the time standards will be removed from those events. 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 CHANGE:**

Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

**DISABILITY ATHLETES:**

All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

**ENTRY:**

All entries must be received by Wednesday, June 2, 2021. PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only) E-mail to [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com) fax: **NO faxed entries** Confirmation for electronic entries will be sent via e-mail. \*\* Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954-340-5032

**NOTE: Swimmers without registration number or birth dates will not be entered. \*\*Non-electronic entries will NOT be accepted.**

**MEET CAP:**

**This meet is limited to the first 400 swimmers, on a first come first basis.**

**DECK ENTRIES:**

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

**ENTRY LIMIT:**

Six (6) individual events for the meet but and no more than three (3) individual events per day.

**ENTRY FEES:**

**\$7 per individual event.**

**ADMISSION:** NO spectators will be allowed at the meet.  
Heat Sheet –FREE. Heat sheets will be available online at [www.swimcssc.com](http://www.swimcssc.com)

**FACILITY SURCHARGE: \$15.00 per swimmer**  
\*Entry fees are made payable to “**CSSC**” (note: one check per team)

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

**SPECTATORS:** Spectators will not be allowed at this meet. Event will be livestreamed. Livestream link will be posted on [www.csscswim.com](http://www.csscswim.com).

**SEEDING:** Only LCM times will be accepted. NO converted times will be accepted. All events will be seeded fastest to slowest.

**SCRATCHES: FINALS:** Any swimmer who competes and qualifies as one of the fastest eight (8) swimmers in prelims must swim finals, or must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their intentions within 30 minutes of their last individual preliminary event. A scratch box will NOT be maintained. Please email your scratches from timed final events or preliminaries to the administrative referee at [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com).

“Failure to Swim” will result in the swimmer being fined \$10.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

A swimmer not in the originally announced or posted in the fastest eight (8) swimmers, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers finishing within the top twenty (20) are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals. All fines must be paid prior to any swimmer competing in any future individual event, at which time the swimmer will be reinstated in the meet.

**Note 1:** Alternates wishing to swim in an open lane in finals must be at the Starting Area prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call for the alternate.

**Note 2:** Scratches must be done individually; “team” scratches are not acceptable.

**SCRATCHES:** Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

**Scratch Deadlines:**

Friday events	6:30 PM Thursday
Saturday events	6:30 PM Friday
Sunday events	6:30 PM Saturday

A scratch box will NOT be maintained. Please email your scratches from timed final events or preliminaries to the administrative referee at [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com).

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.

Scratches from finals may be done by email to the administrative referee or in person.

**DISTANCE EVENTS:**

- The events numbered 25 and 26 (12 and under 400 Freestyle) will be swum fastest to slowest, alternating girls and boys. Age groups will swim together, but will be awarded separately (10 & under, 11-12). Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.
- The events numbered 27 and 28 (13 and over 400 Freestyle) will be swum fastest to slowest, alternating girls and boys. Age groups will swim together, but will be awarded separately (13-14 and 15 & over). Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.
- The events numbered 53 and 54 (400 IM) will be swum fastest to slowest, alternating girls and boys. Top 8 swimmers will swim at finals. All other heats will be swum in the morning.
- The events numbered 55 and 56 (400 IM) will be swum fastest to slowest, alternating girls and boys. Age groups will swim together, but will be awarded separately (13-14 and 15 & over). Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.
- The events numbered 89 and 90 (1500 Freestyle) will be limited to 3 heats (each) and will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 8 female and fastest 8 male swimmers of each age group (11-12, 13-14 and 15 & Over). In the preliminary sessions, all age groups will swim together but will be awarded separately. Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.

**AWARDS:**           **Individuals Events:** Ind. medals 1<sup>st</sup> – 3<sup>rd</sup>, ribbons 4<sup>th</sup>-8<sup>th</sup> for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.

**SCORING:**       This competition will not be scored.

**CONCESSION:**       Not available

**HOSPITALITY:**       Coaches and volunteers will receive individually packaged meals.

**IDENTIFICATION:** Coaches and officials shall wear their 2021 USA Swimming registration card in a visible location at the meet at all times during this meet. If registration card is not available, electronic card may be used.

