

FGC NMST OPEN Invite

April 17 & 18, 2020

North Miami Swim Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG332010814029**

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: North Miami Swim Team

Location: Miami Dade College North, Building 500
11380 NW 27th Ave
Miami, FL 33147

Directions: From South - take I-95 to 119th Street exist, Turn left (west) drive pass 27th Ave, Take first left onto campus, then first right. From North – take I-95 to 125th street exist, turn right, then first left on 7th Ave, head south and turn right on 119th street, drive pass 27th Ave and make first left onto campus. From I-75 south or 826 north, follow on to Gratigny expressway and to 119th street, turn right on to campus.

Date and Time: April 17, 2020
Session I Warm up - 4:15 pm Start of meet - 5:15 pm

April 18, 2020
Session II Warm up - 8:00 am Start of meet - 9:00 am

*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 heated outdoor pool, 9 short-course racing lanes with separate warm-up and swim-down lanes available. Colorado 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 6'0 to 7'6 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.

The meet 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 – 786 -255 – 5301 or email - kenny@swimneptunes.com.

- Entries:** All entries must be received by Thursday, April 9th @ 10 pm
PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)
E-mail to Kenny@swimneptunes.com, cc Andrew@swimneptunes.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 office at 786 - 255 – 5301.
- Note:** Swimmers without registration number or birth dates will not be entered.
***Entry Fees will be Doubled if not entered electronically.
- Entry Limit:** Session I – max 2 individual events per swimmer.
Session II – max 5 individual and 2 relays events per swimmer per
- Meet Cap:** The meet will be capped at 300 athletes and or timeline within FGC 4 hour rule.
- 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 minutes prior to start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.
- Entry Fees:** \$3.50 per 25's individual event. \$4.00 all other individual events.
Deck entry: \$7 per 25's individual event. \$8 all other individual events.
\$8 per relay entry
- Facility Surcharge:** \$8 per swimmer, Deck entry: \$16 per swimmer.
*Entry fees are made payable to: **North Miami Swim Team**
(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:** All events will be swam slowest to fastest.
- Distance Events:** 500 Free will be limited to the 18 fastest girls/boys and swam fastest to slowest.
Positive check in for 500 free, before 4:45 pm.
- Awards:** Individuals Event: 8 & under 25's Ribbons 1st – 8th
Individual Events: (not 25's) Medals – 1st-3rd Ribbons 4th-8th
Relay Event: 1st – 3rd Ribbons
25's events awarded as 6 & under 7 & 8
10 & under events awarded as 10 & under
11 & over events awarded as 11&12, 13&14, 15 & over
Open events awarded as open

Scoring: This meet will not be scored.

Admission: \$5.00 per session. Heat sheets: free on Meet Mobile or on team website: swimneptunes.com.

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: swimneptunes.com.

Head Referee: Dana Sibley

Meet Director: Kenneth Vigille

Admin Official: Andrew Witcher

Meet Marshall: John Turnipseed

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: Call team office at 786 - 255 - 5301

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first. General warmup Session I - 4:15 pm to 4:55 pm, Session II – 8 am to 8:40 am, swimming push off, circle swimming only. No Racing Starts; No Sprinting or Pace Work. 20 minutes to session start, Controlled Warm Up:
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards one way
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 25 yards one way
Lane 8 Swimming and Pulling, Push Off
Lane 9 Swimming and Pulling, Push Off

1. Pace lanes – last 20 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 20 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).

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

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April 17, 2020

Session I warmup – 4:15 pm		Meet Start – 5: 15 pm
Event #	Event	Age Group
1 – 2	200 Back	Open
3 – 4	200 Breast	Open
5 – 6	200 Fly	Open
7 – 8	500 Free	Open

25's will be awarded 6 & under and 7 & 8
 10 & Under Events will be awarded as 10 & Under
 11 & Over Events will be awarded as 11 & 12, 13 & 14 and 15 & Over
 Open 200's will be awarded as Open only
 500 Free's will be swum Fastest to Slowest, Alt Female & Male, and awarded as Open only

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April 18, 2020

Session II warmup - 8:00 am Meet Start - 9:00 am		
Event #	Event	Age Group
9 - 10	200 IM Relay	Open
11 - 12	200 IM Relay	10 & Under
13 - 14	25 Fly	8 & Under
15 - 16	25 Back	8 & Under
17 - 18	200 Free	Open
19 - 20	200 Free	10 & Under
21 - 22	100 Breast	11 & Over
23 - 24	100 Breast	10 & Under
25 - 26	25 Breast	8 & Under
27 - 28	25 Free	8 & Under
29 - 30	50 Free	11 & Over
31 - 32	50 Free	10 & Under
33 - 34	100 IM	11 & Over
35 - 36	100 IM	10 & Under
37 - 38	50 Breast	11 & Over
39 - 40	50 Breast	10 & Under
41 - 42	100 Back	11 & Over
43 - 44	100 Back	10 & Under
45 - 46	50 Fly	11 & Over
47 - 48	50 Fly	10 & Under
49 - 50	100 Free	11 & Over
51 - 52	100 Free	10 & Under
53 - 54	50 Back	11 & Over
55 - 56	50 Back	10 & Under
57 - 58	100 Fly	11 & Over
59 - 60	100 Fly	10 & Under
61 - 62	200 IM	Open
63 - 64	200 IM	10 & Under
65 - 66	200 Free Relay	Open
67 - 68	200 Free Relay	10 & Under

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Open 200's will be awarded as Open only

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