



**2022 Florida Gold Coast Junior Olympic**  
**Short Course Championships**  
**March 10-13 2022 (25y)**



**Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction No. **FG2L220690B026**

It is understood and agreed that USA Swimming, the facilities, and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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 GOLD COAST 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

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet. 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 this meet, you voluntarily assume all risks related to exposure to COVID-19.

**Hosted By:** Coral Springs Swim Club

**Location:** Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

**Directions:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge; continue south to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

**Parking:** The act of drivers parking vehicles in an illegal or restricted area such as, but not limited to, a fire zone, where signs are posted, in crosswalks, on sidewalks, double parking, or blocking a fire hydrant as dictated by area traffic laws. Illegal acts of parking may result in a violation, fee or towing at the owners' expense. The Coral Springs Swim Club, Coral Springs Booster Club or the City of Coral Springs are **NOT** responsible for fines.

**Dates & Times:**

Date:	Prelim's warm-up	Prelims' start	Final's warm-up	Finals' start
Thursday, March 10			4:00 pm	5:30 pm
Friday, March 11	7:00 am	8:30 am	4:00 pm	5:30 pm
Saturday, March 12	7:00 am	8:30 am	4:00 pm	5:30 pm
Sunday, March 13	7:00 am	8:30 am	4:00 pm	5:30 pm

**WARM UP AND WARM DOWN PROCEDURES:** Warm up will be split into an "A" warm up and a "B" warm up. "A" and "B" sessions will be 35 minutes. Controlled warm up will begin 20 minutes before the start of the session. Teams will be assigned to either "A" or "B" warm up slots after the entry deadline. The east pool (25-yard) will be open for warm up and warm down during the course of the meet. There will be no assigned warm up for Thursday's session.

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

**Pool/Timing:** Two 25-yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided. Competition pool – short course yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. East and West Courses will be used for session I (Thursday night). All other sessions will be swum in the west pool – 10 lanes. The competition courses have been certified in accordance with article 104.2.2C (4) of the USA Swimming Rule Book. A copy of such certification is on file with USA Swimming. Water depth varies from 5.5 feet to 8 feet (west pool) and 6.6 feet across (east pool).

**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 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. 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.

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 without the use of the backstroke ledge. 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 - USA Swimming Rule 202.4.11(D).

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 Vice President of Program Operations

**Eligibility:** Athlete Eligibility – The Florida Gold Coast Junior Olympic Championship is a closed meet. To be eligible to swim at the Florida Gold Coast Jr. Olympics, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:

- i. Former permanent FG swimmer who are not registered / re-registered by 120-day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
- ii. Swimmers who legitimately transfer into the LSC within the 120-day window may apply for an exemption to the 120-day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
  - a. Proof of residence requires copies of the two of the following documents:
    1. Florida Driver’s License
    2. Florida Vehicle Registration
    3. Utility Bill
    4. Others as determined by registration chair.

All FGC 14 & under Jr. Olympic swimmers will qualify for the meet by attaining the Jr. Olympic qualifying times during the period 3/10/20 to 3/10/22. The times must be in the SWIMS database, if the time does not exist enter an override time. **Override times must be proven by the entry deadline.** Entry times must be achieved during the correct qualifying period and must be proven prior to the scratch deadline for that event through the SWIMS database.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. FLEX and SEASONAL members are not eligible for this meet. The meet is only open to year-round members.

**Closed Deck:** Spectators will be allowed at designated areas inside the facility. Coaches: You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials. Coaches without credentials will not have access to the closed deck area or the hospitality room. In order to obtain the coaching credential, coaches must sign in at the main entrance near the volunteer sign up desk and present their deck pass membership information. Coaching credentials must be worn during all sessions. Each coach will receive only one credential for the whole meet. Coaches must have their certifications up-to-date in order to receive their credentials. You may be asked to used masks inside the public buildings regardless of your vaccination status depending the City of Coral Springs requirements at the time of the meet.

**Warm-up:** Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. Equipment will be allowed in the warm down pool only.

**Disability:** FG and host clubs along with their Meet Referees are committed to the FG Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

**Deck Change:** Deck changes are prohibited.

**Restrooms:** The two main restrooms located near the west pool (50-meter) will be divided in half. One half will be designated to athletes only (14 & under). The other half will be designated to coaches, officials and volunteers. A family restroom located at the far east end of the facility near the east pool (25-meter). Additional restrooms can be found on the upper deck inside the fitness center.

