**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.

Sanction No.: **​FGI091419YSF-B-22**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, YMCA of South Florida Barracudas swim teamshall 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.

**Sponsored by:** YMCA of South Florida

**Hosted by:** YSF Barracudas Swim Team

**Location:** YMCA Weston Family Center at Regional Park, Weston, FL

20201 Saddle Club Rd. Weston FL 33327

**Directions:** **From the North:** Travel south on FL-869/Sawgrass Exwy (Partial toll road), merge onto I-75 N toward Naples, take exit 21 to merge onto FL-84 W toward Indian Trace, turn left onto Indian Trace to Saddle Club Rd in Weston, turn right onto Saddle Club Rd towards Weston Regional Park, at the traffic circle, take the 1st exit. Pool complex in on the right

**From the South:** Travel north on I-75, take exit 13B for Griffin Rd W, turn right onto Bonaventure Blvd., turn left onto South Post Rd. toward Weston Regional Park, at the traffic circle, take the 2nd exit. Pool complex in on the right

**From the East:** Travel I-595 W toward Weston, and merge onto I-75 N, take exit 21 to merge onto FL-84 W toward Indian Trace, turn left onto Indian Trace to Saddle Club Rd in Weston, turn right onto Saddle Club Rd towards Weston Regional Park, at the traffic circle, take the 1st exit. Pool complex in on the right.

**Dates & Time: September 14-15, 2019   
Session I: Saturday - Timed Finals - Warm-up 7:30am. Meet starts at 9am**

**Session II: Sunday - Timed Finals - Warm-up 7:30am. Meet starts at 9am**

*\*All events are timed finals.* *Meet director reserves the right to change meet times (warm-up and start) to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

**Pool/Timing:** 25 Yard x 50-meter heated outdoor pool, 8 short-course racing lanes with separate warm-up and swim-down lanes available. Fly-over starts will possibly be used. Water depth at competition start end of pool varies from 6’7” to 8’6” depending on lane assignment, in accordance with 202.4.10 C. Omega Timing System® will be used.

**Camera Free Zone:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at thismeet. No person may use a camera or any other device capable of recording stillor 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 governmentalauthorities 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 networks(s) of YMCA of South Florida, Florida Gold Coast swimming, and 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 within USA Swimming and YMCA of South Florida.

**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 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 and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect, except where venue facilities require otherwise.

All applicable adults participating in or associated with this meet, acknowledge that they aresubject 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. Visit [USA Swimming’s MAAPP page](https://www.usaswimming.org/utility/landing-pages/minor-athlete-abuse-prevention-policy?fbclid=IwAR1JET9NJLtok014PnFuaqZcpebyfM-ndVV7y0lY7spUTHPhNsm8U00zrFI) for full details.

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 in accordance with rule 202.4.10 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.

Exceptions may be granted with prior written approval by the Vice President of Program Operations.

Deck changes are prohibited.

**Deck Change:** Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity.

**Disability Athletes:** Any athlete with a disability will be accommodated. Please contact the Meet Director or the Meet Referee ahead of time to allow for preparations.

**Eligibility:** Open to all current USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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.

**Entry Rules:** The eligibility of a swimmer will be determined by his or her age on the day of the first session of the event. Rules from the current USA Swimming Technical Rules will be in effect.

**Entries:** All entries must be received by **Wednesday, September 4, 2019**.

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

E-mail entries and questions to [webmaster@ysfbarracudas.com](mailto:webmaster@ysfbarracudas.com). NO faxed entries. Confirmation for electronic entries will be sent via e-mail. \*\* Submission of electronic entries signifies that all swimmers are USA Registered.

**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:** 4 individual events per swimmer per session.

**Awards:** Individual events: Medals 1st – 3rd Ribbons 4th – 8th for each age group (8 & under, 9-10, 11-12, 13 & Over)

**Scoring:** This competition will not be scored.

**Meet Cap:** The meet cap is 350 athletes on a first comes first basis, or 4-hours limit rule as detailed in FGC rule FG 1.17.a rule; whichever is meet first.

**Psych Sheet:** Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

**Deck Entries:** The FGC deck entry policy is in effect. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org/). Deck entries will be accepted the day of the meet with proof of USA Swimming membership until **30 minutes prior to the start of the meet**. Deck entered swimmers will be entered in selected events in open lanes only, first come-first served. All deck entered swimmers must present current USA Swimming Card in order to be entered. **Fees double the amounts.**

**Seeding:** Events will be seeded in short course yards by gender and by age groups. All sessions will be held as Timed Finals. ALL events except long distance events will be swum SLOWEST to FASTEST.

**500 free and 400IM:** Events will be seeded FAST to SLOW, alternating heats of women and men for the top 32 swimmers 13 years old and older. No deck entries allowed. Positive check-in ending 30 minutes after meet starts is required.  No refund if not in the top 32 or if swimmer scratch or if no sign-in. In case of a scratch, next fastest time submitted enters the event(s). Swimmers must provide their own timers and lap counter person.

