

**2020 Senior Long Course Sectional Qualifier**  
**February 7-8, 2020**  
**Plantation Aquatic Complex**

- Sanctioned by:** Florida Gold Coast Swimming, Inc. **Sanction #** FG28200380E008
- Cond. of Sanction:** The competition course has been certified in accordance with 104.2.2C(4). The Copy of such certification is on file with USA Swimming. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Plantation Swim Team and Booster Club 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.
- 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 swimmer's legal guardian to ensure compliance with this requirement.
- Hosted by:** The City of Plantation, Plantation Swim Team and PST Booster Club.
- Location:** **Plantation Aquatic Complex** 9151 NW 2nd Street • Plantation, Florida 33324
- Directions:** Plantation Aquatic Complex is located in Central Park. From I-95 go west on I-595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately  $\frac{3}{4}$  of a mile to Central Park Dr. (1st Stop light). On Central Park Dr. make a right. Park entrance is located on the right hand side. All meet information will be posted on the Plantation Swim Team Team website ([www.swimpst.com](http://www.swimpst.com)).
- General Meeting:** Saturday, February 9, at 8:45 a.m. Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each swimmer and coach to be aware of any changes made during this meet.
- Pool & Timing:** Competition Course – One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in second 50 meter course. Water depth at the competition starting end is 11'6 and turn end is 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System with full VIVILED video scoreboard will be utilized.
- 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. 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.
- 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.
- Eligibility:** Open to all 2020 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. No entrant will be permitted to compete unless the entrant is a member of USA Swimming (or a FINA federation) as provided in Article 302. On-deck registration will NOT be permitted.
- Disability Athletes:** PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmers disability must abide by the definition of a disability as outlined in USA Swimming Rules and Regulations. Swimmers with disabilities may compete, earn awards and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved the

included qualifying times for this meet. Entries for swimmers with disabilities should enter on TM-file or by Team Unify and email Terrell Woods ([terrellwpst@aim.com](mailto:terrellwpst@aim.com)) prior to submitting entry. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accommodated to the best of Meet Management's ability. **Please contact the pool office ahead of time (minimum of two weeks prior to start of event),** to allow for preparation email Terrell Woods at [terrellwpst@aim.com](mailto:terrellwpst@aim.com)

- Entries:** All teams entering swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manger or Team Unify software. Email entries to Terrell Woods ([terrellwpst@aim.com](mailto:terrellwpst@aim.com)). When you email the entries also attach a report of the entries by swimmer. Electronic mail confirmation will be sent within 48 hour after receipt of file. If you don't receive an email confirmation, your entries were not received.
- Entries due Wednesday January 29, 2020. All teams will pay via check or cash to "Plantation Swim Team Booster Club" upon arrival to the meet. One check per team. Athletes will not be allowed to compete until their entry fees are paid. Payment will be accepted at the Clerk of Course.**
- Late Entries:** Late entries which otherwise meet all eligibility and entry requirements will be accepted for this meet. Qualifying times must have been achieved by the entry deadline and proof of time must be provided. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. Entry fees for late entries will be double entry fee and double athlete/facility fee to be paid in "CASH ONLY".
- Meet Cap:** The meet will be capped at 400 athletes on a first comes first basis.
- Deck Entries:** The FGC deck entry policy is in effect. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswwim.org](http://www.fgcswwim.org). All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.
- Entry Limit:** Swimmers may enter all events which they qualify, however, they may only compete in five (5) individual events for the meet, and no more than three (3) individual events per session.
- Relay Events:** Teams may enter **A,B,C,D** relays only.
- Entry Fees:** \$5.00 per individual event, \$5.00 per relay team, \$10.00 per swimmer meet surcharge
- Seeding:** Entries will be seeded in order of LCM **ONLY**. All SCY entered times will be converted to LCM after the entry is accepted *No Short Course Meter Times will be*

*accepted.* All events will be seeded fastest to slowest, unless stated otherwise in the meet information.

**Positive Check-In:** Positive check-in is required to be seeded in the Women's and Men's 800 Free, Women's and Men's 1500 Free, 400 IM and 400 Free. Positive check-in will be available at the starters table.

**Positive Check-In DEADLINE:**

Fri., Feb. 7 Session I - 800 Free **4:15pm**

Sat., Feb. 8 Session II - 400 IM **8:45 a.m.**

Sat., Feb. 8 Session II - 1500 Free **10:00 a.m.**

Sat., Feb. 8 Session III - 400 Free **3:45 p.m.**

**800 Free:** Will be a mixed gender event, seeded by time. We will swim a maximum of 10 heats. Meet Management reserves the right to request proof of time on distance event entry times. All heats will be run fastest to slowest. Swimmers must provide their own timer and counter.

**1500 Free:** Women's and Men's 1500 free – We will swim a maximum of 3 heats of women and 3 heats of men. The 1500 will swim fastest to slowest alternating women & men. Each athlete must supply their own counters and timers. Meet Management reserves the right to request proof of time on distance event entry times. Swimmers must provide their own timer and counter.

