



**SUNRISE
SWIMMING**

SUNRISE SWIMMING OPEN INVITE

September 18 & 19, 2021

***Sunrise Civic Center Pool
10610 W. Oakland Park Blvd.
Sunrise, Fl. 33351***

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. FG23212610D077

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Sunrise Swimming, and the City of Sunrise 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 entering this meet, you voluntarily assume all risks related to exposure to COVID-19.

Hosted by: The City of Sunrise, Sunrise Swimming, and Sunrise Swimming Booster Club.

Location: *Sunrise Civic Center
10610 West Oakland Park Blvd.
Sunrise, FL. 33351*

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex

Parking: Parking is free. Please do NOT park on the south side of Josh Lee Blvd; drivers will be towed from this

residential area.

Date & Time:

SEPTEMBER 18, 2021

Session 1-Timed Finals - Warm-up 7:30am. Meet starts at 9:00am

Session 2- Begins 10 minutes after session 1 is finished. Warm up and warm down pool is available during session 1.

SEPTEMBER 19, 2021

Session 3 - Timed Finals - Warm-up 7:30am. Meet starts at 9:00am

Session 4 - Begins 10 minutes after session 3 is finished. Warm up and warm down pool is available during session 3.

Pool/Timing:

Competition is in the Sunrise Civic Center Pool 50 meters x 25 yards heated outdoor pool. 8 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Daktronics Timing System® will be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C).

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.

Public Health and Safety mandates and guidelines of the State of Florida, Broward County, City of Sunrise, Sunrise Civic Center, and Sunrise Swimming will be enforced.

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 (202.3.3)

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.

Closed Deck:

Spectators will only be permitted in designated areas of the pool deck (south side of the pool), 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 the roped-off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the meet.

- Deck Changes:** Changing, in part or whole, 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 strictly prohibited.
- Eligibility:** Open to all current 2021 USA swimming athletes registered in Florida Gold Coast Swimming and affiliated with an FGC registered club.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- The Meet 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.
There are no Qualifying Times. **(Meet Entry limit is 400 swimmers)**
- Disability Athletes:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – coachchristiw@aol.com
Christi Wathen (954) 747-4635
- Entry Deadline:** All entries must be received by **Wednesday, September 8 @ 6pm EST.**
Meet Entry limit is 400 swimmers; This cap is subject to change depending on city capacity restrictions.
- Entry Limit/Procedure:** **Three events per session.** The 400 IM, 500 free and 1650 free are positive check in events. Deadline for positive check-in is 10am. These events will be seeded fastest to slowest, and alternating girls and boys.
500 and 1650 swimmers must provide their own timers and counters.
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to sunmeetentries@gmail.com. Email confirmation of entries will be sent to each team. Coaches are responsible for reviewing their team's entries at this time and notifying host of any issues within 24 hours
**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (954) 747-4635
- NOTE: Swimmers who are not USA Swimming registered will not be entered. *** Entry Fees will be Double if not entered electronically.**
- 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.
- Entry Fees:** \$ 5.00 per individual event
\$ 8.00 per swimmer surcharge
***Entry fees are made payable to "Sunrise Swimming Booster Club" (note: one check per team)**
- Deck Entries:** THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.
- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i-v applies.
- Seeding:** Eligible entries shall be seeded **Short Course yards only, fast to slow**
- Awards:** 1st thru 3rd place medals 4th thru 8th place ribbons
- Head Referee:** Harold Avellaneda
- Admin. Official:** Amy Trodick
- Meet Marshall:** City of Sunrise Lifeguard Staff
- Meet Director:** Christi Wathen – coachchristiw@aol.com – (954) 747-4635
Assistant
- Meet Director:** Alec Wathen (954) 747-4635

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.

Admission: \$5.00 per person per session. Heat sheets will NOT be sold at the gate. Heat sheets will be available free of charge online at sunriseswimming.com and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.

