

Lake Lytal Lightning's 2020 Annual Santa Claus & Holiday Sprint Inv.

Saturday Dec. 5, 2020



Sanctioned by:

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG132034005073**

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast Swimming 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:

Lake Lytal Lightning Swim Team

Location: Lake Lytal Aquatic Complex 3645 Gun Club Rd. West Palm Bch. 33460

Date and Time*: **Session 1** – Saturday 13 & Over. -- Warm up: 7:30am -- Start of session: 8:30 am
Session 2 – Saturday 11-12 Warm up 10:15 am -- Start of session: 11 am
Session 3 – Saturday 9-10 Warm up 12:30 pm -- Start of session: 1:15 pm
Session 4–Saturday 8 & Under Warm up 2:30pm—Start of session: 3 pm

*Meet director 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 and with Age Group Chair approval.

Pool/Timing: **Meet will be held in ten (10) – 25-yard lanes.** Pool is 50 meters x 25 yards, heated & cooled, outdoor pool. Colorado/Daktronics hybrid timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 5’0 to 8’0 depending on lane assignment 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.

Public Health and Safety mandates and guidelines of the State of Florida & PB County Parks & Rec

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

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 current 2020 USA swimming athletes registered in Florida Gold Coast Swimming, who are members of the **North Palm Beach Swim Club, Jupiter Dragons, Lake Lytal, East Coast Aquatic Club, River Rats Swim Team and Martin County Swim Team.**

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: 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 – NPBSwimming@gmail.com

Entries: All entries must be received by November 27, 2020. 8pm

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

E-mail to lightningswimming@gmail.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. Questions, please contact Coach Andrews at 561-310-4924

Note: Swimmers without registration number or birth dates will not be entered.

Entry Limit: Individual events: Four **(4)** individual events per session per swimmer.

Meet Cap: The meet will be capped at: Session 1: 160 Swimmers Session 2: 160 Swimmers Session 3: 160 Swimmers Session 4: 160 Swimmers

Deck Entries: Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.

Entry Fees: \$6 per individual event.

Facility Surcharge: \$15 per swimmer.

Refunds: Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1. 17a.i.v applies.

Seeding: Fastest to Slowest – YLS

Awards: Individual Events - Top 3 Medals: 6 & Under 25s. 8 & Under 50s. 9 Year Olds. 10 Year Old. 11 Year Old. 12 Year Old. 13 Year Old. 14 Year Old. 15 & Overs

Scoring: No Team Scores.

Admission: Free/ Heat Sheet Free

Meet Information: Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on the internet after entries are processed. Results will also be posted at the conclusion of the Meet. Look for this information at:
www.lightningswimming.org

Head Referee: Dee Herfurth

Meet Director: Gordon Andrews

Admin Official: Gordon Andrews

Meet Marshall: Steven Hughes & Facility Lifeguards

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.

Information: Gordon Andrews 561-310-4924

Warm-up Procedures: Lanes will be limited to no more than 4 swimmers per lane (2 per side) thus 80 swimmers can warmup at a time; warm up assignments of ½ hour each may be put in place depending on numbers of participants

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

Session #1 Saturday – Order of Events (7:30 warm-up, 8:30am start)*

| Event Number | Event | Age Group |
|--------------|------------|-----------|
| 1-2 | 50 Free | 13 & Over |
| 3-4 | 100 Back | 13 & Over |
| 5-6 | 100 Free | 13 & Over |
| 7-8 | 50 Back | 13 & Over |
| 9-10 | 100 IM | 13 & Over |
| 11-12 | 50 Breast | 13 & Over |
| 13-14 | 100 Fly | 13 & Over |
| 15-16 | 100 Breast | 13 & Over |
| 17-18 | 50 Fly | 13 & Over |
| 19-20 | 200 Free | 13 & Over |

Session #2 Saturday – Order of Events (10:15 warm-up, 11am start)*

| Event Number | Event | Age Group |
|--------------|-----------|-----------|
| 21-22 | 50 Free | 11-12 |
| 23-24 | 50 Back | 11-12 |
| 25-26 | 100 IM | 11-12 |
| 27-28 | 50 Breast | 11-12 |
| 29-30 | 50 Fly | 11-12 |
| 31-32 | 100 Free | 11-12 |

Session #3 Saturday – Order of Events (12:30pm warm-up, 1:15 pm start)*

| Event Number | Event | Age Group |
|--------------|-----------|-----------|
| 33-34 | 50 Free | 9-10 |
| 35-36 | 50 Back | 9-10 |
| 37-38 | 100 IM | 9-10 |
| 39-40 | 50 Breast | 9-10 |
| 41-42 | 50 Fly | 9-10 |
| 43-44 | 100 Free | 9-10 |

Session #4 Saturday – Order of Events (2:30 pm warm-up, 3pm start)*

| Event Number | Event | Age Group |
|--------------|-----------|------------|
| 45-46 | 25 Free | 8 & Under* |
| 47-48 | 50 Free | 8 & Under |
| 49-50 | 25 Back | 8 & Under* |
| 51-52 | 50 Back | 8 & Under |
| 53-54 | 25 Breast | 8 & Under* |
| 55-56 | 50 Breast | 8 & Under |
| 57-58 | 25 Fly | 8 & Under* |
| 59-60 | 50 Fly | 8 & Under |
| 61-62 | 100 Free | 8 & Under |

