

GRSC Summer Invite 2020

May 22-24, 2020

Gulliver Swim Club

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction No. FG332014316026**

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, Gulliver Schools

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

Date and Time:	Session I- Friday PM	Warm up: 3:30 PM	Start of meet: 4:30 PM
	Session II- Saturday AM	Warm up: 7:30 AM	Start of meet: 8:30 AM
	Session III- Saturday PM	Warm up: 12:00 PM	Start of meet: 1:00 PM
	Session IV- Sunday AM	Warm up: 8:30 AM	Start of meet: 9:30 AM
	Session V- Sunday PM	Warm up: 1:00 PM	Start of meet: 2:00 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: 50 meters x 25yards heated outdoor pool, 8 long course racing lanes with 1 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.

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 – LeonJ@gulliverschools.org

Entries: All entries must be received by **Wednesday, May 13, 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.

- 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: 7 individual events per swimmer, no more than 3 per session, no more than 6 in one day.
- Meet Cap:** The meet will be capped at **500** athletes on a first come, first served basis.
- 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.fgcswwim.org. All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.
- Entry Fees:** \$4.00 per individual event. Deck entry: \$8.00 per individual event.
- Facility Surcharge:** \$7.00 per swimmer; Deck entry: \$14.00 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; Long course meters only
- Distance Events:** The 400 Free, 400 IM, and 1500 Free will be swum alternating girls and boys, 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.** Meet management reserves the right to request proof of time.
- Awards:** Individual Events: Medals 1st -3rd . Ribbons for 4th – 8th
- 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
- 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
- Head Referee:** Fabio Meira
- Meet Director:** Jackson Leonard at **LeonJ@gulliverschools.org**

Admin Official: Gena Wall, Liz Rosenthal

Meet Marshall: Anayansi 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

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
First 45 minutes. General Warm Up ; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
Final 10 minutes (5 minutes to clear the pool) Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 50 meters.
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 Swimming and Pulling, Push Off
Lane 8 Swimming and Pulling, Push Off
Lane 9 Racing Starts, 50 meters
Lane 10 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 10 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 10 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.

ORDER OF EVENTS

GRSC Summer Invite 2020 (LCM)

Girls	Events	Boys
Session I- Friday- Warm Up: 3:30 PM, Meet Starts: 4:30 PM		
1	Open 1500 Free	2
Session II- Saturday AM- Warm Up: 7:30 AM, Meet Starts 8:30 AM		
3	Open 200 Freestyle	4
5	Open 100 Breast	6
7	Open 200 Butterfly	8
9	Open 50 Freestyle	10
11	Open 200 Backstroke	12
13	Open 400 IM	14
Session III- Saturday PM- Warm Up: 12:00 PM, Meet Starts 1:00 PM		
15	10 & Under 200 Freestyle	16
17	11-12 200 Freestyle	18
19	10 & Under 50 Breast	20
21	11-12 50 Breast	22
23	10 & Under 50 Freestyle	24
25	11-12 50 Freestyle	26
27	10 & Under 100 Butterfly	28
29	11-12 100 Butterfly	30
31	10 & Under 100 Backstroke	32
33	11-12 100 Backstroke	34
35	12 & Under 400 Free	36

Session IV- Sunday AM- Warm Up: 8:30 AM, Meet Starts 9:30 AM

37	Open 200 IM	38
39	Open 100 Backstroke	40
41	Open 100 Freestyle	42
43	Open 200 Breaststroke	44
45	Open 100 Butterfly	46
47	Open 400 Free	48

Session V- Sunday PM- Warm Up: 1:00 PM, Meet Starts 2:00 PM

49	10 & Under 200 IM	50
51	11-12 200 IM	52
53	10 & Under 50 Backstroke	54
55	11-12 50 Backstroke	56
57	10 & Under 50 Butterfly	58
59	11-12 50 Butterfly	60
61	10 & Under 100 Freestyle	62
63	11-12 100 Freestyle	64
65	10 & Under 100 Breaststroke	66
67	11-12 100 Breaststroke	68