**Entry Deadline:** Entries Open- 06:00 PM EST – Monday, February 14, 2022  
Entries Close- 06:00 PM EST – Tuesday, March 01, 2022

**Late entry:** Late entries will be accepted through a secondary late entry OME.  
Entries Open – 06:01 PM EST – Tuesday, March 01, 2022  
Entries Close – 06:00 PM EST – Thursday, March 03, 2022

**On-Line Meet Entry:** Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Log in and select "Enter Team". Only one account may be used to enter a team. Paper, FAX, and Email entries will not be accepted. OME HELP: Laura Azevedo at [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)

Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. The displayed time must be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an "Override Time". Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (\*) on the meet psych sheet (Entry List). Proof of asterisk (\*) submitted times must be provided to the Administrative Official, Laura Azevedo by email ([csscswimentries@gmail.com](mailto:csscswimentries@gmail.com)) by the scratch deadline in order to be seeded. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: "RELAY ONLY" ATHLETES WILL BE ALLOWED IN THE MEET. Teams are encouraged to enter a "Team" time from OME (one that is displayed) or an "Override Time". It is not necessary to build aggregate relays. If using an override time, in the meet name put the word "ENTRY", and in the date field, put the current date.

ATTENTION TEAMS WITH UNATTACHED ATHLETES: Teams may enter athletes with an Unattached status. When building the roster in OME, select the "Add Unattached Swimmer" link.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."

**Entry Limit:** **Ind. Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit.

**Timed trials:** Timed trials events will count towards the swimmer's daily limit but not the meet limit.

**Relays:** Two (2) per team per event ("A" and "B" relays only). All relays will be swum at finals, except Sunday relays.

**Psych Sheet:** Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

**Deck Entries:** **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** All entries must be received through OME as described above.

**Entry Fees:** **Individual Event:** \$15.00 - **Relay Event:** \$20.00 - **Facility Surcharge:** \$20.00 per swimmer

**Late Entry Fees:** **Individual Event:** \$30.00 - **Relay Event:** \$40.00 – **Facility Surcharge:** \$40.00 per swimmer  
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club.**

**Deck Passes:** Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:

- 1-7 Swimmers: 2 deck passes
- 8-15 Swimmers: 3 deck passes
- 16-23 Swimmers: 4 deck passes
- 24- 32 Swimmers: 6 deck passes
- Over 32 Swimmers: 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. The cost of these deck passes is \$0 each. The cost to replace a lost or missing deck pass will be \$50 at the venue.

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

**Seeding:** Entries shall be seeded fastest to slowest in the following order- Short Course Yards, Long Course Meters, and Short Course Meters. We will follow current USA Swimming Rules for seeding except as noted below. Finals will be swum in event order. The order of the final heats will be A then B.

**Distance Events:**

1. Thursday's 1650 Free (11-14) is a timed final event, and will swim together and scored separately for the following age groups 11-12 & 13-14. Positive check-in by the scratch deadline for the 1650 free is required to compete.
2. The 500 Freestyle's top 10 swimmers in the following age groups (11-12) will swim at night, all others will swim in the preliminaries, alternating women and men.
3. The 13-14 500 Free and 400 IM are a prelims and finals event. The preliminary session will be alternating women and men.
4. Swimmers achieving the JO qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1650-yard freestyle. Seeding will be done in this order: 1650-yard, 1500-meter, 1000-yard then 800-meter.
5. NOTE: 1650 free swimmers must supply their own counters.

6. Thursday night events will be run in two courses (West/East).

**Relays:** Positive check-in is not required.

**Format:** Finals will consist of one heat of girls and one heat of boys for the following age group: 10 & under (top 10 swimmers per individual event). Finals will consist of two heats of girls and two heats of boys for the following age groups: 11- & 12 and 13-14 - top 20 swimmers per individual event) for all events that are 200 and shorter. The following events are timed finals: 11-14 1650 Free, 10 & Under and 11 & 12 500 Free. The following events are prelims and finals with only the "A" final (top 10 swimmers) swimming at night: 13-14 400 IM and 13-14 500 Free.

