

SWEETHEART SIZZLER

Saturday February 15, 2020

P O M P A N O P I R A N H A S

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG212004609015**

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: Pompano Piranhas

Location: Pompano Beach Aquatic Center, 820 NE 18th Ave. Pompano Beach, FL 33061. (Not a mailing address)

Directions: From the North or South: Take I-95 or the Turnpike towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to end of street to NE 8th Street. Turn Right onto to NE 8th Street and follow the 2 road to the Aquatic Center. The pool is on the left-hand side.

Date and Time: **Saturday February 15, 2020**

Session I Time Final Warm up: 9:30 am Start of meet: 10:00 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 50 meters heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down lanes available. 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 5'0 to 7'0 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.

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 – (954)-401-0045 meet@pompanopiranhas.com

Entries: All entries must be received by **Friday, February 7, 2020**

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

E-mail to meet@pompanopiranhas.com 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 (954) 401-0045

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: 4 individual events per swimmer per session.

Meet Cap: The meet will be capped at 200 athletes on a first comes first 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.

Deck entries fee are Double the entry fee payable in cash only.

Entry Fees: \$10.00 flat per swimmer (One Check Per Team)

*Entry fees are payable made to: POMPANO PIRANHAS
P.O. Box 10693
Pompano Beach, FL 33061

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: Eligible entries shall be seeded short course yards

Awards: Individuals Event: Ind. 1 to 8 ribbons

Scoring: THIS MEET WILL NOT BE SCORED

Admission: \$3.00 per session. Heat sheets: \$2.00.

Meet Information: Updates to meet information as well as Timelines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at:
<https://www.teamunify.com/AlertCenter.jsp?team=fgpomp>

Head Referee: Joshua Blanco

Meet Director: Jesse Vassallo

Admin Official: Bethsabee Vassallo

Meet Marshall: Pompano Beach Aquatic Center Head Lifeguard

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: 954-401-0045

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.

9:00 a.m. to 9:55 a.m. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work

9:30 a.m. – 9:55 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 Swimming and Pulling, Push Off

Lane 8 Swimming and Pulling, Push Off

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 (counterclockwise only).

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

ORDER OF EVENTS

SATURDAY MORNING			
SESSION I 10:00AM			
Girls	Event	Age Group	Boys
1	25 Butterfly	6 & Under	2
3	25 Butterfly	7 & 8	4
5	25 Backstroke	6 & Under	6
7	25 Backstroke	7 & 8	8
9	25 Breaststroke	6 & Under	10
11	25 Breaststroke	7 & 8	12
13	25 Freestyle	6 & Under	14
15	25 Freestyle	7 & 8	16
17	100 Freestyle Relay	8 & Under	18