***ALL OF THESE START TIMES SUBJECT TO CHANGE ONCE ENTRIES ARE PROCESSED**

Broad Parameters

- Separate Sessions: 13 & Over, 11-12, 9-10, 8 & Under (**All sessions will have less than 160 participants**)
- **Each team's participants will have designated bleacher/deck assignments. For the 8 & Under, 9-10, 11-12 age groups ONE (1) parent may be present in each team's designated area and MUST wear mask.**
- **All volunteer timers & meet personnel will be temperature checked, wrist bands given and masks required.**
- **Masks for coaches, swimmers while not swimming, designated seating areas.**
- **NO HARD COPY HEAT SHEETS, all will be on M Mobile, LLL Website, and sent to coaches prior. NO ADMISSIONS & EXCHANGES OF MONIES. Each swimmer will have an additional \$3 added to swimmer surcharge to cover admission**
- Separate Entrance Gate (North Gate) and Exit Gate (South Gate) will be enforced
- Hand Sanitizing Stations throughout pool deck set up by host team
- Swimmers will maintain proper social distancing while behind blocks w/ competitor at block and following heat against west wall
- There will be NO CONCESSIONS.
- Coaches will have the option of a pre-packaged lunch and the option of using a hospitality area for pre-packaged snacks & sealed drinks

Supplemental Information

Palm Beach County Parks & Rec urges continued hand washing, social distancing, use of facial coverings and other precautionary measures as businesses partially reopen under Governor's Order 20-120.

- **Screening** of competitors/children at home before coming to the pool.
 - If anyone is feeling ill, has a fever (over 100.4 degrees), a sore throat, diarrhea, vomiting, abdominal pain, a severe headache or has been exposed to someone with COVID-19 in the past 14 days, THEY MUST STAY HOME.
 - If during the event, anyone experiences Covid-19 symptoms, they should isolate themselves and have another person notify a Lake Lytal coach or marshal of the situation. The coach or marshal will also notify the facility. The person will leave the event/go home and any areas that the sick person has touched or been will be disinfected.
 - Be advised that government health organizations are recommending people 65 years and older, those who live in a nursing homes or long-term care facilities, and people with underlying medical conditions (particularly if not well controlled) should remain home. Underlying medical conditions include chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised, severe obesity diabetes, chronic kidney disease undergoing dialysis, and liver disease.
 - CDC, state, and local guidelines are in effect during the meet.
 - All individuals must wear a face cover when entering and exiting the facility.
- **Face Coverings**
 - Everyone is requested to wear face coverings when entering the pool area, walking around inside the pool, and when in any indoor areas.
 - When entering locker rooms/restrooms, everyone will be required to wear face coverings and are encouraged to maintain social distancing
 - Swimmers may remove their face coverings and leave them with their belongings when getting ready for their race.
 - Upon completion of their race they should return to their place on deck and put their face covering back on if unable to social distance.
- **Swimmers**
 - Should bring their own water bottles and snacks as there will be no hospitality or shared water coolers.
 - Should bring a chair unless they intend to sit on the ground on a towel.
 - Will sit with their teams/groups and sit socially distanced from one another. Swimmers who live in the same household may sit next to one another. d. Handshakes, high fives, and team huddles are prohibited.

- Meet Procedures
 - Pre-meet warmup will limit swimmers to no more than 4 per lane. Teams may be assigned lanes and warmup times
 - During the swim meet there will be 2 timers per lane. Masks are mandatory for timers. Timers will stay seated unless they are standing for timing purposes.
 - Swimmers will line up two heats before their race behind the timers or standing on the west wall maintaining social distance
 - After each race, swimmers will exit the pool and walk to the warm down area or return immediately back to their designated team area. All swimmers must be cleared of the area for the next heat to step up.
 - Only 4 swimmers per warm down lane allowed during the meet. Swimmers must enter warm down lanes
 - Participants, parents, coaches, officials, volunteers will not share equipment.

- Other
 - Lake Lytal Lightning will provide hand sanitizer stations around the pool deck
 - All 8 & Under, 9-10, 11-12 sessions may have 1 Spectator/Parent per swimmer ONLY, these parents MUST remain in the designated team areas and WEAR facemasks throughout the competition. The 13 & Over session WILL NOT have parents/spectators.
 - **ANY VIOLATION OF THE FACEMASK RULE BY PARENT/SPECTATORS WILL RESULT IN EXPULSION FROM THE MEET BY PARK POLICE....THANKS FOR YOUR COOPERATION FOR THE SAKE OF THE YOUNG ATHLETES AND SOCIAL CONSIDERATION OF ALL INVOLVED**
 - Entrance to the facility will be through the North Gate.....Exit through the South Gate
 - The Meet Director, Gordon Andrews is the point of contact for any Covid-19 concerns.
 - We will limit pre-meet and post-meet meetings to the greatest extent possible between coaches, volunteers, participants, officials, and teams.
 - Bleacher seating areas may be used by teams but are not being sanitized between sessions
 - LLL will utilize electronic means of communicating heat sheets and results via Meet Mobile, lightningswimming.org

- Inclement Weather: In the event of inclement weather, swimmers, coaches, and spectators must return outside the pool gates and wait in their vehicles.

IF ANY OF THE ABOVE PARAMETERS ARE NOT TO YOUR TEAM'S PREFERENCE, AN INDIVIDUAL PARTICIPANT'S OR THEIR SAID FAMILY'S PREFERENCE.....WE ENCOURAGE TO NOT PARTICIPATE IN THIS COMPETITION