Concession: The City of Sunrise concession stand will be available during the meet.

Information: Call the Sunrise Swimming office (954) 747-4635.

Warm Up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first. The first 70 minutes of each morning session (7:30am-8:40am) will be General Warm Up – all lanes. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work. The last 15 minutes of each session (8:40-8:55am) will be 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 Racing Starts, 25 yards one length

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

Lane 8 Swimming and Pulling, Push Off

1. Pace lanes – last 10-15 minutes of warm up. Push-off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 15 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).

Saturday, September 18, 2021
Session 1
Warm-up: 7:30am Start: 9:00 am

EVENT #	EVENT
1&2	OPEN 200 IM
3&4	OPEN 100 FLY
5&6	OPEN 50 BACK
7&8	OPEN 200 BACK
9&10	OPEN 100 BREAST
11&12	OPEN 50 FREE
13&14	OPEN 100 IM

SESSION 2 (BEGINS 10 MINUTES AFTER END OF SESSION 1)

15&16	400 IM
17&18	500 FREE

Sunday, September 19, 2021
Session 3
Warm-up: 7:30am Start: 9:00 am

EVENT#	EVENT
19&20	OPEN 200 FREE
21&22	OPEN 50 FLY
23&24	OPEN 200 FLY
25&26	OPEN 100 BACK
27&28	OPEN 50 BREAST
29&30	OPEN 200 BREAST
31&32	OPEN 100 FREE

SESSION 4 (BEGINS 10 MINUTES AFTER END OF SESSION 3)

33&34	1650 FREE
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**Meet director, with approval from the Age Group Chairman, reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines.*

Sunrise Swimming – COVID Plan – Fall 2021

In applying for this sanctioned event, the Host, Sunrise Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, City of Sunrise and Broward County.

Sunrise Swimming – Expectations for Swim Meet at Sunrise Civic Center:

BEFORE THE MEET

Before the meet, all swimmers, volunteers, and spectators are asked to read the meet information and any information provided regarding the operational procedures that will take place during the meet.

Any swimmer, volunteer, coach, parent, or staff should refrain from attending the meet if they are sick or experiencing any of the following COVID symptoms: fever or chills, cough, congestion or runny nose, shortness of breath or difficulty breathing, sore throat, new loss of taste or smell, chills, headache, muscle or body aches, fatigue, nausea, diarrhea, or vomiting, bright red or any rash.

DURING THE MEET

FACILITY ENTRY / EXIT: Spectators will enter the facility through the building (admission fee to be charged). Entrance to the building is either through the Rotunda area on the west side or the double doors on the east side.

Swimmers, coaches, and officials will enter the pool deck through the back east gate. This gate will be open for spectators to exit the pool deck, and for re-entry as long as they are wearing a wristband purchased when initially entering the pool deck.

FACILITY / DECK SET UP: We ask that all parents sit on the south side of the pool by the bleachers. NO tents allowed on the south side of the deck. Spectators can bring chairs and sit in designated areas. All teams (coaches and swimmers) will sit on the east and north side of the pool. No spectators allowed on the north side of the pool.

Planned number of individuals for the Open Invite: 400 swimmers, 16 timers, 20 volunteers, 2-3 coaches per team, spectators.

FACE MASKS: Are recommended inside the Sunrise Civic Center building, but not required at the time of this writing. Rules may change and all teams will be notified if there are any changes.

SPECTATORS: Are allowed to sit on the south side of the pool deck. They will be separated from the swimmers and coaches. No tents allowed on the south side of the deck.

LOCKER ROOMS: Will be open. We ask that families use discretion in changing and showering after the meet.

CONCESSIONS & HOSPITALITY: The Civic Center building is open to patrons. Concessions and a hospitality room will be available at the meet.

HAND SANITATION STATIONS: Will be available throughout the facility during the course of the meet. Swimmers and spectators are encouraged to use them.

TRASH: Will be available throughout the facility.