**MEET INFORMATION:** Updates to meet information as well as timeline, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as [www.csscswim.com](http://www.csscswim.com)

**HEAD REFEREE:**       Kenneth Rattray

**MEET DIRECTOR:**     Bruno Darzi

**ADMINISTRATIVE OFFICIAL:**    Laura Azevedo/ Christine Palumbo

**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:**       Bruno Darzi at 954-340-5032

**WARM-UP PROCEDURES:**       **NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday Preliminaries. Teams will be assigned warm up times.**

7:00 am – 7:35 am/ 7:35 am – 8:10 am. General Warm Up

Swimming and Pulling Only, Push Off  
Racing Starts - 8:10 - 8:25 am (open to all teams)

**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 Swimming and Pulling, Push Off  
Lane 5 Swimming and Pulling, Push Off  
Lane 6 Swimming and Pulling, Push Off  
Lane 7 Racing Starts, 25 yards One Length  
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. 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.
2. General Lanes - Circle swimming only (counter clockwise only).

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

## ORDER OF EVENTS

FRIDAY, June 11 – Session 1 – PRELIMS

Warm up – 7:00 am

Start of Meet – 8:30 am

Event #	Event	Age Group
1-2	100 Freestyle	10 & under
3-4	100 Freestyle	11-12
5-6	100 Freestyle	13-14
7-8	100 Freestyle	15 & Over
9-10	50 Backstroke	10 & Under
11-12	50 Backstroke	11-12
13-14	200 Backstroke	13-14
15-16	200 Backstroke	15 & Over
17-18	50 Butterfly	10 & Under
19-20	50 Butterfly	11-12
21-22	200 Butterfly	13-14
23-24	200 Butterfly	15 & Over
25-26	400 Freestyle	12 and under
27-28	400 Freestyle	13 & Over

FRIDAY, June 11 – Session 2 – FINALS

Warm up- 4:00 pm

Start of Meet – 5:00 pm

Event #	Event	Age Group
1-2	100 Freestyle	10 & under
3-4	100 Freestyle	11-12
5-6	100 Freestyle	13-14
7-8	100 Freestyle	15 & Over
9-10	50 Backstroke	10 & Under
11-12	50 Backstroke	11-12
13-14	200 Backstroke	13-14
15-16	200 Backstroke	15 & Over
17-18	50 Butterfly	10 & Under
19-20	50 Butterfly	11-12
21-22	200 Butterfly	13-14
23-24	200 Butterfly	15 & Over
25-26	400 Freestyle	12 and under
27-28	400 Freestyle	13 & Over

**SATURDAY, June 12 – Session 3 - PRELIMS**

**Warm-up – 7:00 am**

**Start of Meet – 8:30 am**

<b>Event #</b>	<b>Event</b>	<b>Age Group</b>
29-30	200 Freestyle	10 & Under
31-32	200 Freestyle	11-12
33-34	200 Freestyle	13-14
35-36	200 Freestyle	15 & Over
37-38	100 Butterfly	10 & Under
39-40	100 Butterfly	11-12
41-42	100 Butterfly	13-14
43-44	100 Butterfly	15 & Over
45-46	50 Breaststroke	10 & Under
47-48	50 Breaststroke	11-12
49-50	200 Breaststroke	13-14
51-52	200 Breaststroke	15 & Over
53-54	400 IM	11-12
55-56	400 IM	13 & Over

**SATURDAY, June 12 – Session 4 - FINALS Warm-up – 4:00pm**

**Start of Meet – 5:00pm**

<b>Event #</b>	<b>Event</b>	<b>Age Group</b>
29-30	200 Freestyle	10 & Under
31-32	200 Freestyle	11-12
33-34	200 Freestyle	13-14
35-36	200 Freestyle	15 & Over
37-38	100 Butterfly	10 & Under
39-40	100 Butterfly	11-12
41-42	100 Butterfly	13-14
43-44	100 Butterfly	15 & Over
45-46	50 Breaststroke	10 & Under
47-48	50 Breaststroke	11-12
49-50	200 Breaststroke	13-14
51-52	200 Breaststroke	15 & Over
53-54	400 IM	11-12
55-56	400 IM	13 & Over



