



2024 Michael Lohberg Invitational
Coral Springs, FL – June 14 - 16, 2024



SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG23241660B056**

HOSTED BY: **CORAL SPRINGS SWIM CLUB & SWIM PHISH INC**

LOCATION: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

DIRECTIONS: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East.
Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile).

DATE & TIME: **Friday, June 14, 2024**
Session I Warm up: 4:00 pm Start of meet: 5:00 pm

Saturday, June 15, 2024
Session II Warm up: 7:30 am Start of meet: 8:30 am
Session III Warm up: 4:00 pm Start of meet: 5:00 pm

Sunday, June 16, 2024
Session IV Warm up: 7:30 am Start of meet: 8:30 am
Session V Warm up: 4:00 pm Start of meet: 5:00 pm

Meet director reserves the right to change meet warm-up, start times, or drop so some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.

FORMAT: This meet will be conducted in LCM. The 400 freestyle and the 400 IM will be timed final events. All other events will be conducted as preliminaries and finals with the top 8 swimmers from preliminaries advancing to finals.

POOL/TIMING: 50 meters x 25 yards heated outdoor pool with 8 long-course racing lanes with separate warm-up and swim-down lanes available. Daktronics timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2(C). Water depth at the start varies from 5'5 to 8'0 depending on lane assignment accordance with 202.3.7 (C).

ELIGIBILITY: Open to current 2024 USA swimming registered athletes from invited teams and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 – USA Swimming Rule 202.3.3. CSSC WILL NOT be accepting New or Renewing USA Swimming registrations at the meet. All USA swimming must be done prior to the start of the competition.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. The host 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.

Qualifying time standards are 2024 USA Swimming National Age Group Motivational "B" times 100m and shorter events and "BB" times for 200m and longer events.

INVITED TEAMS: Jupiter Dragons, Performance Aquatics, Heritage Aquatics, Sunrise Swimming, Pine Crest Swimming, FIU, Azura Aquatics, YSF, Cooper City Cyclones, Gulliver Raiders, Metro Aquatic Club of Miami, Ransom Everglades, Tsunamis Swim Team, and Saint Andrews. Additional team(s) may enter the meet, if the meet cap has not been met, upon approval from the meet host.

ENTRY: All entries must be received by Wednesday, June 5, 2024.
PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only) E-mail to csscswimentries@gmail.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 954-340-5032

NOTE: Swimmers without registration number or birth dates will not be entered. **Non-electronic entries will NOT be accepted.

ENTRY LIMIT: Six (6) individual events for the meet and no more than three (3) individual events per day.

MEET CAP: 350 swimmers.

DECK ENTRIES: Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.

ENTRY FEES: \$8.00 per individual event.

FACILITY SURCHARGE: \$15.00 per swimmer

*Entry fees are made payable to "**SWIM PHISH INC**" (note: one check per team)

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.

SPECTATORS: Spectators will be allowed at designated areas.

SEEDING: Only LCM times will be accepted. NO converted times will be accepted. All events will be seeded fastest to slowest.

SCRATCHES: FINALS: Any swimmer who competes and qualifies as one of the fastest eight (8) swimmers in prelims must swim finals, or must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their intentions within 30 minutes of their last individual preliminary event.

"Failure to Swim" will result in the swimmer being fined \$10.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

A swimmer not in the originally announced or posted in the fastest eight (8) swimmers, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers finishing within the top twenty (20) are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will

be able to properly seed the meet for finals. All fines must be paid prior to any swimmer competing in any future individual event, at which time the swimmer will be reinstated in the meet.

Note 1: Alternates wishing to swim in an open lane in finals must be at the Starting Area prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call for the alternate.

Note 2: Scratches must be done individually; "team" scratches are not acceptable.

SCRATCHES: Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Scratch Deadlines:

Friday events	6:30 PM Thursday
Saturday events	6:30 PM Friday
Sunday events	6:30 PM Saturday

A scratch box will NOT be maintained. Please email your scratches from timed final events or preliminaries to the administrative referee at csscswimentries@gmail.com.

