Meet Itinerary

2021 FLAGS Spring Championships North

March 4–7, 2021

Rosen Aquatic & Fitness Center, 8422 International Drive, Orlando, FL 32819

Important Notes

Facility COVID protocol is at the end of this itinerary. Please review the rules carefully.

Please arrive on time for the sessions! GSC is swimming in relays, so being on time is especially critical so the coach can confirm that all relay swimmers are present.

Communication with the coaches is paramount during the meet. Swimmers should see the coach before and after each swim.

- We expect swimmers to swim all of their events; skipping events or leaving the meet early impacts the team and is discouraged.
- Check with coaches and make sure that you are not in finals before you assume anything.
- Check with coaches and make sure that you are not swimming in relays before you leave the pool after your last individual event.
- If you are swimming and event that requires a lap counter please ask a teammate.
- Sunday evening bailouts will not be allowed! We expect every entered swimmer to swim all their eligible events including Sunday finals. This is a championship meet and team competition is a requirement. If you need to leave the meet early you must decide so before the start of the meet. GSC will be charged a fine for failure to swim in Sunday finals.
- We expect that if you make finals you will swim for yourself and for the team. Team points are an important component of any championship meet.

Swimmers will want to have the following:

- Face mask (must be worn at all times while in the facility and not swimming)
- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Water bottle to stay hydrated
- Warm clothes to put on between events
- Snacks should be light, healthy food—no junk food!

It will be cool and possibly rainy in Orlando this weekend so swimmers will want to be prepared to stay warm between events. The renovated facility is "semi open-air" so if the weather outside is cold it may be cooler in the facility than in the past.

Spectators
The meet will be live-streamed for viewing, and the host team will allow a very limited number of spectators into the venue, which is an indoor pool. Spectators will be allowed entry to watch their swimmer's race only and then will be required to leave to allow space for the next race's spectators. The following rules must be followed by spectators:

- Spectators are expected to enter the facility just prior to their swimmer's race, and to promptly exit the facility as soon as the race is completed. Temperature checks will be required at the spectator entrance.
- Spectators will NOT be allowed to bring chairs, cushions, towels, blankets, etc. into the facility. There is no congregating inside the facility. Spectator areas may be standing-room-only
- Spectators will be required to always wear masks properly and at all times without exception. Mouth and nose must be fully covered.
- Spectators will be required to always maintain 6 feet of social distance.
- Those with a health issue preventing the proper wearing of a mask should plan to watch the live stream outside the facility on their own devices.
- Spectators wishing to speak with their swimmer should plan to do so outside and should not interact with swimmers inside the spectator viewing area.
- Those determined to be non-compliant will be asked to leave the facility immediately and without warning.
- Tents and chairs are acceptable outside the facility, but county social distancing requirements must always be adhered to.
- Parking will be available at the north and south ends of the building. There will be NO vehicle traffic on the west (I-4) side of the facility as that space will be used for tenting and seating.
- Heat sheets and meet results will be posted at accurateswimtiming.com as soon as they are available.
- There will be no public wifi available during this meet.
- Restrooms will be available at the facility near the spectator area (see facility map).

Team Schedule

Thursday Evening (session 1)
Coach attending: Chris

Arrive by: 3:15 pm
Warm-up: 3:30–4:50 pm
Meet begins: 5:00 pm

Friday Morning
(session 2, 13–14 prelims)
Coach attending: Chris

Arrive by: 6:45 am
Warm-up: 7:00–8:20 am
Meet begins: 8:30 am

Friday Afternoon
(session 3, 11–12 prelims, 10 & under)
Coach attending: Chris

Arrive by: 10:30 am
Warm-up: 10:50–11:50 am
Meet begins: 12:00 pm

Friday Evening (session 4, 11–14 finals)
Coaches attending: Chris, Robert

Arrive by: 4:15 pm
Warm-up: 4:30 pm
Meet begins: 5:30 pm

Saturday Morning
(session 5, 13–14 prelims)
Coaches attending: Chris, Robert

Arrive by: 6:45 am
Warm-up: 7:00–8:20 am
Meet begins: 8:30 am

Saturday Afternoon
(session 6, 11–12 prelims, 10 & under)
Coaches attending: Chris, Robert