**SUNDAY, June 13 – Session 5 - PRELIMS****Warm-up – 7:00 am****Start of Meet – 8:30 am**

Event #	Event	Age Group
57-58	100 Backstroke	10 & Under
59-60	100 Backstroke	11-12
61-62	100 Backstroke	13-14
63-64	100 Backstroke	15 & Over
65-66	100 Breast	10 & Under
67-68	100 Breast	11-12
69-70	100 Breast	13-14
71-72	100 Breast	15 & Over
73-74	50 Freestyle	10 & Under
75-76	50 Freestyle	11-12
77-78	50 Freestyle	13-14
79-80	50 Freestyle	15 & Over
81-82	200IM	10 & Under
83-84	200IM	11-12
85-86	200IM	13-14
87-88	200IM	15 & Over
89-90	1500 Free	11 & Over

**Sunday, June 13 – Session 6 – FINALS****Warm-up – 4:00 pm****Start of Meet – 5:00 pm**

Event #	Event	Age Group
89	1500 Free	11 & Over
57-58	100 Backstroke	10 & Under
59-60	100 Backstroke	11-12
61-62	100 Backstroke	13-14
63-64	100 Backstroke	15 & Over
65-66	100 Breast	10 & Under
67-68	100 Breast	11-12
69-70	100 Breast	13-14
71-72	100 Breast	15 & Over
90	1500 Free	11 & Over
73-74	50 Freestyle	10 & Under
75-76	50 Freestyle	11-12
77-78	50 Freestyle	13-14
79-80	50 Freestyle	15 & Over
81-82	200IM	10 & Under
83-84	200IM	11-12
85-86	200IM	13-14
87-88	200IM	15 & Over

**IMPORTANT NOTES ABOUT THE DISTANCE EVENTS:**

- The events numbered 25 and 26 (12 and under 400 Freestyle) will be swum fastest to slowest, alternating girls and boys. Age groups will swim together, but will be awarded separately (10 & under, 11-12). Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.
- The events numbered 27 and 28 (13 and over 400 Freestyle) will be swum fastest to slowest, alternating girls and boys. Age groups will swim together, but will be awarded separately (13-14 and 15 & over). Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.
- The events numbered 53 and 54 (400 IM) will be swum fastest to slowest, alternating girls and boys. Top 8 swimmers will swim at finals. All other heats will be swum in the morning.

- The events numbered 55 and 56 (400 IM) will be swum fastest to slowest, alternating girls and boys. Age groups will swim together, but will be awarded separately (13-14 and 15 & over). Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.
- The events numbered 89 and 90 (1500 Freestyle) will be limited to 3 heats (each) and will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 8 female and fastest 8 male swimmers of each age group (11-12, 13-14 and 15 & Over). In the preliminary sessions, all age groups will swim together but will be awarded separately. Top 8 swimmers of the combined age groups will swim at finals. All other heats will be swum in the morning.

Events	10 and Under	11-12	13-14	15 and Over
50 free	39.89	35.69	34.49	33.79
100 free	1:31.19	1:18.09	1:14.79	1:13.29
200 free	3:20.99	2:49.19	2:41.79	2:38.29
400 free	6:51.09	5:56.49	5:40.59	5:32.89
1500 free		23:55.39	22:23.09	22:02.19
50 butterfly	47.09	38.29		
100 butterfly	1:52.99	1:28.49	1:20.39	1:19.29
200 butterfly			2:59.19	2:53.99
50 backstroke	48.89	40.79		
100 backstroke	1:45.99	1:30.99	1:23.59	1:21.09
200 backstroke			2:58.69	2:54.99
50 breaststroke	53.99	45.49		
100 breaststroke	1:59.79	1:40.89	1:34.79	1:32.39
200 breaststroke			3:23.99	3:20.49
200 IM	3:43.19	3:11.39	3:01.79	2:58.19
400 IM		6:48.29	6:25.89	6:18.79

