



FLORIDA GOLD COAST SWIMMING SENIOR CHAMPIONSHIPS

Mar 18-21, 2021

Pembroke Pines, FL

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.
Sanction No. **FG2R2107712024.1**

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.

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, FLORIDA GOLD COAST SWIMMING, FLORIDA 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.

Date	Women Prelims Warm-up	Women Prelims Start	Men Prelims Warm-up	Men Prelims Start	Finals Warm-up *	Finals Start *
Thursday, Mar 18					2:30pm	4:00pm
Friday, Mar 19	6:30am	8:00am	TBA	TBA	4:30pm	6:00pm
Saturday, Mar 20	6:30am	8:00am	TBA	TBA	4:30pm	6:00pm
Sunday, Mar 21	6:30am	8:00am	TBA	TBA	TBA	TBA

- Hosted by:** South Florida Aquatic Club and Comets Swim Team Booster Club
- Location:** Academic Village Swimming Pool. 17191 Sheridan Street, Pembroke Pines, FL. Enter from 172nd.
- The pool parking lot is for athletes that drive themselves to the pool, coaches, volunteers, and officials only.
- Athletes that do not drive themselves must be dropped off at the pool. Individuals dropping off swimmers may not leave their vehicles and congregate in the parking lot or by the pool gate.
- The pool deck and parking lot will be monitored by security.
- Pool/Timing:** 25 Yard x 50 meter heated outdoor pool with 10 short-course racing lanes with separate warm-up and swim-down lanes available. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 7'6" to 8'0" depending upon lane assignment. Colorado Timing Systems® electronic timing system with touch pads will be used for this meet. The competition course has been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming.
- Format:** These championships will be conducted in SCY. The 1650 yard freestyle, the 500 yard freestyle, the 100 and 400 individual medleys, and all relays will be timed final events. All other events will be conducted as preliminaries and finals with the top 30 swimmers from preliminaries advancing to finals.
- Rules:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
- 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.
- The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at the Academic Village site. 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.
- 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 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.
- 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.

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.

Eligibility: This meet is open to all athletes who:

1. Will be 15 years of age or over on the first day of the meet.
2. Are 2021 registered athlete members of USA Swimming as provided by article 302.
3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
4. Have achieved one or more qualifying times within the qualifying period.

The qualifying period shall be Mar 1, 2019 through the entry deadline.

Disability Athletes: Any athlete with a disability will be accommodated in accordance with Article 105. Qualifying times may be waived by the meet referee for such swimmers. Please contact the meet host ahead of time to allow for preparation.

Entry: Entries will only be accepted through USA Swimming Online Meet Entry (OME).

OME Opens: 12:01am EST Feb14, 2021
OME Closes: 11:59am EST Mar 12, 2021

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. Override times may be used to enter the 200-yard length relays and do not require proof. Override times for all other events not proven through SWIMS by the scratch deadline for the event in question will be scratched.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim two (2) individual events per day and a total of eight (8) individual events during the meet.

Teams are limited to no more than two entries per relay event.

Unregistered swimmers may not be added to a team's roster.
Relay-only swimmers may not be added to a team's roster.

Entries will be capped at 175 women and 175 men. When the number of women or men whose entries are checked out of OME reaches 175, OME will close and entries checked out after that time/date will not be accepted. At that point, additional athletes of the opposite gender may be added upon request to the entry chair until the number of athletes of both genders reaches 175.

Please note: Adding entries after previously checking out and then re-checking out will result in a later checkout time/date being recorded. This could potentially result in all entries not being accepted.

Entry Chair: Allan Golding email: allan.c.golding@comcast.net

OME Help: Allan Golding email: allan.c.golding@comcast.net

Deck Passes: Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:

1-7 Swimmers; 2 deck passes
8-15 Swimmers; 3 deck passes
16-23 Swimmers; 4 deck passes
24- 32 Swimmers; 6 deck passes
Over 32 Swimmers; 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. The cost of these deck passes are \$25 each.

The cost to replace a lost or missing deck pass will be \$50 at the venue.

Entry Fees: \$15.00 per individual event

Relay Fees: \$20.00 per relay

Surcharge: \$20.00 per swimmer

Coach deck pass: \$25.00 per pass

All teams must pay via cash or check made out to "SOFLO Swimming" upon arrival at the meet. All payments must be made before the team's first swim.

Late Entries: Entries will not be accepted after OME closes.

Responsibility Clause: The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds.

Seeding: All preliminary heats and timed finals events will be seeded in order of SCY then LCM. Heats will be ordered slowest to fastest except as otherwise noted in this meet announcement.

In preliminaries, all women's heats will be swum followed by all men's heats after a minimum 90-minute break.

Finals will be swum in event order. The order of the final heats will be C then B then A.

Distance: Swimmers may qualify for the 1650 freestyle using any of the 1650y / 1500m or 1000y / 800m qualifying standards.

Women and men will enter 1650 freestyle through OME in separate events. They will compete in a single mixed event seeded by time which will be resulted and scored separately.

Positive check-in by the scratch deadline for Sunday's 1650 free is required to compete. Heats will be swum slowest to fastest with the fastest ten women in the second last heat and the fastest ten men in the last heat. The last heat will conclude 10 minutes prior to the start of warm-ups for finals.

Relays: Positive check-in is not required. All relays will swim in the preliminary sessions.

