

**Florida Swimming mandates that all persons on the pool deck or in the facility during a Florida Swimming sanctioned/approved meets must wear a mask at all times and is enforceable by meet management and/or facility.**

The 2021 Highlander Long Course Intrasquad Meet  
HOSTED BY HIGHLANDER AQUATICS  
and Lake Highland Preparatory School  
April 24, 2021

**SANCTIONED BY:** Florida Swimming of USA Swimming # **FL-5584**  
“In granting this sanction it is understood and agreed that USA-S and FL 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.”

**SPONSORED BY:** HIGHLANDER AQUATICS

**CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

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 prohibited.

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 USA-S Vice President of Program Operations.

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.

**COVID 19:**

IN APPLY FOR THIS SANCTION, HIGH AGREES TO COMPLY AND ENFORCE ALL HEALTH AND SAFETY GUIDELINES OF USA SWIMMING, FLORIDA SWIMMING, HIGHLANDER AQUATICS, LAKE HIGHLAND PREPARATORY SCHOOL AND THE CITY OF ORLANDO.

AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMEY CONTAGIOUS DESEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SENIOR CITZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE. BY VISITING THE COUNTRYSIDE COUNTRY CLUB, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19. 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 DESEASE. 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, FLORIDA SWIMMING, HIGHLANDER AQUATICS, LAKE HIGHLAND PREPARATORY SCHOOL AND THE CITY OF ORLANDO AND EACH OF THEIR OFFICIERS, 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 AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

ALL SWIMMERS MUST ENTER VIA THE ENTRANCE BY THE SCOREBOARD – EXIT BY THE GRASSY KNOLL.

ALL SWIMMERS, VOLUNTEERS AND OFFICIALS MUST WEAR MASKS WHILE ON DECK.

NO SPECTATORS ON DECK – PARENTS CAN OBSERVE THEIR SWIMMERS OUTSIDE THE POOL PERIMETER IN THE GRASSY KNOLL AREA.

DATE AND TIME:                      Saturday Session 1, April 24                      AM Session start time: 9:00 am  
   Saturday Session 2, April 24                      Thirty Minutes after Session 1

TYPE OF MEET:                      Outdoor Long Course (50 meters). Timed Final Time Trial  
   NO qualifying times will be required.

LOCATION:                                      Lake Highland Preparatory School Aquatic Complex  
   901 North Highland Avenue, Orlando, FL 32803  
   407-206-1900 Ext. 1182

POOL SPECIFICATIONS:                      Certified 50 meter, 8 lane courses with non-turbulent lane lines. Regulation starting platforms, Two Daktronics timing systems and automatic touchpads with new digital scoreboard will be used. The competition water depth is 6 foot 9 inches at the start and the turn end.

ELIGIBILITY:                                      Open to all Highlander Aquatic registered USA Swimming athletes.

SEEDING:                                      Long Course 50 meter times will be used for seeding. Conversions may be made using the formula found in the Florida Swimming Handbook.

SCRATCH PENALTY:                      No penalty for scratching pre-seeded events.

ENTRY LIMITS:                                      Swimmers are limited to five ENTERED events per day, with a max of 3 per session.

INDIVIDUAL AWARDS:                      There will be no awards.

RULES:                                      USA Swimming Rules will govern the Meet. The USA Swimming Championship no recall start will be used as outlined in 102.14.4H in the USA Swimming Rules & Regulations.

OFFICIALS: Referees: Abraham Pretorius Starters: Rob Roy  
Head Stroke and Turn: Mary Owens Head Marshall: Mike Curley  
A.O.: Jan Curley

MEET MANAGER: Mike Curley 407-206-1900 Ext. 1180

ENTRY FEE: \$5.00 Meet Surcharge  
\$4.15 per individual event  
\$10.00 per event deck entered at the meet

ENTRY FORM: Entries must be in USA Swimming SDIF format or HY-TekCL2 submitted on a Hy-Tek disk with hard copy printout or sent by email using HY-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Those entering with a disk may receive meet results on a disk prior to leaving the meet on Sunday. A completed Master Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form and the form must be signed. List all attending coaches and contact phone numbers in the body of the email if they are not part of your Hy-Tek team manager entry.

