**2019 - 11th Annual NPB Long Course Summer Kickoff!**

**June 1-2, 2019- Plantation, Florida**

**Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming.

**Sanction #FGI060119NPB-P-11**

**Sponsored By:** North Palm Beach Swim Club.

**Conditions of Sanction:** 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. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

**Location:** **Plantation Central Park - - 9141 NW 2nd Street; Plantation, FL 33324.**

**Directions:** Plantation Aquatic Complex is in Central Park. From I-95 go west on to I-595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

**Dates & Times**: **Session I** – 13 & 0VER - **Saturday** – June 1, 2019. Warm-up 7:30 a.m. Meet starts 9:00 a.m.

**Session II** – 12 & Un. Age Group- **Saturday** – June 1, 2019. Warm-up 12:00p.m. Meet Starts 1:30 pm

**Session III** – 13 & OVER - **Sunday** – June 2, 2019. Warm-up 7:30a.m. Meet Starts 9:00 a.m.

**Session IV**–12 & Un. Age Group - **Sunday** – **J**une 2, 2019. Warm-up 12:00pm. Meet Starts 1:30 p.m.

**NOTE:** The Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chairman.

**Pool:** 50 Meters by 25 Yards outdoor pool, 8 long-course racing lanes, with a separate 50m x 25 yd pool for warm-up and swim-down pool. Colorado Timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (c)(4). Water depth at the east pool start varies from 4’0” to 12’0” depending on lane assignment accordance with 103.2.3. Water depth at the west pool start varies from 5’0” to 5’0” depending on lane assignment accordance w/ 103.2.3.

**Rules:** 2019 USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules, as outlined by USA Swimming and as recommended by the referee, will be in effect. All sessions are timed finals.

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.

Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity 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.

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**Drones:** 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:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**Camera Free:** 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 written request and written approval of the meet host and the 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.

**Eligibility:** Open to all current 2019 USA swimming registered athletes invited by the host team and foreign athletes with proper travel credentials who have been invited by USA Swimming. The Meet Host **WILL** 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:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact host at 305-773-6060 or [swimnpb@bellsouth.net](mailto:swimnpb@bellsouth.net).

**Entries:** Entries Open- Sunday, April 28, 2019. ***All entries must be received by – Wednesday, May 22, 2019. E-mail entries to: NPBCoach4@aol.com.*** Host will NOTIFY teams being turned away due to the meet being entry capped by phone, fax or e-mail, within 48-hours of receipt of the entry. PLEASE enter electronically, NO MAILED entries accepted. For electronic entries (CL or SDIF format only!!) 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 561-762-7261. NOTE: Swimmers without registration numbers or birth dates will not be entered. \*\*\* Entry Fees will be doubled if not entered electronically.

**Seeding:** Long Course Meter Times will be used for seeding.

All events are Timed Finals and will be swum fastest to slowest.

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**Entry Fees:** $5.00– Individual Event. $7.50 – per swimmer surcharge \*Entry fees are made payable to: **“North Palm Beach Swim Club” (note: one check per team)**

**Refunds:** Once a team or individual entry has been received & processed, there will be no refunds in full or in part.

**Entry Limit:** Three (3) individual events per day.

**Awards:** Medals 1st-3rd Ribbons 4th – 8th. Awards for 13 & Over event will be given by request only.

**Age Group:** 10 & Under, 11-12, 13-14, and 15 & Over.

**Distance Events:** Swimmers who fail to check-in may swim if a lane is available without creating an additional heat. The 400 Free and 400 IM for all ages are timed finals and will be swum men and women together, fastest to slowest. All distance events are positive check in.

**NOTE: These events MAY be limited to the top 24 men and top 24 women if the timeline runs past 12:15 prior to the start of these two events.**

**Check In:** 400 Individual Medley – Saturday - by **10:00am.**  400 Freestyle Sunday - by **10:00am.**

**Deck Entries**: THE FGC DECK SEED POLICY WILL BE 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. All deck entered swimmers must present current USA Swimming Card to be entered. The FGC deck seed policy will be in effect for this meet. Policy can be viewed at: www.fgcswim.org.

**Referee:** Scott Boggs.

**Starter:** Eric McNeely.

**Stroke/Turns:** Varis Monroe, Eric McNeely.

**Meet Directors:** Alf Aguirre - 305-773-6060 & Dick Cavanah – 561-762-7261.

**Admission:** $5.00 each session.

**Heat Sheet** $2.00 each session.

**Concessions:** Concession stand will be open for all sessions.

**Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet.

**Information:** Updates to meet information as well as Time Lines, Psyche Sheets and Results for the meet will be posted on: [www.npbswimming.com](http://www.npbswimming.com).

**Hotels:**  Sheraton Suites- 311 University Drive, Plantation, FL (954)424-3300.

Hyatt Place- 8530 Broward Blvd, Plantation, FL (954)370-2220.

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**June 1-2, 2019 - Plantation, Florida**

Order of Events

Girls-Odd / Boys-Even

**Session I Saturday – June 1, 2019 Warm-up: 7:30am Meet Starts: 9:00am**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Age Group** | **Event** |
| 1-2 | 13 & Over | 200 Freestyle |
| 3-4 | 13 & Over | 100 Breaststroke |
| 5-6 | 13 & Over | 200 Backstroke |
| 7-8 | 13 & Over | 100 Butterfly |
| 9-10 | 13 & Over | 50 Freestyle |
| 11-12 | OPEN | 400 Individual Medley\* |

**Session II Saturday- June 1, 2019 Warm-up: 12:00pm Meet Starts: 1:30 pm**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Age Group** | **Event** |
| 13-14 | 10 & Under | 200 Freestyle |
| 15-16 | 11-12 | 200 Freestyle |
| 17-18 | 10 & Under | 100 Breaststroke |
| 19-20 | 11-12 | 100 Breaststroke |
| 21-22 | 10 & Under | 100 Backstroke |
| 23-24 | 11-12 | 100 Backstroke |
| 25-26 | 10 & Under | 50 Butterfly |
| 27-28 | 11-12 | 50 Butterfly |
| 29-30 | 10 & under | 50 Freestyle |
| 31-32 | 11-12 | 50 Freestyle |

**Session III Sunday- June 2, 2019 Warm-up 7:30am Meet Starts: 9:00am**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Age Group** | **Event** |
| 33-34 | 13 & Over | 200 Individual Medley |
| 35-36 | 13 & Over | 100 Freestyle |
| 37-38 | 13 & Over | 200 Breaststroke |
| 39-40 | 13 & Over | 100 Backstroke |
| 41-42 | 13 & Over | 200 Butterfly |
| 43-44 | OPEN | 400 Freestyle\* |

**Session IV Sunday- June 2, 2019 Warm-up 12:00pm Meet Starts: 1:30pm**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Age Group** | **Event** |
| 45-46 | 10 & Under | 200 Individual Medley |
| 47-48 | 11-12 | 200 Individual Medley |
| 49-50 | 10 & Under | 100 Freestyle |
| 51-52 | 11-12 | 100 Freestyle |
| 53-54 | 10 & Under | 100 Butterfly |
| 55-56 | 11-12 | 100 Butterfly |
| 57-58 | 10 & Under | 50 Breaststroke |
| 59-60 | 11-12 | 50 Breaststroke |
| 61-62 | 10 & Under | 50 Backstroke |
| 63-64 | 11-12 | 50 Backstroke |

\*400 Individual Medley and 400 Freestyle are positive check-in events.

\*400 IM & 400 Free MAY be limited to top 24 Men & top 24 Women if events don’t start prior to 12:15.

\*Swum fastest to slowest, boys & girls combined seeding.