

2021 – Florida Swimming vs Florida Gold Coast All-Star Dual Meet  
Indian River State College, Ft. Pierce, FL  
Friday, March 26 – Sunday, March 28, 2021

**Per the Florida Swimming Board of Directors meeting 12/16/20 and effective immediately, Florida Swimming mandates all persons on the pool deck or in the facility during a Florida Swimming sanctioned/approved meet wear a mask at all times. This mandate is enforceable by meet management and/or the facility.**

Sanctioned By: Florida Swimming Member of USA Swimming Sanction #

In granting this sanction it is understood and agreed that USA Swimming and Florida 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.

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.

Use of audio or visual recording devices, including a cell phone is permitted only in designated areas.

Condition of Sanction:

The competition course has been certified in accordance with 1042.2C(4). The copy of such certification is on file with USA Swimming.

Changing into or out of swimsuits other than the locker room or other designated areas is not appropriate and is strongly discouraged.

Sponsored By: Florida Swimming, Inc. and Florida Gold Coast.

Hosted By: River Rats Swim Team and Indian River State College

Type of Meet: 25-Yard Short Course;  
10 & U, 11 & 12, and 13 & 14. All events are Timed Finals.

Date & Time:	Session I	Friday, March 26, 2021	5:30 PM	(Warm-up 4:15 PM)
	Session II	Saturday, March 27, 2021	9:00 AM	(Warm-up 7:45 AM)
	Session III	Saturday, March 27, 2021	3:00 PM	(Warm-up 2:00 PM)
	Session IV	Sunday, March 28, 2021	9:00 AM	(Warm-up 7:45 AM)

Location: Indian River State College, 3209 Virginia Avenue, Fort Pierce, FL 34981

Pool Specs: Eight (8) lane certified 25-yard course with non-turbulent lane lines.  
Warm-up/down is available during competition.  
The pool depth at the competition starting end of the pool is 5 ft and 8 inches & turn end 5 ft.

Timing Equipment: Colorado 6000 timing system with 8-lane scoreboard readout.

Warm-up: One hour fifteen minutes (1:15) before each morning session/One hour (60') for Saturday pm session.  
Warm up schedule is attached.

Eligibility: Open to 2021 USA Swimming registered swimmers of FGC and Florida Swimming Committees' Dual Meet teams as selected by their respective LSC's. There is no time standard limitation on eligibility. **On deck registration with USA/Florida/Florida Gold Coast Swimming will not be allowed.**

**Entry Limit:** Six (6) individual events for the meet. No more than three (3) individual events per session or six (6) per day. Swimmers over entered will be considered as entered in their first events for that session and/or first six (6) individual events for the meet. In the 13/14 400 IM and the 13/14 and 11/12 500 Free, each LSC is limited to 12 swimmers. Each LSC is limited to 4 swimmers in the 1000 Free for 11/12 and 13/14 swimmers and in the 500 free for 10 & under age-group.

**Relay Entries:** Each team will be limited to four (4) relays per event indicated as A, B, C and D. The Mixed Gender relays will be limited to eight (8) relays per event indicated as A, B, C, D, E, F, G and H. All relay swimmers must be listed on the entry form.

**Entry Forms:** Entries must be submitted on the enclosed entry form or in the SDIF or CL2 format. Swimmers current USA Swimming registration number must be listed on the entry form and a current USA Swimming Non-Athlete Member must sign the form. The Master Entry Form must accompany the proof of entries.

**Entry Fee:** \$20.00 facility fee  
\$4.15 per individual event  
\$5.00 per relay

**Seeding:** Use short course yard times. Swimmers from any heat are eligible to score.

**Entry Deadline:** All entries must be received by Thursday, March 18, 2021 by 5:00 PM.

Mail Entries to:  
Scott Kimmelman  
3209 Virginia Avenue  
Ft. Pierce, FL 34981

Make check payable to:  
IRSC Foundation, Inc.

E-mail all entries to: [irscswim@gmail.com](mailto:irscswim@gmail.com)

**Scratches:** No penalty for scratching on the blocks. An LSC's empty lane in the "A" heat may be filled with one of their swimmers from the "B" or "C" heats.

**Awards:** Top 8 Individual awards and Top 3 Relay awards.

**Scoring:** Each Team may only score 2 places.

Individual Events: 7-4-3-1.  
Relay Events: 8-6-2.

**Rules:** Current USA Swimming Technical rules will govern this meet.

**Team**

**Representative:** Other than the coach, only the LSC Executive Director or General Chairman will check with the referee about any matter pertaining to the meet. For each team, the coach and only those people will be recognized.