**Check In/  
Scratches:**

Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Positive check-in and scratches deadlines:

Thursday Events	Wednesday at 06:00 PM
Friday Events	Thursday at 06:00 PM
Saturday Events	Friday at 06:00 PM
Sunday Events	Saturday at 6:00 PM

Scratches for the 500 Freestyle, 400 IM and 1650 will close at the times listed above. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat on a first come first served basis. Scratches must be done electronically. Please submit scratches to: [cscswimentries@gmail.com](mailto:cscswimentries@gmail.com)

Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches must be done electronically. Please submit scratches to: [cscswimentries@gmail.com](mailto:cscswimentries@gmail.com).

***NOTE: "Failure to swim" in finals or timed finals events (11-12 400 IM, 10 & Under/11-12 500 free and 11-14 1650 free) will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid. In the case of missing a Sunday night final, payment of \$25.00 must be made in order to compete in future FGC Championship meets.***

I. Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call the alternates.

II. Scratches must be done individually; "team scratches are not accepted."

III. In addition to swimmers required to scratch if they are not going to swim finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11th – 30th.

IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

**Awards:** Individual Events: Medals 1<sup>st</sup> – 10<sup>th</sup>  
Relay Events: Medals 1<sup>st</sup> -3<sup>rd</sup>  
Team Awards: Overall Team Championship 1<sup>st</sup> – 3<sup>rd</sup>

Age Group Team awards: 1<sup>st</sup>-3<sup>rd</sup> place for each age group and gender  
Overall Girls/ Boys Team Awards – 1<sup>st</sup> – 3<sup>rd</sup>  
Individual High Point Awards: Top 3 in each age group & gender

**Scoring:** Individual: **11-9-8-7-6-5-4-3-2-1** Relay: **22-18-16-14-12-10-8-6-4-2**

**Admission:** \$5 per person per session.  
Heat Sheet – **FREE - you can find the heat sheet posted online at [www.swimcsc.com](http://www.swimcsc.com)**

**Concessions:** The Concession stand will be available at the meet.

**Hospitality:** Hospitality room will be available to the coaches, officials and volunteers with possible COVID restrictions.

**Meet Info:** 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.swimcsc.com](http://www.swimcsc.com)

**Identification:** Coaches and officials shall have their 2022 USA Swimming registration identification in a visible location at the meet at all times during this meet. Deck pass may be used as a form of USA Swimming registration.

**Meet Referee:** **Kenneth Rattray**

**Meet Marshall:** **City of Coral Springs Lifeguard Staff**

**Administrative Official:** **Christine Palumbo/ Laura Azevedo**

**Meet Director:** **Bruno Darzi**



## DAY ONE – Finals - Thursday, March 10, 2022

Finals' warm-up: 4:00 pm

Finals' start: 5:30 pm

Girls #	LCM	SCM	SCY	Age Group	Event
1	21:37.39	20:46.59	20:53.89	11-12	1650 Free P/SS/T
3	19:48.09	19:06.19	19:12.89	13-14	1650 Free P/SS/T
5	6:05.39	5:54.29	6:44.89	10 & Under	500 Free P/T
7	6:09.09	5:56.29	5:22.49	11-12	400 IM P/T

### WEST POOL - GIRLS

Age Group	Event	SCY	SCM	LCM	Boys #
11-12	1650 Free P/SS/T	20:52.99	20:45.69	21:37.39	2
13-14	1650 Free P/SS/T	18:19.79	18:13.39	18:58.89	4
10 & Under	500 Free P/T	6:45.39	5:55.79	6:07.59	6
11-12	400 IM P/T	5:19.79	5:53.39	6:08.69	8

### EAST POOL - BOYS

**KEY – P** – Positive Check-in

**SS**-Super Seeded – All ages swum together, scored separately.

**T** – Timed Final –

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.