**Entry Fees:** $4.00 per individual event Deck entry: $8.00

Surcharge: $5.00 per swimmer Deck entry: $10.00

**YSF Barracudas swim team members will be charged electronically as always.  
\*ALL OTHER TEAMS, one check per team payable to “YMCA of South Florida”**

**Admission: Admission:** $5.00 per session **Heat sheets**: Online

**Refunds:** Once the team or individual entry has been received and processed, there will be no refunds unless the FGC rule 1.17a.i.v applies.

**Meet Policy:** Entry to the facility will be through the side entrance of the pool, NOT through the main entrance of the YMCA. Locker rooms are available for the swimmers and families attending the event and we ask that you please not enter the main facility during the meet if you are not a registered member of the YMCA of South Florida. This is a non-smoking event. Anyone found smoking in the venue will be asked to leave immediately.

**Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the closed areas of the pool deck provided they have shown proper credentials to the meet host, and do not interfere with those conducting the event. Coaches are requested to wear their coaching credentials always. Volunteers must check-in at the entry gate, and the meet admission fee will be waived.

**Services:** Food and drinks will be available for purchase throughout the meet.

**Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.

**Meet Committee:** A meet committee will be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

**Meet Referee:** Kathy Fish ([albanyfish@yahoo.com](mailto:kathleenfish11@gmail.com)) 518-253-2458

**Meet Director:** John Spire ([jspire@ymcasouthflorida.org](mailto:jspire@ymcasouthflorida.org)) 954-557-8177

**Admin Official:** Rodolfo Manrique ([bomanrique@gmail.com](mailto:bomanrique@gmail.com)) 954-732-0725

**Warm-up Procedures**

Because of the large number of injuries occurring across the country during warm-ups, no diving into the pool will be allowed during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the officials and meet marshal in charge of the area.

NO equipment permitted. Swimmers must enter the water feet first.

**7:30 a.m. to 8:30 a.m. General Warm-Up**   
Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work

**8:30 a.m. – 8:55 a.m. 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 Racing Starts, 25 yards One Length.

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

**1. Pace lanes** – last 25 minutes of warm-ups. Push-off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entry only.

**2. Practice Racing Starts** – Last 25 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

**3. General Lanes** - Circle swimming only (counter clockwise only).

ORDER OF EVENTS

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Saturday – Session I** | | |  | **Sunday – Session II** | | |
| **Girls** | **Warm-up – 7:30am Meet Starts– 9:00am** | **Boys** |  | **Girls** | **Warm-up – 7:30am Meet Starts– 9:00am** | **Boys** |
| 1 | 10 & Under 50 Fly \* | 2 |  | 31 | 10 & Under 100 IM \* | 32 |
| 3 | 11-12 50 Fly | 4 |  | 33 | 11-12 100 IM | 34 |
| 5 | 13 & Over 100 Fly | 6 |  | 35 | 13 & Over 100 IM | 36 |
| 7 | 10 & Under 50 Back \* | 8 |  | 37 | 11-12 100 Back | 38 |
| 9 | 11-12 50 Back | 10 |  | 39 | 10 & Under 100 Fly \* | 40 |
| 11 | 13 & Over 100 Back | 12 |  | 41 | 11-12 100 Fly | 42 |
| 13 | 10 & Under 100 Free \* | 14 |  | 43 | 13 & Over 200 Fly | 44 |
| 15 | 11-12 100 Free | 16 |  | 45 | 10 & Under 50 Free \* | 46 |
| 17 | 13 & Over 100 Free | 18 |  | 47 | 11-12 50 Free | 48 |
| 19 | 10 & Under 100 Back \* | 20 |  | 49 | 13 & Over 200 Free | 50 |
| 21 | 10 & Under 50 Breast \* | 22 |  | 51 | 10 & Under 100 Breast \* | 52 |
| 23 | 11-12 50 Breast | 24 |  | 53 | 11-12 100 Breast | 54 |
| 25 | 13 & Over 100 Breast | 26 |  | 55 | 13 & Over 200 Breast | 56 |
| 27 | 13 & Over 200 IM | 28 |  | 57 | 13 & Over 200 Back | 58 |
| **---- 10 min Break** | | |  | **---- 10 min Break** | | |
| 29 | 13& Over 400 IM \* | 30 |  | 59 | 13 & Over 500 Free \* | 60 |

**\* Swim together - Awarded separately**

400 IM and 500 Freestyle conditions

* For swimmers 13 years old and older
* Top 32 swimmers
* Events will be seeded FAST to SLOW
* Alternating heats of women and men
* No deck entries allowed
* Positive check-in ending 30 minutes after meet starts is required
* No refunds if not in the top 32 or if swimmer scratch or no sign-in
* In case of a scratch, next fastest time submitted enters the events
* Swimmers must provide their own timers and lap counter person