Events	10 and Under	11-12	13-14	15 and Over
50 free	39.49	34.69	31.99	30.19
100 free	1:30.19	1:15.49	1:09.89	1:06.89
200 free	3:12.09	2:44.89	2:32.29	2:26.09
400 free	6:44.49	5:49.69	5:24.09	5:09.89
1500 free		23:25.49	21:27.39	20:33.99
50 butterfly	45.99	38.59		
100 butterfly	1:50.79	1:26.29	1:15.49	1:11.79
200 butterfly			2:47.99	2:39.99
50 backstroke	49.19	40.39		
100 backstroke	1:43.09	1:27.99	1:17.89	1:14.39
200 backstroke			2:49.09	2:41.39
50 breaststroke	53.29	45.19		
100 breaststroke	1:55.99	1:38.39	1:28.09	1:23.49
200 breaststroke			3:10.79	3:01.39
200 IM	3:40.79	3:08.49	2:51.39	2:43.99
400 IM		6:39.19	6:04.69	5:47.29

## 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.

Coral Springs Swim Club Liaison – Bruno Darzi ([Bruno.darzi@gmail.com](mailto:Bruno.darzi@gmail.com))

### **Coral Springs Swim Club - COVID-19 Guide for Safe return to competition plan to the Coral Springs Aquatic Complex**

**BEFORE THE MEET:** Before the meet, all the swimmers, coaches and volunteers are required to read the meet information, or any information provided regarding the operational procedures that will take place during the meet.

An online ZOOM meeting will be held with all the participants prior to the event. This will allow the meet host to answer any questions that may arise about the meet. **All participants are required to attend the meeting.**

### **Expectations for Swimmers, Volunteers, Coaches and Staff:**

#### Health Screening Survey:

Any member should refrain from attending the meet until they are able to answer NO to each question.

#### **DO NOT COME TO THE POOL IF YOU ARE SICK!**

1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?
2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms? (Please take your temperature before you answer this question.)
  - Fever or chills (100.4° F/37.8° C or greater as measured by an oral thermometer)
  - Cough
  - Congestion or runny nose
  - Shortness of breath or difficulty breathing
  - Sore throat
  - New loss of taste or smell
  - Chills
  - Headache
  - Muscle, or body aches
  - Fatigue
  - Nausea, diarrhea, or vomiting
  - Bright red (or any) rash
3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?
4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?
5. In the past 14 days, have you travelled outside the State of Florida?
6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?

7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of Florida, been on a commercial flight, or traveled outside of the United States?
8. Have you been tested for COVID-19 and are waiting to receive test results?
9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

*Plan for swimmers, coaches and volunteers to ingress and egress:*

**FACILITY ENTRY & EXIT:** Swimmers, volunteers and coaches will enter the facility using the main entrance (north side). Anyone with temperature of 100.4 or above should not come to the meet. Anyone experiencing any of the symptoms mentioned above, should not come to the meet.

**HAND SANITATION STATIONS:** Hand sanitation stations will be available throughout the facility during the course of the meet. Swimmers, coaches and volunteers are encouraged to use them. **There will be four hand sanitizer bottles inside the bathrooms and six additional bottles spread out throughout the facility.**

**TRASH:** Trash cans will be available throughout the facility. Trash cans lids will be removed to reduce contact area.

**THE USA SWIMMING & FGC SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.** Swimmers must arrive to the meet wearing their racing suit.

**LOCKER ROOMS:** Locker rooms will only be used for emergency bathroom use. Each locker room is equipped with a divider, allowing for use of both halves.

**CONCESSIONS AND HOSPITALITY:** Concessions and hospitality room will not 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.

**FACE COVERINGS:** EVERYONE must wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Anyone refusing to use face covering or face mask will not be allowed to enter the facility. Face mask must cover face and nose.

Athletes, coaches, officials and volunteers will NOT be allowed to congregate before, during or after the meet. Everyone will be asked to vacate the facility or parking lot as soon as possible once the meet is over.

*Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child:*

**SPECTATORS:** NO spectators will be allowed at the meet. Only coaches, athletes, officials and volunteers will be allowed at the meet. The event will be streamed live. Link will be posted online at [www.csscswim.com](http://www.csscswim.com).

**SOCIAL DISTANCING:** Everyone attending the meet must follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

**TIMERS:** Timers will be assigned prior to the start of the meet and will print the heat sheet and lane timer sheet at home. All volunteers will bring their own pen. There will be only one timer per lane. The same timer will use both back up button and stopwatch.