## DAY TWO – Prelims - Friday, March 11, 2022

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
9	1:34.69	1:29.69	1:21.29	10 & Under	100 Back	1:23.19	1:31.49	1:35.49	10
11	1:22.69	1:21.49	1:13.39	11-12	100 Back	1:13.29	1:20.59	1:25.49	12
13	1:17.09	1:13.09	1:06.19	13-14	100 Back	1:01.79	1:08.19	1:12.29	14
15	1:48.29	1:43.49	1:33.89	10 & Under	100 Breast	1:34.19	1:43.59	1:48.19	16
17	1:35.39	1:30.89	1:22.39	11-12	100 Breast	1:22.39	1:30.59	1:34.39	18
19	1:27.69	1:23.99	1:15.99	13-14	100 Breast	1:09.79	1:17.09	1:21.29	20
21	36.59	35.69	32.39	10 & Under	50 Free	31.99	35.19	36.49	22
23	32.59	31.79	28.69	11-12	50 Free	27.89	30.89	32.09	24
25	30.59	29.59	26.79	13-14	50 Free	24.69	27.29	28.29	26
27	3:17.09	3:10.79	2:52.69	10 & Under	200 IM	2:54.99	3:12.89	3:19.39	28
29	2:53.09	2:47.59	2:31.69	11-12	200 IM	2:30.89	2:46.69	2:53.89	30
31	5:42.89	5:31.99	5:00.49	13-14	400 IMP/ (*)	4:40.79	5:10.29	5:22.59	32

## DAY TWO – Finals - Friday, March 11, 2022

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
9	10 & Under	100 Back	10
11	11-12	100 Back	12
13	13-14	100 Back	14
15	10 & Under	100 Breast	16
17	11-12	100 Breast	18
19	13-14	100 Breast	20
21	10 & Under	50 Free	22
23	11-12	50 Free	24
25	13-14	50 Free	26
27	10 & Under	200 IM	28
29	11-12	200 IM	30
31	13-14	400 IM	32
33	10 & Under	200 Free Relay	34
35	11-12	400 Free Relay	36
37	13-14	400 Free Relay	38

GIRLS

BOYS

**KEY – P** – Positive Check-in

**T** – Timed Final –

**(\*)** – Prelims and Finals

All Relays will swim at Finals

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

## DAY THREE – Prelims -Saturday, March 12, 2022

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
39	1:14.79	1:12.89	1:05.99	13-14	100 Fly	1:01.29	1:07.69	1:09.69	40
41	35.89	35.19	31.79	11-12	50 Fly	31.89	35.39	36.09	42
43	41.99	40.99	37.19	10 & Under	50 Fly	37.39	41.09	42.19	44
45	1:06.19	1:04.29	58.19	13-14	100 Free	53.89	59.59	1:01.99	46
47	1:10.99	1:08.29	1:01.59	11-12	100 Free	1:00.89	1:07.29	1:09.89	48
49	1:20.59	1:17.89	1:10.49	10 & Under	100 Free	1:11.69	1:18.99	1:21.89	50
51	3:09.79	3:01.89	2:44.59	13-14	200 Breast	2:32.89	2:48.89	2:56.79	52
53	42.99	41.79	37.89	11-12	50 Breast	38.19	41.99	43.59	54
55	48.49	47.19	42.79	10 & Under	50 Breast	42.99	47.29	48.99	56
57	5:01.59	4:54.29	5:36.29	13-14	500 Free P/(*)	5:17.59	4:37.89	4:46.69	58
59	5:22.29	5:15.19	6:00.19	11-12	500 Free P/T/F1	5:57.69	5:12.99	5:21.89	60

## DAY THREE – Finals -Saturday, March 12, 2022

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
39	13-14	100 Fly	40
41	11-12	50 Fly	42
43	10 & Under	50 Fly	44
45	13-14	100 Free	46
47	11-12	100 Free	48
49	10 & Under	100 Free	50
51	13-14	200 Breast	52
53	11-12	50 Breast	54
55	10 & Under	50 Breast	56
57	13-14	500 Free	58
59	11-12	500 Free	60
61	10 & Under	200 Medley Relay	62
63	13-14	400 Medley Relay	64
65	11-12	400 Medley Relay	66

