

# GRSC Winter Invite 2020 (SCY)

## February 14-16, 2020

Gulliver Swim Club

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG332004516012**

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.

**Hosted by:** Gulliver Swim Club

**Location:** 6575 N Kendall Drive, Miami, FL 33156

**Directions:**

- 1) Take I-95 South
- 2) Continue onto U.S. 1 S
- 3) Turn left onto SW 67th Ave/Ludlam Rd
- 4) Turn left onto SW 88th Street
- 5) Destination will be on the left

<b>Date and Time:</b>	Session I- Friday	Warm up: 4:00 PM	Start of meet: 5:00 PM
	Session II- Saturday	Warm up: 8:00 AM	Start of meet: 9:00 AM
	Session III- Saturday	Warm up: 1:00 PM	Start of meet: 2:00 PM
	Session IV- Sunday	Warm up: 9:00 AM	Start of meet: 10:00 AM
	Session V- Sunday	Warm up: 2:00 PM	Start of meet: 3:00 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:** 25 yards x 50 meters heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down lanes available. Omega 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 6'9" to 8'6" 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. 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 registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

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.

Swimmers must have achieved the BB qualifying standard listed (below Order of Events) to swim each event.

**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 – Jackson Leonard- LeonJ@gulliverschools.org

**Entries:** All entries must be received by February 3, 2020.

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

E-mail to LeonJ@gulliverschools.org fax: 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 office at (305) 666-7937 x 1471

**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: 8 individual events per swimmer, 4 per session max.

**Meet Cap:** The meet will be capped at 500 athletes on a first comes first basis. The final team to reach the cap will be admitted in full.

**Deck Entries:** The FGC deck entry policy is in effect. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org). All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.

**Entry Fees:** \$4 per individual event. Deck entry: \$8 per individual event.

**Facility Surcharge:** \$7 per swimmer; Deck entry: \$14 per swimmer.

\*Entry fees are made payable to Gulliver Swim Club (note: one check per team)

**Unregistered Teams:** Non-registered or nonexistent teams must submit entries for swim meets by email with the information about the athletes (date of birth, name, USA-S ID#, events and entry times). The entries are considered deck entries since they have to be entered manually and they will be charged accordingly, which currently is double the stated amount in the meet announcement.

**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

**Distance Events:** The 500 Free, 400 IM, and 1650 Free will be swum alternating women then men, fastest to slowest. All distance events are positive check in and swimmers must provide their own timer and counters as needed.

Distance events will be limited to the top 40 fastest entries per event. There will be a no break before the first heat of any distance events (400 meters and up) as the entire meet will be run fastest to slowest.

The Open Distance events will be limited to swimmers ages 11 and older.

Positive check in will close 30 minutes prior to the start of each session.

**Awards:** Individuals Events: Medals 1st – 3rd places

Ribbons 4th – 8th for each age group: 10 and under, 11-12, Open.

**Scoring:** THIS MEET WILL NOT BE SCORED

**Admission:** \$6.00 per session. Heat sheets: Free. Heat sheets will be available online at [www.gulliverswimclub.org](http://www.gulliverswimclub.org), under the “GRSC Winter Invite 2020 (SCY)” Aquatic Events.

**Meet Information:** Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at [www.gulliverswimclub.org](http://www.gulliverswimclub.org)

**Head Referee:** Fabio Meira

**Meet Director:** Jackson Leonard

**Admin Official:** Gena Wall, Liz Rosenthal

**Meet Marshall:** Ana Castro

**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:** Jackson Leonard, [LeonJ@gulliverschools.org](mailto:LeonJ@gulliverschools.org)

**Warm-up Procedures:** NO Equipment Permitted. Swimmers must enter the water feet first.  
First 40 minutes- General Warm Up ; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work  
Last 15 minutes (Pool closes with 5 minutes to start of the meet)  
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  
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 up. Push- off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet first entries 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).

