

Piranhas Senior Invite

March 2-5, 2023

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Sanction #: **FG23230610E003**

It is understood and agreed that USA Swimming, the facility, 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.

Hosted by: Plantation Swim Team, City of Plantation

Location: Plantation Aquatic Complex, Central Park, 9151 NW 2 St., Plantation, FL, 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. (1st Stop light) On Central Park make a right. Park entrance is located on the right hand side.

Date & Time:

Date	Prelims Warm-up	Prelims Start	Finals Warm-up	Finals Start
Thursday, Mar 2			3:30pm	5pm
Friday, Mar 3	7:00am	8:30am	3:30pm	5pm
Saturday, Mar 4	7:00am	8:30am	3:30pm	5pm
Sunday, Mar 5	7:00am	8:30am	3:30pm	5pm

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.

Technical Meeting: A technical meeting will be held on Wednesday, March 1 via Zoom @ TBA. Details will be distributed to the teams after entries close. It is the coaches' responsibility to be aware of all information presented at the meeting. Absence from the meeting will constitute a consent vote to any adjustments agreed upon. Breaks may be inserted.

Pool/Timing: One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in a second 25 yard x 50 meter course. Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System with full VIVILED video scoreboard may be utilized. The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.

Rules: Public Health and Safety mandates and guidelines of the State of Florida, Broward County, City of Plantation, and Plantation Aquatic Complex will be enforced.

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.

Medical Supervision: Plantation Aquatic Complex staffs 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.

Deck Changing: Deck changes are prohibited.

Camera Free Zone: The Florida Gold Coast Swimming CAMERA FREE ZONE policy will be 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 and the meet host 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 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: This meet is open to all swimmers who are 2023 registered members of USA Swimming as provided by article 302 and foreign athletes invited by USA Swimming and the host team, and who have achieved the published time standard in one or more events.

Entries will be capped at 600 swimmers. *Teams should not make nonrefundable travel arrangements before their acceptance into the meet is confirmed.*

Disability Athletes: Any athlete with a disability will be accommodated in accordance with Article 105. Qualifying times may be waived by the meet director (Terrell Woods – terrellwpst@aim.com) 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).

If OME is not available by December 27, we will be accepting entries via emailed (terrellwpst@aim.com) TM Entry file. The deadline will remain February 22.

OME Opens: 12:01 AM EDT January 2, 2023
OME Closes: 11:59 PM EDT February 22, 2023

OME Help: Terrell Woods – terrellwpst@aim.com

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. In the case of a time achieved in a foreign meet sanctioned by another FINA member, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database. Override times may be used to enter 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.

Bonus events will be permitted for this meet according to the following, as allowed by the Bonus Event Time Standards:

Individual Event Qualifying Times	Bonus Events Permitted
1	3
2	2
3	1
4 & Over	0

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

All teams will pay via credit card using USA Swimming's Online Meet Entry System.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day, and a total of seven (7) individual events during the meet.

Teams are limited to two entries (A & B) per relay event for 200- and 400-meter relays and one entry (A) for the 800-freestyle relay.

Qualifying Period: March 2, 2021 – February 22, 2023

Entry Fees: \$15.00 per individual event

Relay Fees: \$30.00 per relay

Surcharge: \$20.00 per swimmer

Coaches Deck Pass: \$20.00 per coach

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

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. Times will be verified by using the USA Swimming SWIMS Database. Any times not able to be verified will be scratched.

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

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

Thursday, Mar 2 events	30 Minutes after the conclusion of the Technical Meeting
Friday, Mar 3 events	5:30pm Thursday, Mar 2
Saturday, Mar 4 events	5:30pm Friday, Mar 3
Sunday, Mar 5 events	5:30pm Saturday, Mar 4

Relays: All Relays will be Timed Finals.

Women and Men's 800 Free Relay will swim at the conclusion of the Timed Final Session Thursday, March 2. Teams may enter 1 (A) relay only, per gender.

