



SOUTH LAKE AQUATIC CLUB

Last Chance to Dance Invitational

Hosted by the South Lake Aquatic Club June 26-27, 2021

At the Rosen Aquatic Center in Orlando, FL

Florida Swimming mandates that all persons follow COVID guidelines as required by facility and local protocols including but not limited to mask and social distancing policies.

Florida Swimming will not be responsible for enforcing facility protocols however participation in the meet must adhere to facility guidelines.

Sanctioned By: Florida Swimming of USA Swimming # **FL-5629**

**Condition
Of Sanction:**

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 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 THEREWITH.

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

In granting this approval it is understood and agreed that USA Swimming and Florida 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.

Hosted By: **South Lake Aquatic Club**

Location: **Rosen Aquatic Center**
8422 International Drive
Orlando, FL 32819
(407) 996-3444

Type of Meet: 50-Meter Long Course Timed Finals

Dates & Times: Saturday and Sunday June 26-27, 2021
13&Over Division Timed Finals- Warm-Up - 7:30AM. Start – 9:00AM
Distance Session Timed Finals- Saturday 13&Over 400 IM and 13&Over 400 Free. Sunday 13&Over 800 Free and 12&Under 400 Free. Warm up of a minimum 30 minutes to begin at completion of Open sessions. Session start time will not be before 11:30am.
12&Under Timed Finals- Warm up of minimum 30 minutes to begin at completion of Distance sessions, Session start time will not be before 1:00pm.
Meet host reserves the right to adjust sessions by genders or age groups as deemed necessary for social distancing protocols.

Pool Specifications: Certified 50 Meter-8 lane competition course with non-turbulent lane lines. Water depth at the competition start end is a minimum of 7 feet and the turn end is a minimum of 7 feet. Non-turbulent lane lines and regulation starting blocks will be used.

Timing Equipment: A Colorado timing system with automatic touch pads and backup buttons Full color alphanumeric dual 8 lane LED scoreboard.

Eligibility: Open to all currently registered USA Swimming athletes. On deck registrations will **NOT** be accepted at this meet. International teams and swimmers may contact CoachAlex@SouthLakeAquatics.com for an invitation to compete.

Entry Limit: Each 13&Over session will be capped at 250 swimmers each 12&Under session will be capped at 200 swimmers. Distance sessions will have caps on each event as follows; 8 heats of 400 meter events, 4 heats of 800 Freestyle. Meet host may limit total entries in accordance with USA Swimming COVID 19 Protection protocols. 4 individual events per day. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and/or day.

Check in Events: There will be positive check-in for distance session events. 400 Freestyle, 800 Freestyle and 400 IM. Check in for these will close at 10:30am both days.

Seeding: All events will be seeded using 50-Meter times. Conversions, using the formula in the

current Florida Swimming Handbook may be used, for entry and seeding purposes. ***Note: All events will be swum fastest to slowest and Mixed Gender. Individual events will be scored separately by age groups as listed in the Awards & Scoring section of the meet information.**

Scratch Penalty: No penalty for scratches on the block.

Entries: Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 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. Entries will be accepted via e-mail attachment to Quinn Sampson at entries@accurateswimtiming.com. No phone or faxed entries accepted. No deck entries will be accepted.

Entry Fee: \$4.15 Per individual event
\$15.00 Facility fee per swimmer
\$2.00 Heat Sheet Fee
\$2.00 Surcharge to out of state swimmers

Checks Payable To: “SOUTH LAKE AQUATIC CLUB”

Entry Deadline: All entries must be received by Monday, June 14th 2021 at 5:00PM.
Entries must be e-mailed to entries@accurateswimtiming.com

Heat Sheets: Heat Sheets will be available online at www.southlakeaquatics.com 24 hours before the meet. A limited number of printed heat sheets will be available on site for officials and coaches.

Officials: **Meet Referee:** Quinn Sampson **Head Stroke & Turn:** Katie Freeman
Starter: Cheryl Pavlacka **Marshal:** Haleigh Smith
Admin Official: Andrew Rzepecki **Meet Manager:** Don Gibb
All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and Florida Swimming for 2021. Please email Quinn Sampson at qsampson@gmail.com with your certification level and availability so he can plan accordingly.

Awards/Scoring: 11-12 and 10&Under events: 1st-8th place ribbon. No awards for Open Division.

Team Rep: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.

Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet or prove current registration through Deck Pass.

Spectator Access: Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and is a condition of the sanction of this meet. Facilities with multiple restrooms/locker rooms must designate ONE set of

restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

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 areas. 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.