**400 IM:** We will swim a maximum of 3 heats of women and 3 heats of men, fastest to slowest, alternating women then men. Meet Management reserves the right to request proof of time on distance event entry times.

**400 Free:** We will swim a maximum of 3 heats of women and 3 heats of men. Will be swum fastest to slowest, alternating women then men. Meet Management reserves the right to request proof of time on distance event entry times.

**Relay Events:** All relays are mixed gender. Each relay must have at least 2 male and 2 female participants. No positive check-in required. A, B, C, D, relays only.

**Officials:** Meet Referee: Fernando Abad  
Meet Director: Terrell Woods - [terrellwpst@aim.com](mailto:terrellwpst@aim.com)  
Admin: Hannah Molden – [moldenhannah@gmail.com](mailto:moldenhannah@gmail.com)

**Identification:** Coaches and officials shall wear their 2020 USA Swimming registration card in a conspicuous location at all times during the meet.

**Deck Restrictions:** USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Gold Coast Swimming, Inc.

sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.

**Deck Changing:** Except where venue facilities require otherwise, changing into, or out of swimsuits, other than locker room or other designated areas is not appropriate, and is **prohibited**.

**Information:** Meet Director - Terrell Woods: [terrellwpst@aim.com](mailto:terrellwpst@aim.com)

**Admission:** \$5.00 per person, per session. *All Sessions pass will be offered. Heat sheets will be posted online and on Meet Mobile App.*

## **WARM UP SCHEDULE:**

POOL OPENS: Friday 3:30P.M. / Saturday 7:30 a.m. / Saturday 3:00 p.m.

### Competition Course

LANE First 40 minutes (General Warm-up) / Second 20 minutes (Controlled Warm-up)

- 1 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)
- 2 Swimming and pulling only (push off) / Racing start, one way only
- 3 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 4 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 5 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 6 Swimming and pulling only (push off) / Racing start, one way only
- 7 Swimming and pulling only (push off) / Push off 50's pace (circle swimming)
- 8 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)

\*No equipment allowed during warm-up in Competition Pool

\*No racing starts in warm-up or warm-down lanes during the meet

\*Enter the water feet at all times during warm-up

### Pool 2 / 50 Meters ABSOLUTELY NO DIVING

#### LANE

- 1 PACE - Push off 50's or 100's pace (circle swimming)
- 2 Swimming and pulling only (push off)
- 3 Swimming and pulling only (push off)
- 4 Swimming and pulling only (push off)
- 5 Swimming and pulling only (push off)
- 6 Swimming and pulling only (push off)
- 7 Swimming and pulling only (push off)
- 8 Swimming and pulling only (push off)

\*No equipment allowed during warm-up in Warm Up Pool

\*No racing starts in warm-up or warm-down lanes during the meet

\*Enter the water feet at all times

Friday, February 7 – Warm up at 3:30pm. Race Start at 4:30pm

Event #	SCY	LCM	Event Title	LCM	SCY	Event #
1	11:32.49	10:21.39	Mixed 800 Free	9:51.89	10:56.39	1

Saturday, February 8 – Warm up at 7:30am. Race Start at 8:30am

Event #	SCY	LCM	Event Title	LCM	SCY	Event #
3	NT	NT	200 Mixed Medley Relay	NT	NT	3
			5 Min. Break			
5	2:09.29	2:24.49	200 Free	2:13.59	1:56.79	6
7	5:06.29	5:46.39	400 IM	5:21.49	4:48.79	8
9	2:25.49	2:42.39	200 Fly	2:31.99	2:13.59	10
11	28.39	31.89	50 Free	28.69	25.29	12
13	2:29.19	2:48.19	200 Back	2:32.99	2:15.59	14
15	1:18.89	1:30.79	100 Breast	1:20.49	1:11.09	16
17	33.29	37.39	50 Fly	33.69	30.29	18
19	34.89	39.69	50 Back	35.39	31.79	20
21	19:38.29	19:58.09	1500 Free	18:44.99	18:27.49	22

Saturday, February 8 – Warm up at 3pm. Race Start at 4pm

Event #	SCY	LCM	Event Title	LCM	SCY	Event #
23	NT	NT	Mixed 200 Free Relay	NT	NT	23
			5 Minute Break			
25	2:24.49	2:43.89	200 IM	2:30.19	2:12.79	26
27	1:00.79	1:08.19	100 Free	1:01.99	54.79	28
29	1:06.59	1:14.89	100 Fly	1:07.39	1:00.59	30
31	5:35.39	4:59.29	400 Free	4:42.39	5:16.49	32
33	2:49.69	3:13.39	200 Breast	2:57.79	2:35.09	34
35	1:09.89	1:19.49	100 Back	1:11.29	1:01.59	36
37	39.39	45.29	50 Breast	40.19	35.49	38

### 2020 Sectional Qualifier Hotel Information (February 7-8, 2020)

\*\*\*Reservations please feel free to contact Craig Rehak at (708)288-1673 for assistance\*\*\*