GIRLS

BOYS

**KEY – P** – Positive Check-in

**T** – Timed Final –

**F1** - Fastest 10 swimmers will compete in finals.

(\*) – Prelims and Finals

All Relays will swim at Finals

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

## DAY FOUR – Prelims - Sunday, March 13, 2022

Prelims' warm-up: 7:00 am

Prelims start: 8:30 am

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
67	2:42.19	2:35.59	2:20.89	13-14	200 IM	2:17.19	2:31.59	<b>2:36.79</b>	68
69	-	1:18.29	1:10.79	11-12	100 IM	1:09.09	1:16.39	-	70
71	-	1:29.19	1:22.79	10 & Under	100 IM	1:23.39	1:29.89	-	72
73	2:45.59	2:38.49	2:23.39	13-14	200 Back	2:14.69	2:28.79	2:36.59	74
75	38.99	37.29	33.89	11-12	50 Back	34.29	37.69	39.49	76
77	43.89	41.59	37.69	10 & Under	50 Back	39.09	42.99	44.99	78
79	2:23.89	2:18.99	2:05.79	13-14	200 Free	1:57.49	2:09.79	2:14.79	80
81	2:34.09	2:29.49	2:15.29	11-12	200 Free	2:13.49	2:27.49	2:32.49	82
83	2:56.29	2:51.99	2:35.59	10 & Under	200 Free	2:33.39	2:48.99	2:54.79	84
85	2:45.69	2:41.09	2:25.79	13-14	200 Fly	2:15.69	2:29.99	2:36.19	86
87	1:22.79	1:20.99	1:13.49	11-12	100 Fly	1:13.59	1:20.89	1:22.59	88
89	1:37.99	1:34.99	1:26.09	10 & Under	100 Fly	1:27.29	1:36.29	1:38.99	90
91	NT	NT	NT	13-14	200 Free Relay	NT	NT	NT	92
93	NT	NT	NT	11-12	200 Free Relay	NT	NT	NT	94
				5-minute break					
95	NT	NT	NT	13-14	200 Medley Relay	NT	NT	NT	96
97	NT	NT	NT	11-12	200 Medley Relay	NT	NT	NT	98

## DAY FOUR – Finals - Sunday, March 13, 2022

Finals' warm-up: 4:00 pm

Finals start: 5:30 pm

Girls #	Age Group	Event	Boys #
67	13-14	200 IM	68
69	11-12	100 IM	70
71	10 & Under	100 IM	72
73	13-14	200 Back	74
75	11-12	50 Back	76
77	10 & Under	50 Back	78
79	13-14	200 Free	80
81	11-12	200 Free	82
83	10 & Under	200 Free	84
85	13-14	200 Fly	86
87	11-12	100 Fly	88
89	10 & Under	100 Fly	90

GIRLS

BOYS

## 2022 - Florida Gold Coast Junior Olympic Time Trials Short Course (25y)

Sanction #

**Sanctioned by:** This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

**Sponsored by:** Coral Springs Swim Club/ Coral Springs Booster Club

**Dates/Time:** Friday - March 11, 2022 - 15 minutes after the conclusion of prelims.  
Saturday - March 12, 2022 - 15 minutes after the conclusion of prelims.

**Course/Timing:** One 25y x 50m. The west pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

**Entry Limit:** Swimmers are limited to no more than 3 events per day including the events they participated in at the Junior Olympic Championship. Swimmers not in the Junior Olympic Championships can swim 3 events per day.

**Entry Fees:** **Individual Event:** \$30.00 - **Relay Event:** \$40.00 – **Facility Surcharge:** \$40.00 per swimmer, if not entered in the 2022 JO Meet.

**Entries:** Entry cards must be filled out in the office.

**Deadline:** Entries for time trials will close at 9:30am.

**Eligibility:** Open to all current registered USA Swimming athletes. (And swimmers entered in the Junior Olympic Championships who do not exceed the event entry limit for the day).

**Distance Events:** The 1650/1000 Free will be offered only on Friday Time Trial Session ONLY! The 800 Free Relay will be offered on Saturday Time Trial Session ONLY!

**Awards:** None (other than fast times and satisfaction).

**Location:** Coral Springs Aquatic Complex (12441 Royal Palm Blvd, Coral Springs, FL, 33065)

**Directions:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile)

**Meet Referee:** **Francisco Alvarez**

**Meet Marshall:** **City of Coral Springs Lifeguard Staff**

**Administrative Official:** **Christine Palumbo/ Laura Azevedo**

**Meet Director:** **Bruno Darzi**

**Information:** **Bruno Darzi – 954-340-5032**

## ORDER OF EVENTS

Day 1 Events – 200 Series Event Numbers

Day 2 Events – 300 Series Event Numbers

Event #	Event
1	Mixed 50 Free
2	Mixed 100 Free
3	Mixed 200 Free
4	Mixed 500 Free
5	Mixed 1000/1650 Free (Friday Only)
6	Mixed 50 Back
7	Mixed 100 Back
8	Mixed 200 Back
9	Mixed 50 Breast
10	Mixed 100 Breast
11	Mixed 200 Breast
12	Mixed 50 Fly
13	Mixed 100 Fly
14	Mixed 200 Fly
15	Mixed 100 IM
16	Mixed 200 IM
17	Mixed 400 IM
18-19	200 Free Relay
20-21	400 Free Relay
22-23	800 Free Relay (Saturday Only)
24-25	200 Medley Relay
26-27	400 Medley Relay