Mail checks to: South Lake Aquatic Club – c/o Gena Gibb

16610 Magnolia Terrace Blvd
Montverde, FL 34756

Check for updates to meet information on our web site www.southlakeaquatics.com Timelines and psych sheets will be available the Wednesday prior to the meet at www.southlakeaquatics.com. Payment by credit card also accepted. Contact coachalex@southlakeaquatics.com for details.

Rules:

Current USA Swimming Rules and Regulations will govern.

WARM-UP SCHEDULE

NO EQUIPMENT PERMITTED

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

-Morning Sessions-

General Warm-Up (First 60 minutes)

Lane(s)

1 – 8 Circle swimming only

Controlled Warm-Up (Last 20 minutes)

Lane(s)

1	Pace 50s – push off
2	Racing starts – one way (scoreboard end)
3	Racing starts – one way (from bulkhead)
4	Circle swimming only
5	Circle Swimming only
6	Racing starts – one way (scoreboard end)
7	Racing starts – one way (from bulkhead)
8	Pace 50s – push off

-Distance Sessions-

General Warm-Up. (Begins at end of morning sessions.)

A minimum warm-up of 30 minutes before afternoon start time will be provided.

-12&Under Sessions-

General Warm-Up. (Begins at end of distance sessions.)

A minimum warm-up of 30 minutes before afternoon start time will be provided.

ORDER OF EVENTS

This meet will be seeded fastest to slowest and swum mixed gender.
Meet host reserves the right to split genders or age groups into separate sessions.

Session 1: Saturday June 26th **Warm up 7:30 AM, Meet starts 9:00 AM**

Girls Event #	Age Group	Boys Event #
1A	13 & Over 200 Free	1B
2A	13 & Over 100 Breast	2B
3A	13 & Over 200 Fly	3B
4A	13 & Over 100 Back	4B
5A	13 & Over 50 Free	5B

Session 2: Saturday June 26th **Warm up of 30 minutes starting at end of morning session, will not begin before 11:30am**

Girls Event #	Age Group	Boys Event #
6A	13 & Over 400 Free	6B
7A	13 & Over 400 IM	7B

Session 3: Saturday June 26th **Warm up of 30 minutes starting at end of distance session, will not begin before 1:00pm**

Girls Event #	Age Group	Boys Event #
8A	12 & Under 100 Fly	8B
9A	12 & Under 50 Free	9B
10A	12 & Under 100 Breast	10B
11A	12 & Under 50 Back	11B
12A	12 & Under 200 Free	12B
13A	12 & Under 200 IM	13B

ORDER OF EVENTS

This meet will be seeded fastest to slowest and swum mixed gender.
Meet host reserves the right to split genders or age groups into separate sessions.

Session 4: Sunday June 27th

Warm up 7:30 AM, Meet starts 9:00 AM

Girls Event #	Age Group	Boys Event #
14A	13 & Over 200 IM	14B
15A	13 & Over 100 Free	15B
16A	13 & Over 200 Breast	16B
17A	13 & Over 100 Fly	17B
18A	13 & Over 200 Back	18B

Session 5: Sunday June 27th

Warm up of 30 minutes starting at end of morning session, will not begin before 11:30am

Girls Event #	Age Group	Boys Event #
19A	Senior 800 Free	19B
20A	12 & Under 400 Free	20B

Session 6: Sunday June 27th

Warm up of 30 minutes starting at end of distance session, will not begin before 1:30pm

Girls Event #	Age Group	Boys Event #
21A	12 & Under 100 Back	21B
22A	12 & Under 50 Breast	22B
23A	12 & Under 50 Fly	23B
24A	12 & Under 100 Free	24B

MASTER ENTRY FORM
Last Chance to Dance Invitational
South Lake Aquatic Club
June 26-27, 2021

Team Name: _____ Call Letters: _____

Address: _____

Coach: _____ LSC: _____

Home Phone: (____) _____ Office Phone: (____) _____

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
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I certify that the individuals listed above are currently registered USA Swimming coach Members and that I am a current USA Swimming registered Non-athlete member.

Signature	Team	Date
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Entry Deadline: Monday, June 14th, 2021 at 5:00pm.