Mixed gender 200 Medley Relay will be swum at the conclusion of Prelims Friday, March 3 and shall be composed of two (2) Women and two (2) Men. Teams may enter 2 (A & B) total relays only.

Women and Men's 400 Free Relay will be swum at the conclusion of Finals Friday, March 3. Teams may enter 2 (A & B) relays only, per gender.

Women and Men's 200 Free Relay will be swum at the conclusion of Prelims Saturday, March 4. Teams may enter 2 (A & B) relays only.

Women and Men's 400 Medley Relay will be swum at the conclusion of Finals Saturday, March 4. Teams may enter 2 (A & B) relays only.

Women and Men's 200 Medley Relay will be swum at the conclusion of Prelims on Sunday, March 5. Teams may enter 2 (A & B) relays only, per gender.

800 & 1500 Free: Will swim fastest to slowest, alternating women then men by heat. Both events are timed finals.

Finals: Top 24 swimmers from prelims will qualify for finals. The order of the final heats will be A, B, C, with 8 swimmers in each (*See below for 50's*). 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.

Failure to compete in finals will result in the swimmer being fined \$25.00 cash. Swimmers may not compete in further individual events or on relays until all fines are paid.

50's Shootout: **Qualifying times for 50 Fly, Back and Breast MAY be the qualifying standards for their corresponding 100s.**

Finals for ALL A Final 50- meter races will be conducted in a “Shootout” format. Order for Finals for 50’s will be: A Final 1, then B Final, then A Final 2 (fastest 4 from A Final 1) then C Final, then A Final 3 (fastest 2 from A Final 2). The event winner will be the winner of A Final 3.

Scoring: Individual: 1-8 Place: 32, 28, 27, 26, 25, 24, 23, 22
9-16 Place: 20, 17, 16, 15, 14, 13, 12, 11
17-24 Place: 9, 7, 6, 5, 4, 3, 2, 1

Relays: 1-8 Place: 64, 56, 54, 52, 50, 48, 46, 44
9-16 Place: 40, 34, 32, 30, 28, 26, 24, 22
17-24 Place: 18, 14, 12, 10, 8, 6, 4, 2

Awards: Individual Events: 1st – 3rd
Relays: 1st – 3rd

Individual High Point: Women
Men

Team Awards: Combined: 1st – 5th
Women: 1st – 3rd
Men: 1st – 3rd

Meet Director: Terrell Woods - terrellwpst@aim.com

Officials: Meet Referee: Fernando Abad

Warm-up Schedule
Pool Opens Prelims 7:00am / Finals 3:20pm

Pool 1 (East) Competition Course - LCM

7:00am to 8:00am (General Warm-up)

8:00am to 8:30am (Controlled Warm-up)

1. Push off 50’s or 100 pace (circle swimming)
2. **Racing start.** One way only. **Diving Well End.**
3. Swimming and pulling (push off)
4. Swimming and pulling (push off)
5. Swimming and pulling (push off)
6. Swimming and pulling (push off)
7. **Racing start.** One way only. **Diving Well End.**
8. Push off 50’s or 100 pace (circle swimming)

Pool 2 (West)

Pool 2 MAY be set up LCM or SCY (to allow for a maximum number of athletes to warm up/down.) Swimming only.

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 first

Thursday, Mar 2

Women's Event #	SCY	SCM	LCM	Event	LCM	SCM	SCY	Men's Event #
1	11:02.09	9:36.29	9:52.69	800 Free*				
				1500 Free*	17:41.79	17:11.09	17:18.39	2
3	NT	NT	NT	800 Free Relay*	NT	NT	NT	4