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

**ORDER OF EVENTS**  
GRSC Winter Invite 2020 (SCY)

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
<b>Session I- Friday- Warm Up: 4:00 PM, Meet Starts: 5:00 PM</b>		
1	11& Over 1650 Free	2
<b>Session II- Saturday AM- Warm Up: 8:00 AM, Meet Starts 9:00 AM</b>		
3	13 and Over 200 Freestyle	4
5	13 and Over 200 Backstroke	6
7	13 and Over 100 Breast	8
9	13 and Over 50 Freestyle	10
11	13 and Over 200 Butterfly	12
13	11 & Over 500 Freestyle	14
<b>Session III- Saturday PM- Warm Up: 1:00 PM, Meet Starts 2:00 PM</b>		
15	12 and Under 200 Freestyle	16
17	12 and Under 100 Backstroke	18
19	12 and Under 50 Breast	20
21	12 and Under 50 Freestyle	22
23	12 and Under 100 Butterfly	24
<b>Session IV- Sunday AM- Warm Up: 9:00 AM, Meet Starts 10:00 AM</b>		
25	13 and Over 200 IM	26
27	13 and Over 100 Free	28
29	13 and Over 200 Breast	30
31	13 and Over 100 Butterfly	32
33	13 and Over 100 Backstroke	34
35	11 & Over 400 IM	
36		
<b>Session V- Sunday PM- Warm Up: 2:00 PM, Meet Starts 3:00 PM</b>		
37	12 and Under 100 IM	38
39	12 and Under 100 Freestyle	40
41	12 and Under 100 Breast	42
43	12 and Under 50 Butterfly	44
45	12 and Under 50 Backstroke	46

Time Standards:

Girls			10 & Under	Boys		
SCY	SCM	LCM	Stroke	LCM	SCM	SCY
35.19	38.89	39.89	50 Free	39.49	38.09	34.49
1:19.99	1:28.39	1:31.49	100 Free	1:30.29	1:26.99	1:18.79
2:57.39	3:15.99	3:20.99	200 Free	3:12.09	3:05.69	2:47.99
7:35.49	6:38.59	6:51.09	500 Free	6:44.59	6:31.19	7:26.99
41.89	46.29	48.89	50 Back	49.19	46.79	42.39
1:30.69	1:40.19	1:45.99	100 Back	1:43.59	1:39.09	1:29.69
47.49	52.49	53.99	50 Breast	53.29	51.39	46.59
1:44.99	1:55.99	2:01.49	100 Breast	1:57.69	1:52.59	1:41.89
41.79	46.19	47.29	50 Fly	45.99	44.79	40.49
1:39.09	1:49.49	1:52.99	100 Fly	1:51.39	1:48.29	1:37.99
1:31.69	1:41.29		100 IM		1:38.79	1:29.39
3:15.59	3:36.19	3:43.19	200 IM	3:40.79	3:33.49	3:13.19
Girls			11 - 12	Boys		
SCY	SCM	LCM	Stroke	LCM	SCM	SCY
31.49	34.69	35.79	50 Free	34.69	33.39	30.29
1:08.29	1:15.49	1:18.49	100 Free	1:15.69	1:12.89	1:05.89
2:29.69	2:45.39	2:50.39	200 Free	2:45.19	2:39.79	2:24.59
6:38.39	5:48.69	5:56.49	500 Free	5:48.69	5:39.09	6:27.49
23:07.29	22:59.19	23:55.39	1650 Free	23:25.49	22:29.59	23:37.49
35.59	39.29	41.19	50 Back	40.89	38.99	35.29
1:18.49	1:26.69	1:31.09	100 Back	1:29.09	1:23.69	1:15.79
2:43.99	3:01.29	3:10.19	200 Back	3:06.49	2:57.19	2:40.29
39.99	44.19	45.49	50 Breast	45.39	43.69	39.59
1:27.39	1:36.59	1:41.39	100 Breast	1:38.49	1:34.39	1:25.49
3:08.59	3:28.39	3:36.09	200 Breast	3:28.69	3:19.99	3:00.99
34.09	37.69	38.29	50 Fly	38.69	37.79	34.19
1:18.29	1:26.49	1:28.49	100 Fly	1:26.29	1:24.49	1:16.49
2:47.89	3:05.59	3:10.19	200 Fly	3:07.69	3:01.19	2:43.99
1:18.39	1:26.59		100 IM		1:22.89	1:14.99
2:47.79	3:05.39	3:11.49	200 IM	3:09.29	3:01.49	2:44.19
5:56.79	6:34.19	6:48.29	400 IM	6:39.39	6:22.79	5:46.39