**Officials:** Head Referee: Susan Nesper  
Administrative Referee: Joseph Massimino  
Team Lead Chief Judge: Felix Gonzalez  
Meet Manager: Scott Kimmelman  
Head Marshall: Manny Noguchi & Sion Brinn

**For Information:** Scott Kimmelman (772) 462-7760

**Identification:** Coaches and Officials shall wear their current USA Swimming registration card in a conspicuous manner on their person at all times while on the deck during the meet.

**Deck Restriction:**

USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.

Camera Zone: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of “Camera Zones” at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a “start-end.” Etc. Meet Management shall also designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at each end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, rest rooms, 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.

Warm-up Schedule:

**\*\*\*NO EQUIPMENT PERMITTED\*\*\***

**\*\*\*EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL\*\*\***

The Head Marshall may vary the scheduled warm-up as it fits the needs of the competitors

**All Sessions (Friday, March 26 – Sunday, March 28)**

**DUE TO COVID PROTOCOLS, THE WARM-UP SCHEDULE WILL BE AS FOLLOWS ALL DAYS:**

- **Lane Zero (0):** **FLORIDA GOLD COAST**
- **Starting Block Lanes 1 – 5:** **FLORIDA GOLD COAST**
- **Starting Block Lanes 6 – 10:** **FLORIDA SWIMMING**
- **Lanes 11 – 15:** **FLORIDA GOLD COAST**
- **Lanes 16 – 21:** **FLORIDA SWIMMING**

Coaches will maintain control over the entire warm-up period. Pace lanes, one-way start lanes, etc. will be decided upon by the teams assigned to the lanes. Autonomy is granted to the coaching staffs to use their assigned lanes as decided for all team members.

**TEAM SEATING:**

The lower pool deck of the aquatic facility will be used for all team seating. Florida Swimming and Florida Gold Coast coaches will work together to split the deck into appropriate sections for athlete seating. Teams will need to provide tents/shade for their teams members should it be wanted. The host facility, Indian River will provide tents when possible; however, the number of tents is VERY LIMITED.

**COMPETITION POOL AREA:**

The south side of the competition pool will be for coaches and officials only. Athletes MAY NOT be seated in the bleachers in this area. Athletes may ONLY come speak to coaches prior to or after a race in this portion of the deck area. At no time should there be a gathering of athletes on the south side of the competition pool.

## COVID-19 FACILITY GUIDELINES

### Upon arrival at Indian River State College campus:

1. If any athlete or staff member is symptomatic, he/she ***SHOULD NOT*** be permitted to travel.
2. Teams will enter the facility using the south gates of the complex.
3. Spectators will enter the facility for “viewing only” using the north gates of the complex.

### Upon entry into the Aquatic Complex

1. All teams may select their area on the lower pool deck for swimmers to remain when not competing. While in this area all athletes must wear masks and remain social distanced from other teams.
2. Locker rooms will be monitored by staff and/or volunteers to assure no congregation occurs. The locker room facility should be used for basic restroom needs, not showering. If teams need to change due to travel, the locker room will be available. Masks are required in the locker room at all times and all are required to practice social distancing.

### During Warm-Up

1. Only members of your respective teams should be in your assigned warm-up lanes.
2. Controlled warm-up will be at the discretion of the All-Star Coaching Staffs as outlined above in the meet information letter.

### During Competition

1. Fly-Over starts will be used during the competition to assist with social distancing.
2. A staging area will be set-up to assist with the flow and social distancing. Masks must be worn in the staging area until it is the swimmer’s time to get on the starting block.
3. The current heat will be on the block, the heat next up will be on the top of the staircase while awaiting their turn and the final heat will be at the bottom of the staircase. Heat will advance forward as the meet progresses heat by heat.
4. Once the previous heat has exited the block area, the next heat will advance forward.

### Spectators:

Spectators will be allowed on the pool deck in designated areas for viewing races. Chairs and tents will not be allowed in the viewing areas and spectators are asked to practice social distancing. Any spectator on the deck during the competition must wear a mask. The entry gate at the north end of the pool will be open for spectator entry into the facility. Restrooms in the Science Center (N Building) will be available for use throughout the competition.

The pool deck has a limited number of bleachers in the spectator area under awnings. These benches may be used for spectator seating and are on a first come, first served basis. Management requests those seated in the area practice social distancing when on the bleachers. If an individual remains within the bleacher area, a mask covering both the nose and mouth is required at all times.

## ORDER OF EVENTS

<b><u>SESSION I</u></b> Fri.-5:30 PM	1 - 2 *	13 & 14	1000 Freestyle
	3 - 4 *	11 & 12	1000 Freestyle
	5 - 6 *	10 & Under	500 Freestyle
	7 ^	13 & 14	200 Medley Relay, Mixed Gender
	8 ^	11 & 12	200 Medley Relay, Mixed Gender
	9 ^	10 & Under	200 Medley Relay, Mixed Gender

\*Events 1, 2, 3, 4, 5 & 6 will be limited to 1 heat with a maximum of four (4) swimmers from each team.