*Timed Final

Friday, March 3

Women's Event #	SCY	SCM	LCM	Event	LCM	SCM	SCY	Men's Event #
5	28.69	31.39	32.39	50 Fly \$	29.09	28.09	25.49	6
7	4:48.89	5:18.79	5:26.99	400 IM	5:00.49	4:52.29	4:23.59	8
9	1:13.89	1:22.39	1:24.49	100 Breast	1:16.19	1:14.09	1:06.39	10
11	2:00.49	2:12.79	2:16.89	200 Free	2:05.89	2:01.79	1:50.09	11
13	34.39	38.69	39.69	50 Breast \$	35.49	34.49	30.59	13
15	NT	NT	NT	Mixed 200 Medley Relay*	NT	NT	NT	15
17	NT	NT	NT	400 Free Relay^	NT	NT	NT	18

\$ - Shootout Final

*Timed Final, All Heats Swim with Prelims

^Timed Final, All Heats Swim with Finals

Saturday, March 4

Women's Event #	SCY	SCM	LCM	Event	LCM	SCM	SCY	Men's Event #
19	29.99	33.59	34.59	50 Back \$	31.29	30.29	26.79	20
21	2:17.79	2:29.49	2:33.59	200 Fly	2:20.29	2:16.19	2:04.79	22
23	55.99	1:01.39	1:03.49	100 Free	57.29	55.29	50.39	24
25	2:19.29	2:35.19	2:39.29	200 Back	2:26.29	2:22.19	2:07.09	26
27	5:20.49	4:39.49	4:47.69	400 Free	4:27.29	4:19.09	4:59.09	28
29	NT	NT	NT	200 Free Relay*	NT	NT	NT	30
31	NT	NT	NT	400 Medley Relay^	NT	NT	NT	32

