

**FGC Key West ABC Invitational
June 21, 2020**

The College of the Florida Keys, 5901 College Road, Key West
Bone Island Swim Club

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No: **FG522017300035**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, The College of the Florida Keys, and Bone Island Swim Club shall be held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event”

Hosted by: **Bone Island Swim Club**

Location: **The College of the Florida Keys Pool, 5901 College Road, Key West**

Directions: Turnpike Extension to US1 south to MM5.5. Look for Sign that Reads: The College of the Florida Keys- Turn right on College Road. Take first Right into The College of the Florida Keys campus. Once on the campus, go left toward Tennessee Williams Fine Art Center. Turn right to back of campus. At stop sign, turn left and park. The Pool is located just beyond the Hyperbaric Chamber Building.

Date & Time: **Session Date: Sunday, June 21, 2020**
Session I - Timed Finals - Warm-up at 7:30 am. Meet starts at 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 x 20 yards heated outdoor pool, 8 **short-course** racing lanes with time available between events for warm-up/cool down. 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 8’6” to 9’0” depending on lane assignment accordance with 202.3.7 (C).

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 networks(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: 2020 USA Swimming and FGC 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 on The College of the Florida Keys campus.

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 purpose 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** 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 – [305-809-3562](tel:305-809-3562) or email: lori.bosco@fkcc.edu

- Entries:** All entries must be received by **Tuesday, June 16, 2020.**
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!)
- E-mail to lori.bosco@fkcc.edu. 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 305-809-3562.
- Note:** **Swimmers without registration numbers or birth dates will not be entered.**
- *** Entry Fees will be Double if not entered electronically.**
- Entry Limit:** **Individual events: Five (5) individual events per day**
- Meet Cap:** The meet will be capped at 100 athletes on a first comes first basis.
- 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 proof of current USA Swimming registration in order to be entered.
- Entry Fees:** \$ 5.00 per individual event
Facility Surcharge: \$ 8.00 per swimmer
- *Entry fees are made payable to The College of the Florida Keys.**
- Unregistered Teams:** Non-registered or nonexistent teams must submit entries for swim meets by e-mail 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:** Use SCY times only for entries. **There will be a 10 minute break after the following events: 10, 20, 30, 38. Seeding SLOWEST TO FASTEST.**
- Awards:** Individual Events: Medals places: 1st—3rd. Ribbons places: 4th – 16th

In the following age group categories: 6 & U, 7, 8, 9, 10,11,12,13, 14, 15, 16 and 17& O

Scoring: THIS MEET WILL NOT BE SCORED.

Admission: Admission - \$2.00 per session. Heat Sheets - \$2.00 per session.

Meet Information: Updates to meet information as well as Time Lines ad Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at: www.teamunify/recbisc.com

Head Referee: Cathy Silveria

Meet Director: Jennifer Searcy

Admin Official: Lori Bosco

Meet Marshall: John Enquist

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: Lori Bosco: (305) 809-3562 or email: lori.bosco@fkcc.edu

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
7:30 a.m. to 8:45 a.m. General Warm Up ; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
8:20 a.m. – 8:45 a.m. Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
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 Length
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 25 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 25 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.

FGC Key West ABC Invitational June 21, 2020 Bone Island Swim Club
--

Order of Events

Event #	Age Group	Event
1-2	Open	200 yard Freestyle
3-4	13 and Over	50 yard Butterfly
5-6	12 and Under	50 yard Butterfly
7-8	8 and Under	25 yard Butterfly
9-10	Open	100 yard Butterfly
-----10 minute Break-----		
11-12	Open	200 yard Backstroke
13-14	13 and Over	50 yard Backstroke
15-16	12 and Under	50 yard Backstroke
17-18	8 and Under	25 yard Backstroke
19-20	Open	100 yard Backstroke
-----10 minute Break-----		
21-22	Open	200 yard Breaststroke
23-24	13 and Over	50 yard Breaststroke
25-26	12 and Under	50 yard Breaststroke
27-28	8 and Under	25 yard Breaststroke
29-30	13 and Over	100 yard Breaststroke
-----10 minute Break-----		
31-32	Open	200 yard Butterfly
33-34	13 and Over	50 yard Freestyle
35-36	12 and Under	50 yard Freestyle
37-38	8 and Under	25 yard Freestyle
-----10 minute Break-----		
39-40	Open	100 yard Freestyle
41-42	8 and U	100 yard IM
43-44	12 and Under	100 yard IM
45-46	Open	100 yard IM
47-48	Open	200 yard IM
49-50	Open	400 yard IM