## Statement of local protocols and requirements

### Message from USA Swimming:

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

Coral Springs Swim Club Liaison – Bruno Darzi ([Bruno.darzi@swimcsc.com](mailto:Bruno.darzi@swimcsc.com))

### **Coral Springs Swim Club - COVID-19 Guide for Safe return to competition plan to the Coral Springs Aquatic Complex**

**BEFORE THE MEET:** Before the meet, all the swimmers, coaches and volunteers are required to read the meet information, or any information provided regarding the operational procedures that will take place during the meet.

### Expectations for Swimmers, Volunteers, Coaches and Staff:

#### Health Screening Survey:

Any member should refrain from attending the meet until they are able to answer NO to each question.

#### **DO NOT COME TO THE POOL IF YOU ARE SICK!**

1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?
2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms? (Please take your temperature before you answer this question.)
  - Fever or chills (100.4° F/37.8° C or greater as measured by an oral thermometer)
  - Cough
  - Congestion or runny nose
  - Shortness of breath or difficulty breathing
  - Sore throat
  - New loss of taste or smell
  - Chills
  - Headache
  - Muscle, or body aches
  - Fatigue
  - Nausea, diarrhea, or vomiting
  - Bright red (or any) rash
3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?
4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?
5. In the past 14 days, have you travelled outside the State of Florida?
6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?
7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of

Florida, been on a commercial flight, or traveled outside of the United States?

8. Have you been tested for COVID-19 and are waiting to receive test results?

9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

*Plan for swimmers, coaches and volunteers to ingress and egress:*

**FACILITY ENTRY & EXIT:** Swimmers, volunteers and coaches will enter the facility using the main entrance (north side). Anyone experiencing any of the symptoms mentioned above, should not come to the meet.

**TRASH:** Trash cans will be available throughout the facility. Trash cans lids will be removed to reduce contact area.

**THE USA SWIMMING & FGC SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.**

**LOCKER ROOMS:** Locker rooms are equipped with a divider, allowing for use of both halves. Please read the signs posted at the door. One half will be designated for swimmers, while the other half will be designated for coaches, officials and volunteers.

**CONCESSIONS AND HOSPITALITY:** Concessions and Hospitality will be available at the meet.

**FACE COVERINGS:** EVERYONE is encouraged to wear face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Face mask should cover face and nose.

*Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child:*

**SPECTATORS:** Masks will now be optional but recommended for all athletes, officials, coaches, and meet management. The spectator area on the east side of the bleachers will be available but must remain clear of chairs/tents and all spectators are asked to cycle in/out of this area and only use it to view your athlete. Spectators will be able to set up tents/chairs outside of the facility.

There is PLENTY of parking at the facility. Spectators must park across the street. Facility's parking lot is reserved for coaches, officials and volunteers ONLY.

**SOCIAL DISTANCING:** Everyone attending the meet is encouraged to follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

**TIMERS:** Timers will be assigned prior to the start of the meet and will print the heat sheet and lane timer sheet at home. All volunteers will bring the own pen. There will be only one timer per lane. The same timer will use both back up button and stopwatch.

**TIMING SYSTEM:** Daktronics timing system will be used for the meet.

**EQUIPMENT:** All equipment used at the meet will be sanitized prior to and immediately after the meet is concluded. All radios will be sanitized and placed at the officials' stations. Officials will follow guidelines below suggested by the FGC Officials' Chair.

**WARM UP PROCEDURE:** Warm up will be split into an "A" warm up and a "B" warm up. "A" and "B" sessions will be 35 minutes. Controlled warm up will begin 20 minutes before the start of the session. Teams will be assigned to either "A" or "B" warm up slots after the entry deadline. The east pool (25-yard) will be open for warm up and warm down during the course of the meet. There will be no assigned warm up for Thursday's session.

**ATTESTATION STATEMENT:** In applying for this sanctioned event, the Host, the Coral Springs Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, City of Coral Springs and Broward County.