DISTANCE EVENTS:

- The events numbered 1 & 2 (Open 400 Freestyle) is a timed final event, and will swim together and awarded separately for the following age groups 12 & under and 13 & over. This event will be swum fastest to slowest, alternating girls and boys.
- The events numbered 3 & 4 (Open 400 IM) is a timed final event, and will swim together and awarded separately for the following age groups 12 & under and 13 & over. This event will be swum fastest to slowest, alternating girls and boys.

AWARDS: **Individuals Events:** Ind. medals 1st – 3rd, ribbons 4th-8th

SCORING: This competition will not be scored.

ADMISSION: **\$5 per person per session.**
Heat Sheet – **FREE - you can find the heat sheet posted online at www.swimcsc.com**

CONCESSION: Concession stand will be available.

HEAD REFEREE: Kenneth Rattray

MEET DIRECTOR: Bruno Darzi/ Ari Laski

ADMINISTRATIVE OFFICIAL: Christine Palumbo

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: Bruno Darzi at 954-340-5032

WARM-UP PROCEDURES: **NO Equipment Permitted. Swimmers Must Enter the Water Feet First.**

7:30 am – 8:05 am / 4:00 – 4:35 pm - General Warm Up

Swimming and Pulling Only, Push Off
 Racing Starts - 8:05 - 8:25 am/ 4:35 – 4:55 pm

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 20 minutes of warm-ups. Push off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet entry first only.
2. Practice Racing Starts – Last 20 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).

ORDER OF EVENTS

Friday – Session 1

Warm-up – 4:00 pm

Start of Meet – 5:00 pm

Event #	Event	Age Group
1-2	400 Freestyle	Open
3-4	400 IM	11 & over

Saturday –

Session 2 (Prelims)

Warm-up – 7:30 am

Start of Meet – 8:30 am

Session 3 (Finals)

Warm up – 4:00 pm

Start of Meet – 5:00 pm

Event #	Event	Age Group
5-6	100 Freestyle	12 & under
7-8	100 Freestyle	13 & over
9-10	100 Butterfly	12 & under
11-12	200 Butterfly	13 & over
13-14	50 Backstroke	12 & under
15-16	100 Backstroke	13 & over
17-18	100 Breaststroke	12 & under
19-20	200 Breaststroke	13 & over
21-22	200 Individual Medley	12 & under
23-24	200 Individual Medley	13 & over

Sunday -	Session 4 (Prelims) Session 5 (Finals)	Warm-up – 7:30 am Warm up – 4:00 pm	Start of Meet – 8:30 am Start of Meet – 5:00 pm
Event #	Event	Age Group	
25-26	200 Freestyle	12 & under	
27-28	200 Freestyle	13 & over	
29-30	50 Butterfly	12 & under	
31-32	100 Butterfly	13 & over	
33-34	100 Backstroke	12 & under	
35-36	200 Backstroke	13 & over	
37-38	50 Breaststroke	12 & under	
39-40	100 Breaststroke	13 & over	
41-42	50 Freestyle	12 & under	
43-44	50 Freestyle	13 & over	

RULES: In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Coral Springs Swim Club, City of Coral Springs, and Swim Phish Inc 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.

Current USA Swimming Rules will govern this meet.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

MEDICAL SUPERVISION: Coral Springs Aquatic Complex has Full Time and Part Time American Red Cross Certified Lifeguards. Trainings include, but are not limited to, CPR, AED, and First Aid.

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 without the use of the backstroke ledge. 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 - USA Swimming Rule 202.4.11(D).

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 CHANGE: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

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 – 954-629-3092 – cscswimentries@gmail.com

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.

CLOSED DECK: Spectators will be allowed at designated areas inside the facility. Closed deck area is reserved for volunteers, coaches, and officials only.

HOSPITALITY: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed in the hospitality room.

IDENTIFICATION: Coaches and officials shall always wear their 2024 USA Swimming registration card in a visible location at the meet during this meet. If registration card is not available, electronic card may be used.

MEET INFORMATION: Updates to meet information as well as timeline, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as www.swimcsc.com.