Arrive by: 10:30 am
Warm-up: 10:50–11:50 am
Meet begins: 12:00 pm

Saturday Evening (session 7, 11–14 finals)
Coaches attending: Chris, Robert

Arrive by: 4:15 pm
Warm-up: 4:30 pm
Meet begins: 5:30 pm

Sunday Morning
(session 8, 13–14 prelims)
Coaches attending: Chris, Robert

Arrive by: 6:45 am
Warm-up: 7:00–8:20 am
Meet begins: 8:30 am

Sunday Afternoon
(session 9, 11–12 prelims, 10 & under)
Coaches attending: Chris, Robert

Arrive by: 10:30 am
Warm-up: 10:50–11:50 am
Meet begins: 12:00 pm

Sunday Evening (session 10, 11–14 finals)
Coaches attending: Chris, Robert

Arrive by: 3:45 pm
Warm-up: 4:00 pm
Meet begins: 5:00 pm

USA SWIMMING & FLORIDA SWIMMING COVID-19 SUPPLEMENT

NORTH FLAGS – ROSEN AQUATIC & FITNESS CENTER (ORLANDO)

1. SOCIAL DISTANCING PROTOCOLS

- Temperature checks will be mandatory to enter the facility. Individuals should not come to the facility if they have a fever or have felt ill in the last 24 hours. If you feel ill, please get tested and report positive tests to your coach ASAP. Please take your temperature before you walk in/leave house. A staff member may ask and record the information.
- We will have one entry and one exit to the facility. Walkways will also be one way according to the posted signs. Please social distance (6 feet apart) as you move through the facility.
- Teams will be assigned specific seating areas. (A seating diagram will be provided once all entries have been received)
- Teams will be assigned designated warmup lanes for pre-session warmup, and swimmers will maintain social distance in their lanes with no congregating at the ends of the lane.
- Swimmers should bring their own gear. There is no community equipment available (i.e. kickboards).
- Coaches will supervise social distancing in the pool; designated social distance volunteer marshals will assist in supervising social distancing in the assigned spectator and athlete seating areas.
- The locker rooms will be available for athletes to use the restroom and change. There will be a limited number of individuals allowed at any one time. One person per shower stall. We strongly encourage changing/showering at home.
- Individuals not following the social distancing guidelines will be asked to leave the facility.

2. SPECTATOR PROTOCOLS

- Depending on the number swimmers, there may be a limited number of spectators allowed in the venue at any time during the meet to ensure social distancing.
- Spectators will be required to maintain 6 feet of social distance from all individuals not living in the same home and be required to wear masks at all times, without exception. Those unable to comply with the published safety protocols for any reason should plan to watch the event from outside the venue.
- Spectator areas are separate from athlete/coaches areas and may be standing room only, (i.e. no bleachers or seats available for spectators).
- Tents and chairs are acceptable outside the facility as long as they are socially distanced from neighboring tents and chairs.
- Spectators willing to serve as volunteer timers on pool deck should contact the meet director via email.

3. PERSONNEL EXPECTATIONS

- We have a very large, semi-open air venue and are able to break it into several distinct sections that also allow for 6 feet of social distancing. We expect to limit the maximum personnel (including swimmers, coaches and officials) inside the venue to 400 at any one time.
- All attendees will be required to agree to a COVID-19 waiver as well as agree to all safety protocols. Individuals not following safety protocols will be asked to leave the facility.