An online ZOOM meeting will be held with all the coaches prior to the event. This will allow the meet host to answer any questions that may arise about the meet. **All coaches are required to attend the meeting.**

**CONCESSIONS:** Concessions will not be available at the meet. Everyone entering the pool is encouraged to bring their own food, water or sports' drinks. Coolers will be allowed at the pool. Make sure to label them with your name. This will prevent someone else from using your drink by accident. Do NOT share water bottles.

**FACE COVERINGS:** We recommend the use of face coverings or face mask to enter and exit the facility and while at the facility, with exception of swimmers while swimming. Face mask must cover face and nose.

**SPECTATORS:** Spectators will be allowed at the meet at designated areas.

**SOCIAL DISTANCING:** We recommend everyone attending to follow social distancing guidelines (at least 6' apart) with exception of members of the same household.

**TIMING SYSTEM:** Daktronics timing system will be used for the meet.

**EQUIPMENT:** All equipment used at the meet will be sanitized prior to and immediately after the meet is concluded. All radios will be sanitized and placed at the officials' stations. Officials will follow guidelines below suggested by the FGC Officials' Chair. Officials are encouraged to bring their own radios.

*The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.*

**WARM UP AND WARM DOWN PROCEDURES:** Warm up will be split into an "A" warm up and a "B" warm up. "A" and "B" sessions will be 35 minutes. Controlled warm up will begin 20 minutes before the start of the session. Teams will be assigned to either "A" or "B" warm up slots after the entry close. The east pool (25-yard) will be open for warm up and warm down during the course of the meet. There will be no assigned warm up for Thursday's session.

Markers will be placed behind the blocks to keep swimmers 6 ft apart. **There will be at least 2 markers behind each starting block.** Meet marshals will enforce social distancing measures.

**AFTER RACES:** Swimmers will exit at the starting end of the pool. Subsequent heat will not move towards the starting block until swimmers from previous heat have cleared the area. Warm down area will be restricted to five swimmers per lane. Life guards and volunteers will be patrolling the warm down area to make sure that no more than five swimmers are using one lane at the same time. West pool – After completing the race, swimmers must exit the pool, in a single file line, heading east towards lane 1. East pool - After completing the race, swimmers must exit the pool, in a single file line, heading west towards lane 10.

**DISTANCE RACES:** Only swimmers or coaches already in the meet will be allowed to count for swimmers participating any distance events. Lap counters should be cleaned before and after each heat. Sanitizing wipes will be available at the turn end.

**ATTESTATION STATEMENT:** In applying for this sanctioned event, the Host, the Coral Springs Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Gold Coast Swimming, the State of Florida, City of Coral Springs and Broward County.

## HOTELS

### CORAL SPRINGS

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076  
Michael Orlando- Director of Sales-954-905-1020

La Quinta Inn and Suites (North) - 3701 North University Drive, Coral Springs, FL 33065  
Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites (South) - 3100 North University Drive, Coral Springs, FL 33065  
Lynne Lulfs – Area Director of Sales – 954-591-5353

Coral Springs Marriott - 620 N. University Drive, Coral Springs, FL, 33071  
Roshane Pearson- Director of Sales-954-905-1020

### PLANTATION

Sheraton Suites Fort Lauderdale Plantation - 311 N. University Drive, Plantation, FL 33324  
Sharena Powell -Sales Manager-954-424-3300

### FORT LAUDERDALE

Holiday Inn Express & Suites – 1500 West Commercial Boulevard, Fort Lauderdale, FL 33309  
Glenys Hanna – Director of Sales – 954-772-3032 ext. 200

### POMPANO BEACH

Residence Inn Pompano Beach Oceanfront – 1350 North Ocean Boulevard, Pompano Beach, FL 33062  
Thomas Miller – Director of Sales & Marketing – 954-590-1000

Marriot Resort Fort Lauderdale Pompano Beach – 1200 North Ocean Blvd, Pompano Beach, FL 33062  
Janae Weldon – Sales Manager, Business Development – 954-782-0100

### COCONUT CREEK

Hampton Inn & Suites Coconut Creek – 5740 N. State Rd 7, Coconut Creek, FL 33073  
Cristina Pavloff – Director of Sales & Marketing – 954-363-3000

### TAMARAC

Comfort Suites Sawgrass - 8301 W Commercial Blvd. Tamarac, FL 33351  
Laura Estrada – Sales Manager - Main: (954) 343-1322/ Direct: (954) 343 1322 Ext. 503