^Events 7, 8 & 9 are limited to 2 heats with a maximum of eight (8) relays entries from each team.

<b><u>SESSION II</u></b> Sat.-9:00 AM	11 - 12	10 & Under	50 Backstroke
	13 - 14	11 & 12	50 Backstroke
	15 - 16	13 & 14	100 Backstroke
	17 - 18	10 & Under	100 Freestyle
	19 - 20	11 & 12	100 Freestyle
	21 - 22	13 & 14	200 Freestyle
	23 - 24	10 & Under	100 Breaststroke
	25 - 26	11 & 12	100 Breaststroke
	27 - 28	13 & 14	100 Breaststroke
	29 - 30	10 & Under	200 Ind. Medley
	31 - 32	11 & 12	200 Ind. Medley
	33 - 34 **	13 & 14	400 Ind. Medley
	35 - 36 ^^	10 & Under	200 Free Relay
	37 - 38 ^^	11 & 12	200 Free Relay
39 - 40 ^^	13 & 14	200 Free Relay	

\*\* Events 33 & 34 will be limited to three heats with a maximum of twelve (12) swimmers from each team.

^^Events 35, 36, 37, 38, 39 & 40 are limited to one heat with a maximum of four (4) relay entries from each team.

<b><u>SESSION III</u></b> Sat.-3:00 PM	41 - 42	13 & 14	200 Ind. Medley
	43 - 44	11 & 12	100 Ind. Medley
	45 - 46	10 & Under	100 Ind. Medley
	47 - 48	13 & 14	50 Freestyle
	49 - 50	11 & 12	50 Freestyle
	51 - 52	10 & Under	50 Freestyle
	53 - 54	13 & 14	100 Butterfly
	55 - 56	11 & 12	100 Butterfly
	57 - 58	10 & Under	100 Butterfly
	59 - 60 ***	13 & 14	500 Freestyle
	61 - 62	11 & 12	200 Freestyle
	63 - 64	10 & Under	200 Freestyle
	65 - 66 ^^	13 & 14	200 Medley Relay
	67 - 68 ^^	11 & 12	200 Medley Relay
69 - 70 ^^	10 & Under	200 Medley Relay	

\*\*\* Events 59 & 60 will be limited to three heats with a maximum of twelve (12) swimmers from each team.

^^^Events 65, 66, 67, 68, 69 & 70 are limited to one heat with a maximum of four (4) relay entries from each team.

<b><u>SESSION IV</u></b> Sun.-9:00 AM	71 - 72	10 and Under	100 Backstroke
	73 - 74	11 & 12	100 Backstroke
	75 - 76	13 & 14	200 Backstroke
	77 - 78 ****	11 & 12	500 Freestyle
	79 - 80	13 & 14	100 Freestyle
	81 - 82	10 & Under	50 Breaststroke
	83 - 84	11 & 12	50 Breaststroke
	85 - 86	13 & 14	200 Breaststroke
	87 - 88	10 & Under	50 Butterfly
	89 - 90	11 & 12	50 Butterfly
	91 - 92	13 & 14	200 Butterfly
	93 ^^^	10 & Under	200 Free Relay, Mixed Gender
	94 ^^^	11 & 12	200 Free Relay, Mixed Gender
	95 ^^^	13 & 14	200 Free Relay, Mixed Gender

\*\*\*\* Events 77 & 78 will be limited to three heats with a maximum of twelve (12) swimmers from each team.

^^^Events 93, 94 & 95 are limited to 2 heats with a maximum of eight (8) relays entries from each team.

MASTER ENTRY FORM

Name of Meet: Florida Swimming VS. Florida Gold Coast All-Star Dual Meet

Course: 25 Yard Short Course

Date of Meet: March 26 -28, 2021

Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_ LSC \_\_\_\_\_

Home Phone #(\_\_\_\_\_) \_\_\_\_\_ Office Phone#(\_\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry 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 following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a Current USA Swimming non-athlete member.

\_\_\_\_\_  
Signature (must be USA Swimming Member)      Date

Entry Deadline

Entries must be received by Thursday, March 18, 2021 at 5:00PM

**E-MAIL ALL ENTRIES TO SCOTT KIMMELMAN AT:**

[irscswim@gmail.com](mailto:irscswim@gmail.com)

Financial Recap

Individual Swimmers	_____ at \$20.00	= _____ Facility Surcharge
Women's Ind. Events	_____ at \$4.15 per event	= _____
Men's Ind. Events	_____ at \$4.15 per event	= _____
Women's Relays	_____ at \$5.00 per relay	= _____
Men's Relays	_____ at \$5.00 per relay	= _____
Total Entry Fees paid		= _____