Girls			13 - 14	Boys		
SCY	SCM	LCM	Stroke	LCM	SCM	SCY
30.29	33.49	34.59	50 Free	31.99	30.79	27.89
1:05.79	1:12.69	1:15.39	100 Free	1:09.99	1:07.29	1:00.89
2:22.19	2:37.19	2:42.59	200 Free	2:32.29	2:26.69	2:12.79
6:20.09	5:32.69	5:40.89	500 Free	5:24.09	5:41.19	5:58.99
21:43.19	21:35.69	22:23.09	1650 Free	21:27.39	20:35.99	20:43.19
34.19	37.69	39.49	50 Back	36.99	35.29	31.89
1:11.69	1:19.19	1:23.59	100 Back	1:18.29	1:13.89	1:06.89
2:35.39	2:51.69	2:59.39	200 Back	2:49.69	2:41.19	2:25.89
38.39	42.39	43.59	50 Breast	40.89	39.19	35.59
1:22.39	1:30.99	1:34.99	100 Breast	1:28.09	1:23.49	1:15.59
2:58.29	3:16.99	3:25.59	200 Breast	3:11.59	3:02.99	2:45.59
32.69	36.19	36.79	50 Fly	34.69	33.79	30.59
1:11.39	1:18.89	1:21.09	100 Fly	1:15.49	1:13.29	1:06.39
2:37.89	2:54.49	2:59.49	200 Fly	2:49.19	2:42.49	2:26.99
1:18.29	1:26.59		100 IM		1:15.69	1:08.59
2:39.19	2:55.89	3:03.39	200 IM	2:51.99	2:44.19	2:28.59
5:39.69	6:15.39	6:27.59	400 IM	6:04.69	5:50.69	5:17.39
Girls			15 & Over	Boys		
SCY	SCM	LCM	Stroke	LCM	SCM	SCY
29.79	32.89	33.79	50 Free	30.19	29.59	26.79
1:04.59	1:11.39	1:13.59	100 Free	1:07.09	1:04.49	58.39
2:19.19	2:33.79	2:38.69	200 Free	2:26.09	2:20.89	2:07.49
6:12.09	5:25.59	5:32.89	500 Free	5:09.89	5:02.79	5:45.99
21:26.19	21:18.69	22:02.19	1650 Free	20:33.99	19:55.89	20:02.89
33.29	36.79	38.59	50 Back	36.09	33.39	30.49
1:10.09	1:17.39	1:21.99	100 Back	1:14.69	1:10.19	1:03.49
2:32.39	2:48.39	2:55.59	200 Back	2:41.39	2:33.79	2:19.19
37.49	41.39	42.29	50 Breast	39.39	37.49	34.09
1:20.69	1:29.19	1:32.49	100 Breast	1:23.49	1:19.59	1:12.09
2:54.69	3:13.09	3:20.79	200 Breast	3:02.49	2:53.09	2:36.59
32.49	36.19	36.79	50 Fly	33.99	33.39	30.29
1:09.99	1:17.29	1:19.49	100 Fly	1:11.79	1:10.09	1:03.39
2:34.89	2:51.09	2:54.79	200 Fly	2:40.39	2:35.39	2:20.59
1:15.49	1:24.09		100 IM		1:15.09	1:07.29
2:36.19	2:52.59	2:59.69	200 IM	2:43.99	2:36.69	2:21.79
5:31.99	6:06.89	6:18.79	400 IM	5:47.29	5:37.69	5:05.59