\$ - Shootout Final

*Timed Final, All Heats Swim with Prelims

^Timed Final, All Heats Swim with Finals

Sunday, March 5

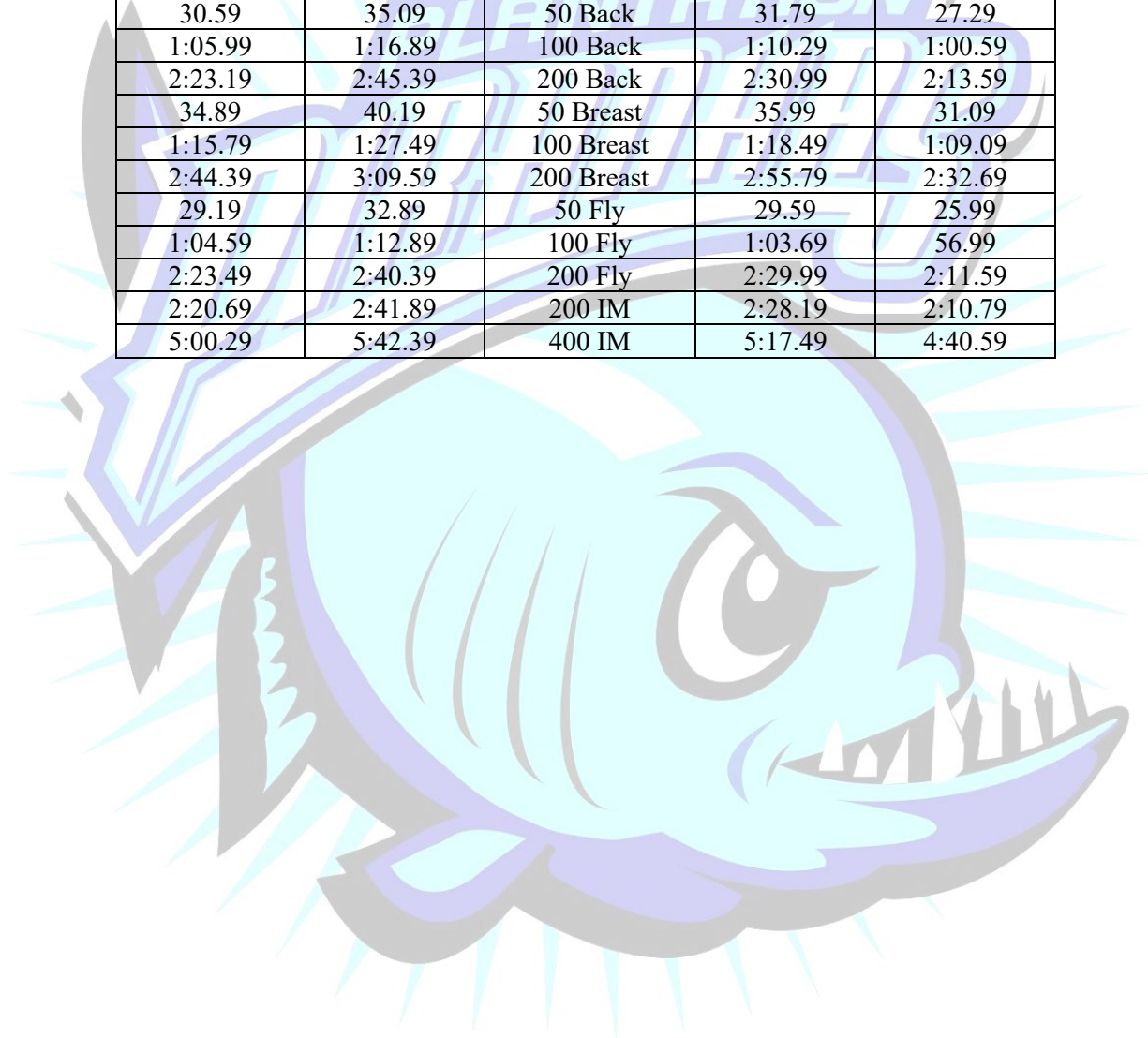
Women's Event #	SCY	SCM	LCM	Event	LCM	SCM	SCY	Men's Event #
33	25.89	28.29	29.39	50 Free \$	26.49	25.49	23.09	34
35	2:40.59	2:58.19	3:02.29	200 Breast	2:45.09	2:40.99	2:24.69	36
37	1:02.69	1:07.99	1:09.99	100 Fly	1:03.39	1:01.29	56.09	38
39	2:15.89	2:30.99	2:35.09	200 IM	2:21.29	2:17.19	2:03.39	40
41	1:04.99	1:12.19	1:14.19	100 Back	1:07.79	1:05.69	58.69	42
43	NT	NT	NT	200 Medley Relay*	NT	NT	NT	44
45	18:12.39	18:23.69	18:54.39	1500 Free*				
				800 Free*	9:13.59	8:57.19	10:20.29	46

\$ - Shootout Final

*Timed Final – All Heats Swim with Prelims

Bonus Event Time Standards

SCY	LCM	Event	LCM	SCY
26.29	30.19	50 Free	26.99	23.49
57.17	1:05.59	100 Free	57.59	50.69
2:05.59	2:22.49	200 Free	2:09.09	1:52.59
5:31.59	4:55.29	400/500 Free	4:38.39	5:09.89
11:22.49	10:13.39	800/1000 Free	9:41.89	10:46.39
19:12.69	19:43.09	1500/1650 Free	18:29.99	18:10.99
30.59	35.09	50 Back	31.79	27.29
1:05.99	1:16.89	100 Back	1:10.29	1:00.59
2:23.19	2:45.39	200 Back	2:30.99	2:13.59
34.89	40.19	50 Breast	35.99	31.09
1:15.79	1:27.49	100 Breast	1:18.49	1:09.09
2:44.39	3:09.59	200 Breast	2:55.79	2:32.69
29.19	32.89	50 Fly	29.59	25.99
1:04.59	1:12.89	100 Fly	1:03.69	56.99
2:23.49	2:40.39	200 Fly	2:29.99	2:11.59
2:20.69	2:41.89	200 IM	2:28.19	2:10.79
5:00.29	5:42.39	400 IM	5:17.49	4:40.59



2023 Piranhas Senior Invite Hotel Info (Mar. 2-5, 2023)

*****If you are having problems with any reservations please feel free to contact Craig Rehak at (708) 288-1673 for assistance*****

