

GRSC Senior Invite 2020

Saturday, January 11th- Sunday, January 12th

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. FG3820011004GRSC

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

Location: 6575 N Kendall Drive, Miami, FL 33156

Date and Time: Saturday, January 11th, 2020

Session 1 - Timed Finals- Warm-up 7:30 AM, Meet Start 8:30 AM

Session 2- Timed Finals- Warm-up 2:00 PM, Meet Start 3:00 PM

Sunday, January 12th, 2020

Session 3 – Timed Finals- Warm-up 8:30 AM. Meet starts at 9:30 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: 8 lanes, 50 meters x 25yards heated outdoor pool, 1 long course racing lanes for 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 registration 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 –c/o Jackson Leonard: LeonJ@gulliverschools.org

Entries: All entries must be received by January 5th, 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. Questions, please contact office at
LeonJ@gulliverschools.org

- Note:** Swimmers without registration number or birth dates will not be entered.
***Entry Fees will be Doubled if not entered electronically.
- Entry Limit:** Seven (7) individual events for the meet with no more than three (3) individual events per session and no more than five (5) individual events per day.
- Meet Cap:** The meet will be capped at 350 athletes on a first comes, 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.fgcswim.org. All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.
- Entry Fees:** \$4 per individual event. Deck entry: \$8 per individual event.
- Facility Surcharge:** \$7 per swimmer; Deck entry: \$14 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
- Distance Events:** The 400 Free, 400 IM, and 800/1500 Free will be swum alternating women then men, 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.

Distance events will be limited to the top 40 fastest entries per event. **There will be a no break before the first heat of any distance events (400 meters and up) as the entire meet will be run fastest to slowest.**
- Positive check in will close 30 minutes prior to the start of each session.
- Awards:** Individual Events: Medals 1st-3rd, ribbons for 4th – 8th.
- Scoring:** THIS MEET WILL NOT BE SCORED
- Admission:** \$6.00 per session. Heat sheets: Available to spectators online only. 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 under the ‘Team News’ section at www.gulliverswimclub.org
- Head Referee:** Fabio Meira
- Meet Director:** Jackson Leonard
- Admin Official:** Liz Rosenthal, Gena Wall
- Meet Marshall:** Ana 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 40 Minutes General Warm Up ; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
Last 20 minutes
Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Racing Starts, 25 yards One Length.
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 Racing Starts, 25 yards One Length.
Lane 9 Racing Starts, 25 yards One Length
Lane 10 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.

LCM Invite 2020

ORDER OF EVENTS

WOMEN

EVENT

MEN

Session I-Saturday, January 11, 2020

Warm-up: 7:30 AM, Meet start: 8:30 AM

Saturday Morning- Session 1

1	200 Butterfly	2
3	50 Freestyle	4
5	200 Breaststroke	6
7	100 Backstroke	8
9	400 Freestyle	10

Session II-Saturday, January 11, 2020

Warm-up: 2:00 PM, Meet start: 3:00 PM

Saturday PM

11	100 Breaststroke	12
13	200 Freestyle	14
15	100 Butterfly	16
17	400 IM	18

Session II- Sunday, January 12, 2020

Warm Up: 8:30 AM, Meet Starts 09:30 AM

19	200 IM	20
21	100 Freestyle	22
23	200 Backstroke	24
25	800 Freestyle/1500 Freestyle	26