**TIMING SYSTEM:** Daktronics timing system will be used for the meet.

**EQUIPMENT:** All equipment used at the meet will be sanitized prior to and immediately after the meet is concluded. All radios will be sanitized and placed at the officials' stations. Officials will follow guidelines below suggested by the FGC Officials' Chair.

**WARM UP PROCEDURE:** Teams will be assigned warm up times for all preliminary sessions ONLY prior to the start of the meet. Finals warm up will be open to all finalists. No warm up assignment is necessary.

**BEFORE AND AFTER RACES:** Coaches' tables will be placed at least 6 ft apart. ONLY Swimmers wishing to speak to the coaches prior to or after their races will have to keep 6 ft apart. Do not advance until the person in front of you has been cleared the area.

**AFTER RACES:** Swimmers will exit at the starting end of the pool. Subsequent heat should not move towards the starting block until swimmers from previous heat have cleared the area.

**ATTESTATION STATEMENT:** In applying for this sanctioned event, the Host, the Coral Springs Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, City of Coral Springs and Broward County.

Officiating guidelines can be found below.



## **FLORIDA GOLD COAST SWIMMING OFFICIATING BEST PRACTICES IN THE ERA OF COVID: SUGGESTIONS FOR MEET REFEREES**

- Minimize number of officials on deck: Deck Ref; Starter; AO; 0-1 Stroke/Turn Judges for an intra-squad meet or a dual meet, 1-2 Stroke/Turn Judges for an invitational-style virtual meet. Extra officials may be used as relief teams but should remain off-deck and should practice social distancing when not working.
- Conduct pre-meet briefing by telephone or Zoom conference prior to the start of the meet.
- Officials should report directly to their assigned positions immediately before the start of the meet. Do not allow them to congregate in the starting area.
- Do not require officials to “sign in” when they arrive at the meet.
- Do not count on hospitality being available. Officials should bring their own water bottles.
- Do not share communal radios. Officials should bring their own radios to the meet.
- Officials should wear face coverings at all times while at the meet.
- Avoid using DQ slips or other unnecessary paper. DQ’s may be noted on the Stroke/Turn judge heat sheet and the Referee heat sheet should be used as the master DQ log.
- Consider announcing DQ’s over the PA or Start System rather than informing swimmers or coaches in-person.
- Communications between officials should be over the radio whenever possible.
- The Starter and Deck Referee should be separated by at least six feet.
- In general, there should only be one Starter. If more than one Starter is used, they must each have their own microphone and never share a microphone.
- Deck Referees should use electronic whistles.
- Consider having the heat that just finished their race swim down to the turn end and exit the pool from the turn end.
- Heat intervals will need to be increased by 30-50 seconds depending on the level of the swimmers.
- The AO/Computer Operator and the Timing Equipment operator should be separated by at least six feet and paper handling should be minimized to the extent possible.
- Officials should shelter in their privately owned vehicles in the event the deck must be evacuated for a weather event.

## HOTELS

### **CORAL SPRINGS**

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076  
Rachel Duewer - 954-227-4120

La Quinta Inn and Suites - 3701 North University Drive, Coral Springs, FL 33065  
Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites - 3100 North University Drive, Coral Springs, FL 33065  
Lynne Lulfs – Area Director of Sales – 954-591-5353

### **PLANTATION**

Sheraton Suites Fort Lauderdale Plantation - 311 N. University Drive, Plantation, FL 33324  
Sharena Powell -Sales Manager-954-424-3300

### **FORT LAUDERDALE**

Holiday Inn Express & Suites – 1500 West Commercial Boulevard, Fort Lauderdale, FL 33309  
Glenys Hanna – Director of Sales – 954-772-3032 ext. 200

### **POMPANO BEACH**

Residence Inn Pompano Beach Oceanfront – 1350 North Ocean Boulevard, Pompano Beach, FL 33062  
Thomas Miller – Director of Sales & Marketing – 954-590-1000

Marriot Resort Fort Lauderdale Pompano Beach – 1200 North Ocean Blvd, Pompano Beach, FL 33062  
Janae Weldon – Sales Manager, Business Development – 954-782-0100

### **COCONUT CREEK**

Hampton Inn & Suites Coconut Creek – 5740 N. State Rd 7, Coconut Creek, FL 33073  
Cristina Pavloff – Director of Sales & Marketing – 954-363-3000