

**Florida Swimming mandates that all persons on the pool deck or in the facility during a Florida Swimming sanctioned/approved meets must wear a mask at all times and is enforceable by meet management and/or facility.**

# Treasure Coast Swimming

## Go For the Gold



## Invitational

May 1-2, 2021

**Hosted By:** Treasure Coast Swimming

**Type of Meet:** 50 meter long course/ timed finals

**SANCTIONED BY:** Florida Swimming Member of USA Swimming Sanction #**FL-5593**

"In granting this approval it is understood and agreed that USA-S and FL 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."

**Condition of Sanction:**

1. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming OR the competition course has not been certified in accordance with 104.2.2(C).
3. Deck changes are prohibited per rule 202..4.9.1
4. 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 USA-S Vice President of Operations,

5. 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.

### **COVID19 – Please Read & See further rules in meet information**

In applying for this sanction(ed event), the Host, Treasure Coast swimming agrees to comply and to enforce all health and ety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Indian River County. We have taken enhanced health and safety measures – for you and our other guests. You must follow all posted instructions while visiting Treasure Coast Swimming/North County Aquatic Center. 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 visiting Treasure Coast Swimming and North County Aquatic center, you voluntarily assume all risks related to exposure to COVID-19. 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 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.**

### **Dates & Times**

#### **Session 1 Saturday, May 1st (13 & over)**

Warm up: 7:30 Meet Start 8:30 a.m.

#### **Session 2 Saturday, May 1st (400 IM)**

10 minutes after session 1

#### **Session 3 Saturday, May 1st (12 & under)**

Warm up: guaranteed 45 after conclusion of session 2

Start: 45 min after the conclusion of session #2, but not before 11 a.m.

#### **Session 4 Sunday, May 2nd(13 & over)**

Warm up: 7:30 a.m. Meet Start 8:30 a.m.

#### **Session 5 Sunday, May 2nd (400 Free)**

10 minutes after session 4

#### **Session 6 Sunday, May 2nd (12 & under)**

Warm up guaranteed 45 min after conclusion of session 5

Start: 45 min after the conclusion of session #5 , but not before 11 a.m.

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- Location:** North County Aquatic Center  
9450 Fellsmere Rd (County Rd.#512)  
Sebastian, FL 32958-6402
- Pool Specifications:** Water depth at the starting end is a minimum of 5 feet 8 inches at both ends. Outdoor 8 Lane 50 meter long course pool Non turbulent lane lines 25 yd. Warm up/warm down available
- Timing Equipment:** SST & Colorado Timing System and display scoreboard
- Warm Up:** Session 1 & 4 7:30 a.m. (13 & over)  
Sessions 3 & 6 45 min long immediately following Sessions #2 & #5
- Eligibility:** Open to all currently USA swimming registered swimmers. Limited to the first 500 Swimmers
- Entry limit:** Entries will close upon receipt of the team that puts the entries over the four hour time limit per session. Swimmers are limited to 5 events per day plus relays. We reserve the right to eliminate relays if the time line will exceed 4 hours.
- Seeding:** Use 50 meter long course times. Conversions using the formula in the 2019 Florida swimming handbook may be used for entry and seeding purposes.
- Scratches:** No penalty for scratching on the block
- Entries:** Entries must be in USA swimming SDIF or Hy-tek CL2 format submitted on a Hy-tek disk, or sent by email using Hy-tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Please list all attending coaches and contact phone numbers in the body of the email. Confirmation will be sent via email upon receipt
- Entries will be accepted via electronic mail attachment to  
Tcscswim@comcast.net Free text email will **NOT** be accepted.
- A signed hard copy printout also serves as proof of entry. The legal name and current USA swimming registration number for each swimmer must be listed on the entry file, including relay only swimmers.
- Deck entries:** Deck entries are to be submitted to meet management no later Than 30 minutes prior to the start of each session. Swimmers will only be allowed to deck enter an event if the event has an open lane, no new heats will be established. Swimmers must meet all other standard requirements of

the meet and they may not go over the maximum limit of 5 individual events per session. Swimmers cannot scratch an event to deck enter another event. Swimmers must have proof of USA swimming membership.

**Entry Fees:** \$20.00 per swimmer meet surcharge  
\$4.15 per individual event  
\$5.00.per relay charge  
\$50.00 additional fee if entries are not submitted in the Hy-tek format.  
  
\$2.00 Heat sheet charge per swimmer  
  
\$2.00 Travel Surcharge per out of state swimmer  
  
Checks payable to TCSC

**Entry Deadline:** Entries must be received by **Wednesday, April 21<sup>st</sup> 2021**  
No phone or faxed entries accepted.

**Send entries to:** Email entries to: tcscswim@comcast.net

**Heat Sheets:** A 2.00 Heat sheet charge will be added for each swimmer. Heat Sheets will be available online via Florida Swimming & emailed to all coaches.

**OFFICIALS:** Meet Referee : Gary Sedacca Head Starter: Carrie Ledford  
  
Admin: Patrick Ledford Stroke & Turn: Joe Twomey Marshall: Mike Zajac

Teams entering 15 or more swimmers are asked to bring one USA Swimming Certified Official. Each Official will be afforded free designated parking, hospitality, and other complimentary items.

**Awards:** 12& under Individual Events  
1-8<sup>th</sup> Ribbons  
Heat winner ribbons  
  
Heat winner prizes

**Team Representative:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person will only be recognized. All swimmers must be represented by a certified USA swimming member coach.

**Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during the swim meet. Or registration through deck pass.

**Information:** Scott Barlow 561-870-5403  
email tcscswim@comcast.net

**Rules:** Current USA swimming rules will govern the meet. Safety rules, as outlined by USA Swimming, and as recommended by the head marshal, will be in effect during all warm ups and in all warm up areas. No recall false start will be used as outlined in 102.14.48.

**Camera Zones: Per Florida Swimming Rule 223.13**

Still photography and video photography of a race or a competitor in a race may be taken from designated "Camera Zones". Designated "Camera Zones" include the side of the pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end,". "Non-Camera Zones" include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

**Directions:** From 1-95 exit 156 Sebastian/Fellsmere (512). Turn east, drive approximately 2 miles and the pool will be on the left hand side of 512.

<b>Hotels:</b>	Key West Inn Sebastian(Capt. Hiram)	772-388-8588
	Best Western (new) Sebastian	772-388-9300
	Hampton Inn Vero Beach	772-770-4299
	Holiday Inn Express	772-567-2500
	Holiday Inn Vero Beach	772-231-2300
	The Driftwood Vero Beach	772-231-0550
	Disney Resort (on beach)	772-234-2000
	Springhill Suites	772-778-9292

**WARM-UP SCHEDULE**

**Teams will be assigned warm up times & Lanes**

# EVENTS

## Saturday, May 1st

### Session I 13 & over

*\*\*\*Warm ups @ 7:30 A.M. Meet starts @ 8:30 A.M.\*\*\**

1-2 Senior 200 Medley Relay  
3-4 13-14 200 Medley Relay  
5-6 13& over 200 Free  
7-8 13 & over 100 Back  
9-10 13& over 200 Fly  
11-12 13 &over 100 Breast  
13-14 13 & over 50 Free

### Session II

*10 min break*

15-16 13 &over 400 IM\*

\* 400's will swim fastest to slowest

## Saturday, May 1st

### Session III 10 & under

17-18 11-12 200 Medley Relay  
19-20 10 &under 200 Medley Relay  
21-22 12 & under 200 Free  
23-24 12 & under 100 Back  
25-26 12 & under 50 Fly  
27-28 12 & under 100 Breast  
29-30 12 & under 50 Free

## Sunday, May 2nd

### Session IV 13 & over

31-32 Senior 200 Free Relay  
33-34 13-14 200 Free Relay  
35-36 13& over 200 IM  
37-38 13& over 100 Free  
39-40 13 & over 200 Back  
41-42 13 & over 100 Fly  
43-44 13& over 200 Breast

### Session V

*10 min. break*

45-46 9 & over 400 Free\*

## Sunday, May 2nd

### Session VI 10 & under

*\*\*\* Warm up 45 minutes at the completion of A.M. sessions, meet start not before 11 \*\*\**

47-48 11-12 200 Free Relay  
49-50 10& under 200 Free Relay  
51-52 12 & under 200 IM  
53-54 12 & under 100 Free  
55-56 12 & under 50 Back  
57-58 12 & under 100 Fly  
59-60 12& under 50 Breast

## **COVID FACILITY GUIDELINES AND RULES FOR ALL PARENTS, SWIMMERS & OFFICIALS**

- 1. All swimmers, coaches and Officials will enter/exit via the South West gate. Spectators will enter/ exit via the North Gate.**
- 2. All participants, coaches and officials will wear masks while at the facility. Swimmers may take them off for warm up, warm down, and races.**
- 3. Locker rooms are for bathroom use only. No changing or showering in locker rooms.**
- 4. All teams must sit socially distanced 6ft apart. Teams may not come together with other teams.**
- 5. Spectators will be allowed into the pool in a designated area to watch their swimmers. There will be a spectator briefing prior to the start of each session. All spectators must wear a mask and socially distance from one another.**
- 6. There will not be any concessions at the facility. Bring your own and do not share with any others.**
- 7. The team areas will be designated on opposite sides of the pool. Coaches will have an area and will be socially distanced from each other.**
- 8. Sanitation stations will be set up for all participants, coaches, and officials to use.**
- 9. There will be deck monitors making sure all masks are on, and socially distancing rules are being followed. Anyone not following these rules will be asked to leave the facility.**

**Treasure Coast Swimming  
2021 Go For The Gold Inv.  
Master entry form**

**Team name** \_\_\_\_\_ **Call Letters** \_\_\_\_\_

**Address** \_\_\_\_\_

**Coach** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Swimmers/Coach Registration**

I certify that all individuals listed on the attached forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the USA Swimming listed member coaches will be on deck supervising during warm-up and competitive sessions at the meet.

**Name of Coach**

**Team**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I certify that all individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete member.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature (must be USA swimming member)

Team

Date

**Entries must be received by Wednesday, April 21st**

Email to [tcscswim@comcast.net](mailto:tcscswim@comcast.net)

Contact: Scott Barlow 561-870-5403

**Financial Recap**

Total Swimmers \_\_\_\_\_ x \$20.00 \_\_\_\_\_ = \_\_\_\_\_

Individual Events \_\_\_\_\_ x \$4.15 \_\_\_\_\_ = \_\_\_\_\_

Relays \_\_\_\_\_ x \$5.00 \_\_\_\_\_ = \_\_\_\_\_

No Hy-tek Fee \_\_\_\_\_ x \$50.00 \_\_\_\_\_ = \_\_\_\_\_



TOTAL \$ \_\_\_\_\_