Mail to: South Lake Aquatic Club – c/o Gena Gibb
16610 Magnolia Terrace Blvd
Montverde, FL 34756

Financial Recap:

We have entered the following:

Total Swimmers: (Facility charge) _____ @ \$15.00 = _____

Out of State Per Swimmer Surcharge _____ @ \$2.00 = _____

Electronic Heat Sheet Fee _____ @ \$2.00 = _____

Individual Timed Final Events _____ @ \$4.15 = _____

Total Fees Payable: _____ = _____

Make check payable to: "SOUTH LAKE AQUATIC CLUB"

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Additional Information and Procedures related to Covid-19

Any changes to this information before the meet will be communicated directly to the participating team's coaches for dissemination to their teams. The following applies to swim meet participants, parents, coaches, officials, volunteers, and spectators.

1. Access to the pool deck will be limited to swimmers, coaches, officials and meet workers. A viewing area will be set up at the scoreboard end of the pool for spectators. Spectators may come into the facility and stand in the viewing area on an event by event basis to watch their swimmers. All athletes and spectators must observe facility rules and covid protection protocols. Social distancing will be required and facemasks must be worn at all times except for swimmers when entering or exiting the pool for warm up/warmdown or competition.
2. Everyone must screen themselves and their children at home before coming to the pool.
 - a. If anyone is feeling ill, has a fever (over 100.4 degrees), a sore throat, diarrhea, vomiting, abdominal pain, a severe headache or has been exposed to someone with COVID-19 in the past 14 days, **THEY MUST STAY HOME**.
 - b. If during the event, anyone experiences Covid-19 symptoms, they should isolate themselves and have another person notify a SLAC coach or marshal of the situation. The coach or marshal will also notify the facility. The person will leave the event/go home and any areas that the sick person has touched or been will be disinfected. (See attachment 1 protocols).
 - c. Be advised that government health organizations are recommending people 65 years and older, those who live in a nursing homes or long-term care facilities, and people with underlying medical conditions (particularly if not well controlled) should remain home. Underlying medical conditions include chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised, severe obesity diabetes, chronic kidney disease undergoing dialysis, and liver disease.
 - d. CDC, state, and local guidelines are in effect during the meet.
3. Face Coverings and other COVID-19 Protection Protocols
 - a. Meet will follow facility mandated requirements regarding face coverings. Everyone is required to adhere to Rosen Aquatic Center policies regarding face coverings and other COVID-19 protection protocols.
 - b. No one is allowed to sit or stand in any high traffic areas. No chairs are allowed in the spectator viewing area. Space will be made available for parent seating outside of the pool area for spectators to bring chairs and to sit between their swimmers events.
4. Swimmers
 - a. Should bring their own water bottles and snacks as there will be no hospitality or shared water coolers.
 - b. Bleacher space will be provided for teams.
 - c. Will sit with their teams/groups and sit socially distanced from one another. Swimmers who live in the same household may sit next to one another.
 - d. Handshakes, high fives, and team huddles are prohibited.
5. Meet Procedures
 - a. Coaches are asked to monitor pre-meet warmup and to ensure that distancing requirements are maintained. Warm up will be open. Additional lanes will be available in the dive tank for younger and more inexperienced swimmers to warm up.
 - b. During the swim meet there will be two timers per lane. Timers are asked to maintain social distancing whenever possible.
 - c. Swimmers will line up two heats before their race at the cones set behind the timers.
 - d. After each race, swimmers will exit the pool and walk to the warm down area or return immediately back to their designated team area. All swimmers must be cleared of the area for the next heat to step up.
 - e. Coaches are asked to monitor the warm up/warm down area in the dive tank during the meet to ensure that distancing requirements are maintained..
 - f. Participants, coaches, officials, volunteers will not share equipment.
6. Other
 - a. SLAC and the Rosen Aquatic Center will provide sanitation stations.
 - b. Rosen Aquatic Center employee Mike Brady is the point of contact for any COVID-19 concerns.
 - c. We will limit pre-meet and post-meet meetings to the greatest extent possible between coaches, volunteers, participants, officials, and teams.

- d. Bleacher seating areas may be used but are not being sanitized.
 - e. SLAC will utilize electronic means of communicating heat sheets and results.
7. Inclement Weather - The meet will follow Rosen Aquatic Center protocols for inclement weather.

Attachment 1

Protocols if someone is injured or showing symptoms of COVID-19

If an individual exhibits COVID-19 symptoms or temperature over 100.4 F they and their party will be isolated from the public to a specified location. Staff will complete the following:

Call 911 and complete an Incident Report Form.

Disinfect areas of the facility where the patron had touched or visited

An area will be set-up to isolate individuals that exhibit Covid-19 symptoms.

If a person is in distress or having difficulty breathing the facilities emergency action plan will be implemented.

There will be no in water resuscitation. Rescue breaths delivered must use a bag valve mask (BVM) and requires 2 guards.