



LAST CHANCE AGE GROUP DUAL MEET

NOVEMBER 21, 2020

Sanctioned by:

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG26203260E078**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, and the meet hosts 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: The City of Plantation and the Plantation Swim Team

Location: Central Park, Plantation Aquatic Complex, Plantation, FL 33324

Date and Time:

Date	Session	Warm-up	Meet Start
Saturday, November 21	1	7:30am	8:15am

Pool/Timing: Central Park Aquatic Complex; 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 5” to 10’0” 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.

Camera Zones: The Florida Gold Coast Swimming CAMERA FREE ZONE policy will be in effect at the Academic Village Pool 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.

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 and the City of Plantation 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.

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 current 2020 USA swimming athletes registered in Florida Gold Coast Swimming attached to Plantation Swim Team and Sunrise Swimming.

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.

Disability Athletes: Please notify the Meet Manager or Meet Referee PRIOR to the meet if you have an athlete with a disability and let us know how we can assist the athlete. It is the coach’s and/or athlete’s responsibility to notify meet management prior to the meet.

Entries: All entries must be received by 11:59 pm on Sunday November 15, 2020.

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

E-mail entries to terrellwpst@aim.com

Entry Cap: 75 swimmers per session.

Event Limit: Session 1 – Four (4) individual events and one (1) relay

Teams are limited to two (2) entries per relay event.

Deck Entries: Late entries and deck entries WILL NOT be accepted.

Entry Fees: \$0 per individual event.
\$0 per relay event.

Athlete Surcharge: \$0

Seeding: All events will be pre-seeded fast to slow. Positive check-in will not be required for any event.

Awards: No awards will be given.

Results/Scoring: Results and scores will be reported and scored in the following age groupings:

12&U Individual events: 12-9-8-7-6-5-4-3-2-1. Only the top five (5) athletes from each club may score.

12&U Relay events: 24-18-16-14. Each team may score two (2) relays.

Results will be merged with the results from the same events at the MWA vs. SOFLO dual meet and will be scored invitational-style with the above 12&U point system and scoring limits.

- Admission:** The venue will not be open to spectators. Events will be livestreamed. Please visit swimpst.com for more information.
- Meet Information:** Updates to meet information as well as Timelines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at: swimpst.com
- Meet Referee:** Fernando Abad
- Admin Referee:** Amy Trodick
- Meet Directors:** Terrell Woods
- 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.

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-up

Minutes 0-30

General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace

Minutes 31-40

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 Racing Starts, 25 yards One Length
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.

Minutes 41-45

Competition Course Cleared

Session 1 – 12&U

Girls	Description	Boys
27	11 & 12 Under 200 Med Relay (A & B)	28
29	10 & Under 200 Med Rely (A & B)	30
31	12 Under 200 Free	32
33	12 Under 50 Fly	34
35	12 & Under 100 Back	36
37	12 & Under 100 Breast	38
39	12 & Under 50 Back	40
41	12 & Under 50 Breast	42
43	12 & Under 100 Fly	44
45	12 & Under 100 Free	46
47	12 & Under 200 IM	48
49	11 & 12 & 200 Free Relay (A & B)	50
51	10 & Under 200 Free Relay (A & B)	52