



2023 Coral Springs Open Invitational
Coral Springs, FL – February 3-5, 2023



SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG24230340B011**

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 entering this meet, you voluntarily assume all risks related to exposure to COVID-19

HOSTED BY: CORAL SPRINGS SWIM CLUB

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).

DATE & TIME:

Friday, February 3, 2023

Session I Warm up: 4:00 pm Start of meet: 5:00 pm

Saturday, February 4, 2023

Session II Warm up: 7:30 am Start of meet: 8:30 am

Sunday, February 5, 2023

Session III Warm up: 7:30 am Start of meet: 8:30 am

POOL/TIMING:

50 meters x 25 yards heated outdoor pool, 25 yard-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 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: Medical Supervision: Coral Springs 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.

ELIGIBILITY: Open to all current 2023 USA swimming registered athletes.

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, 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.

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 – 954-629-3092 – csscswimentries@gmail.com

ENTRY: All entries must be received by Wednesday, January 25, 2023.
PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)
E-mail to 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.
***Entry Fees will be Doubled if not entered electronically.

ENTRY LIMIT: Individual events: Three (3) individual events per swimmer per session.

MEET CAP: The meet will be capped at **500** athletes per session on a first comes first basis.

DISTANCE EVENTS: The 500 Freestyle and 400 IM will be seeded fastest to slowest, alternating women and men.
Check-in for distance events will close on Thursday, February 2 at 6:00pm.

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

ENTRY FEES: **\$6.00 per individual event. No deck entries will be allowed for this meet.**

SPECTATORS: Spectators will be allowed at designated areas.

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.

SEEDING: All events will be seeded fastest to slowest.

AWARDS: Individuals Event: Ind. medals 1st – 3rd, ribbons 4th-8th.

SCORING: This competition is not scored.

ADMISSION: \$5 per person per day. Heat sheets: Heat sheets will be emailed directly to coaches and posted online at www.csscswim.com.

CONCESSIONS: Concession stand will be available.

HOSPITALITY: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

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.csscswim.com.

HEAD REFEREE: Francisco Alvarez

MEET DIRECTOR: Bruno Darzi

ADMINISTRATIVE OFFICIAL: Laura Azevedo/ Christine Palumbo

MEET MARSHALL: City of Coral Springs Lifeguard Staff

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**
Teams will be assigned lanes and warm up times based on the number of entries received. Each team will be limited to 40 minutes of warm up.

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

ORDER OF EVENTS

- Girls odd#, Boys even#

Friday – Session 1

Warm-up – 4:00 pm

Start of Meet – 5:00 pm

Event #	Event	Age Group
1-2	500 free	Open
3-4	400 IM	Open

Saturday – Session 2

Warm up: 7:30 am

Start of meet: 8:30 am

Event #	Event	Age Group
5-6	200 Freestyle	Open
7-8	100 Butterfly	Open
9-10	100 Backstroke	Open
11-12	50 Breaststroke	Open
13-14	50 Freestyle	Open
15-16	100 IM	Open
17-18	200 Breaststroke	Open

Sunday – Session 3

Warm-up – 7:30 am

Start of Meet – 8:30 am

Event #	Event	Age Group
19-20	200 Butterfly	Open
21-22	200 Backstroke	Open
23-24	100 Breaststroke	Open
25-26	100 Freestyle	Open
27-28	50 Butterfly	Open
29-30	50 Backstroke	Open
31-32	200 Individual Medley	Open

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@swimcsc.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.

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 experiencing any of the symptoms mentioned above, should not come to the meet.

THE USA SWIMMING & FGC SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.

LOCKER ROOMS: Locker rooms are equipped with a divider, allowing for use of both halves. Please read the signs posted at the door. One half will be designated for swimmers, while the other half will be designated for coaches, officials and volunteers.

CONCESSIONS AND HOSPITALITY: Concessions and hospitality room will be available at the meet.

FACE COVERINGS: EVERYONE is encouraged to wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming.

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

SPECTATORS: Masks will now be optional but recommended for all athletes, officials, coaches, and meet management. The spectator area on the east side of the starting blocks will be available as well as on the bleachers. There is PLENTY of parking at the facility. **Spectators must park across the street. Facility's parking lot is reserved for coaches, officials and volunteers ONLY.**

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

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: Warm up will be open to all teams. Warm down pool will be available throughout the length of the sessions. No lane assignment will be available.

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.



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
Contact number - 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