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

Positive Check-in and Scratch Deadlines

Thursday events	6:30 PM Wednesday
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 or text your scratches from timed final events or preliminaries to the administrative referee.

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 or text to the administrative referee or in person.

Scoring: The top 20 places from finals will be scored as follows:

Individual: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1
Relays: 48,42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2

Officials: Meet Referee: Jose Carrion

Administrative Referee: Allan Golding

Admission: The venue will not be open to spectators. Events will be livestreamed. Please visit <https://www.teamunify.com/Home.jsp?tabid=0&team=fgcppcst> for more information.

Information: Swim Office at (954) 538-3721 - SoFloMeets@swim4SoFlo.com

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.

Warm-ups will be conducted as two 45-minute sessions. Teams will be notified of their warm-up assignments prior to the start of 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 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Swimming and Pulling, Push Off
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

Additional sprint lanes may be opened as necessary.

ORDER OF EVENTS**(All events are 15 & Over)****Thursday, March 18**

Women	Session 1 - Women Thursday	Session 2 - Men Thursday	Men
1	Women 100 IM	Men 100 IM	2
3	Women 500 Free	Men 500 Free	4
5	Women 400 IM	Men 400 IM	6

Friday, March 19

Women	Session 3 - Women Friday Prelims	Session 4 - Men Friday Prelims	Men
7	Women 200 Back	Men 200 Back	8
9	Women 100 Free	Men 100 Free	10
11	Women 200 Fly	Men 200 Fly	12
13	Women 200 Free Relay	Men 200 Free Relay	14

Saturday, March 20

Women	Session 6 - Women Saturday Prelims	Session 7 - Men Saturday Prelims	Men
15	Women 200 Free	Men 200 Free	20
17	Women 200 Breast	Men 200 Breast	22
19	Women 100 Fly	Men 100 Fly	24
21	Women 200 Medley Relay	Men 200 Medley Relay	26

Sunday, March 21

Women	Session 9 - Women Sunday Prelims	Session 10 - Men Sunday Prelims	Men
23	Women 100 Back	Men 100 Back	24
25	Women 100 Breast	Men 100 Breast	26
27	Women 50 Free	Men 50 Free	28
29	Women 200 IM	Men 200 IM	30

Women	Session 11 - Sunday Distance	Men
31	Women and Men Combined 1650 Free	32

Finals Order of Events**Friday, March 19**

Women	Session 5 - Friday Finals	Men
7	200 Back	8
9	100 Free	10
11	200 Fly	12

Saturday, March 20

Women	Session 8 - Saturday Finals	Men
15	200 Free	16
17	200 Breast	18
19	100 Fly	20

Sunday, March 21

Women	Session 12 - Sunday Finals	Men
23	100 Back	24
25	100 Breast	26
27	50 Free	28
29	200 IM	30

Time Standards

2021 FGC Senior Championships Time Standards				
Women			Men	
LCM	SCY	EVENT	SCY	LCM
30.19	26.29	50 Free	23.49	26.99
1:05.59	57.19	100 Free	50.69	57.59
2:22.49	2:05.59	200 Free	1:52.59	2:09.09
4:55.29	5:31.59	400/500 Free	5:09.89	4:38.39
10:13.39	11:22.49	800/1000 Free	10:46.39	9:41.89
19:43.09	19:12.69	1500/1650 Free	18:10.99	18:29.99
1:16.89	1:05.99	100 Back	1:00.59	1:10.29
2:45.39	2:23.19	200 Back	2:13.59	2:30.99
1:27.49	1:15.79	100 Breast	1:09.09	1:18.49
3:09.59	2:44.39	200 Breast	2:32.69	2:55.79
1:12.89	1:04.59	100 Fly	56.99	1:03.69
2:40.39	2:23.49	200 Fly	2:11.59	2:29.99
	1:07.99	100 IM	1:00.69	
2:41.89	2:20.69	200 IM	2:10.79	2:28.19
5:42.39	5:00.29	400 IM	4:40.59	5:17.49
NT	NT	200 Free Relay	NT	NT
NT	NT	200 Medley Relay	NT	NT

SOFLO Covid Protocol Information

The pool parking lot is for athletes that drive themselves to the pool, coaches, volunteers, and officials only.

Athletes that do not drive themselves must be dropped off at the pool. Individuals dropping off swimmers may not leave their vehicles and congregate in the parking lot or by the pool gate.

The pool deck and parking lot will be monitored by security.

The venue will not be open to spectators. Events will be livestreamed. Please visit <https://www.teamunify.com/Home.jsp?tabid=0&team=fgcpcst> for more information.

Hand sanitizer will be available at the entrance of the pool for athletes, coaches, officials and meet volunteers.

Athletes, coaches, officials, and meet volunteers must maintain social distancing at all times.

Face coverings must be worn at all times within the venue except by athletes while warming up, warming down, or while competing. Athletes must wear face coverings to and from the starting blocks. A basket with a facemask hook will be provided on which to hang face coverings when competing.

While a heat is competing, the next heat must stand behind the lane timers aligned with their lane assignments. The second next heat will assemble in a bullpen area overseen by a Meet Marshal on the lane one side.

Flyover starts will not be used.

After each heat, athletes will re-cover their faces and exit the starting block area to the lane ten side. The next heat will then be permitted to move in front of the lane timers and approach the starting blocks.

Compliance with instructions from Meet Marshals and Security Officers charged with enforcing the above protocols is mandatory at all times. Noncompliance may result in ejection from the venue and from the school grounds.