4. SAFE SPORT CONSIDERATIONS

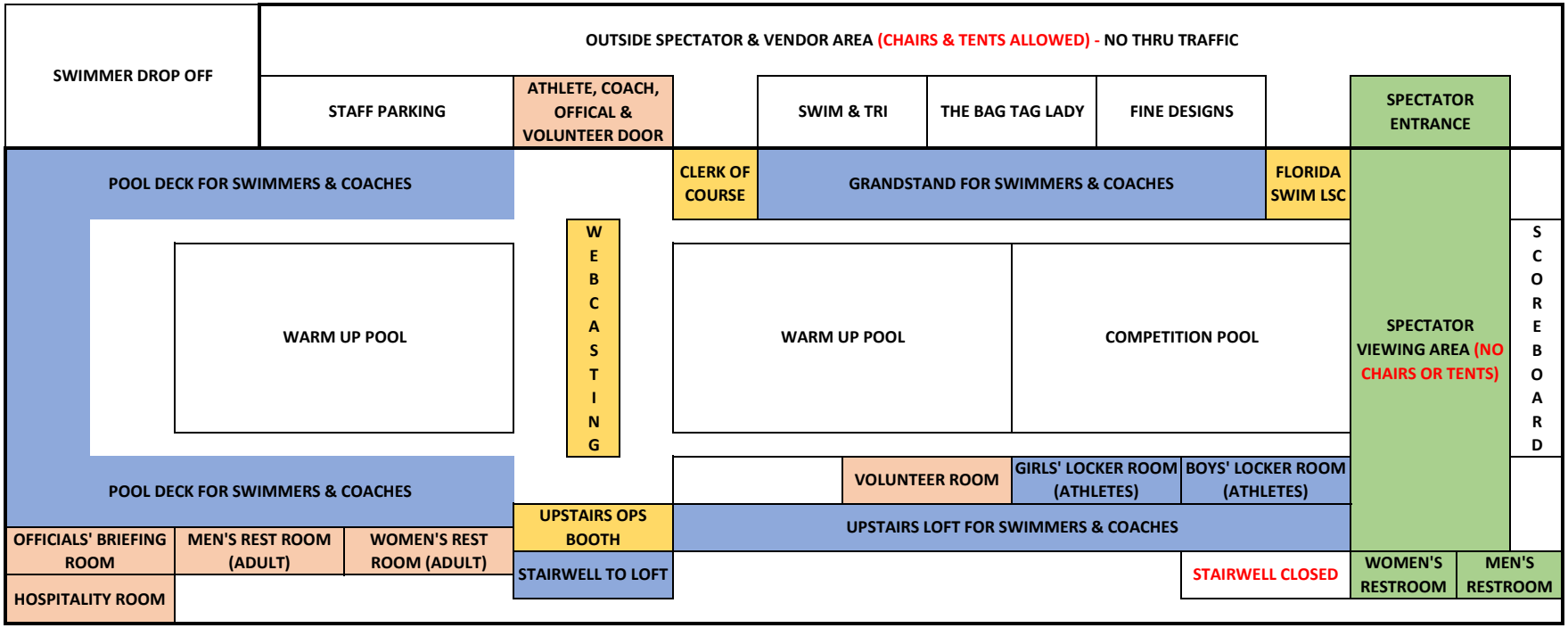
- All USA Swimming Safe Sport requirements and standards will remain in place at all times in conjunction with these additional COVID-19 requirements.
- Parents will be able to communicate directly with their children in common walkways or outside the facility if required.

5. COMPLIANCE ATTESTATION

- In applying for this sanctioned event, the Host, the Rosen Aquatic and Fitness Center, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Orange County.

6. MODIFICATIONS TO SAFETY PROTOCOLS

- In the event of new government, health department or venue guidance, these safety protocols may be modified at any time to ensure the safety of all personnel.



COACHES, OFFICIALS & VOLUNTEERS

*All coaches, officials and volunteers must check in upon entering the building AND display their credentials at all times while inside the facility.

SPECTATOR POLICY

*Spectators are expected to enter the facility just prior to their swimmer's race, and to promptly exit the facility as soon as the race is completed.
*Spectators will NOT be allowed to bring chairs, cushions, towels, blankets, etc. into the facility. There is no congregating inside the facility.
*Spectators will be required to always wear masks properly, all times and, without exception. Mouth and nose must be fully covered.
*Spectators will be required to always maintain 6 feet of social distance.
*Those with a health issue preventing the proper wear of a mask should plan to watch the live stream outside the facility on their own devices.
*Spectators wishing to speak with their swimmer should plan to do so outside and should not interact with swimmers inside the spectator viewing area.
*Those unable to comply with the published safety protocols for any reason should plan to watch the event from outside the venue.
*Those determined to be non-compliant will be asked to leave the facility immediately and without warning.
*Tents and chairs are acceptable outside the facility, but county social distancing requirements must always be adhered to.

GENERAL INFO

*Parking will be available at the north and south ends of the building. There will be NO thru traffic on the west (I-4) side of the facility.
*Heat sheets will be available at accurateswimtiming.com, floridaswimming.org & rosenaquatic.com.
*There will be no public wifi available during this meet.

West
South - North
East