If using the enclosed entry form, the form will serve as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry form, including relay only swimmers. The master entry form must accompany the proof of entries and a current USA Swimming member must sign the form. These “non-electronic entries” will be accepted with an additional \$2.50 per swimmer entry fee with a max of \$50.00 per team. A completed master entry form must be completed and signed by the member of USA Swimming completing the form for all entries.

ENTRY DEADLINE: Monday, April 19, 2021 by 5:00 PM

COACH SUPERVISION: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-ups and competition by a current coach member of USA Swimming.

COACHES & OFFICIALS: **Coaches and Officials shall have their current USA Swimming registration card available upon request or prove current registration through Deck Pass.**

COACHES  
HEAT SHEETS: Each Team will receive one heat sheet for every coach listed on their proof of entry form and with a current USA Swimming membership card.

DECK ENTRIES: Deck entries are to be submitted to meet management no later than 30 minutes prior to the start of each session. The fee for deck entries is \$10.00 per event. **If the swimmer is not already in the meet, the \$5.00 meet surcharge is also due.** Fees must be paid at the time the entry is made. Deck entries will be accepted only if there are open lanes in the desired event. Swimmers must still comply with the maximum per session entry limit and other eligibility requirements. Swimmers may not scratch an event in order to deck enter a new event. Proof of USA Swimming registration must be met.

CAMERA ZONES: Per Florida Swimming Rule 223.13, 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 either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, 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.

**LOCKER ROOMS:**

*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 strongly discouraged.*

*In accordance with the MAAPP program (USASWIMMING), spectators will not be allowed to use the locker rooms/restrooms located in the pool house. Spectator bathrooms will be in the gymnasium located across the parking lot. No athletes should be utilizing those bathrooms.*

**Warm-up Schedule for Both Courses and Sessions:**

The first 1/2 hour is general warmup as follows:

**ALL SWIMMERS WILL ENTER THE POOL FEET FIRST AND WITH ONE HAND ON THE DECK**

Lane	(Push-off's only NO EQUIPMENT)
1	Swimming and Pulling only
2	Swimming and Pulling only
3	Swimming and Pulling only
4	Swimming and Pulling only
5	Swimming and Pulling only
6	Swimming and Pulling only
7	Swimming and Pulling only
8	Swimming and Pulling only

The second 1/2 hour is controlled warm-up as follows:

Lane	(NO EQUIPMENT)
1	Push off 50's pace (circle swimming)
2	Racing start one length only sprints)
3	Swimming and Pulling only
4	Swimming and Pulling only
5	Swimming and Pulling only
6	Racing start one length only sprints
7	Racing start one length only sprints
8	Push off 50's pace (circle swimming)

**NO EQUIPMENT PERMITTED**

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April 24, 2021

**SATURDAY**

WARMUPS: 8:00 AM                      MEET STARTS: 9:00 AM

Session 1 (Limit 3 events per session, maximum 5 for the day)

- #1      Mixed Open 100 Free  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #2      Mixed Open 200 Butterfly
- #3      Mixed Open 50 Butterfly  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #4      Mixed Open 100 Breast  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #5      Mixed Open 200 Back
- #6      Mixed Open 50 Back  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #7      Mixed Open 200 IM  
\*\*\* 7 minute break \*\*\* REFEREE'S DISCRETION
- #8      Mixed Open 400 Free

TAKE 20-MINUTES BETWEEN SESSIONS REFEREE'S DISCRETION

Session 2 (Limit 3 events per session, maximum 5 for the day)

- #9      Mixed Open 200 Free  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #10     Mixed Open 200 Breast
- #11     Mixed Open 50 Breast  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #12     Mixed Open 100 Butterfly  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #13     Mixed Open 50 Free  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #14     Mixed Open 100 Back  
\*\*\* 5 minute break \*\*\* REFEREE'S DISCRETION
- #15     Mixed Open 400 IM  
\*\*\* 10 minute break \*\*\* REFEREE'S DISCRETION
- #16     Mixed Open 800/1500 Free