

PST/CANES/CSSC/SOFLO Quad Meet

February 9-10, 2024

Plantation Aquatic Complex

Sanctioned by: Florida Gold Coast Swimming, Inc. Sanction # **FG23240400E011**

Cond. of Sanction: In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Plantation Swim Team and Booster Club 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: The City of Plantation, Plantation Swim Team, and PST Booster Club.

Location: Plantation Aquatic Complex 9151 NW 2nd Street, Plantation, Florida 33324

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: USA Swimming Rules will govern this meet. 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.

Medical Supervision: Plantation Aquatic Complex staffs Red Cross Certified Lifeguards who's training includes, but are not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training

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.

Pool & Timing: Competition Course – 8-10 lane, 25 yard course. Continuous warm-up and warm-down area will be available. Water depth varies between 5ft and 10ft, depending on lane assignment.

Eligibility: Open to all 2024 USA Swimming registered athletes training with Plantation Swim Team, South Florida Aquatic Club, CANES Aquatics and Coral Springs Swim Club. No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302. On-deck registration will NOT be permitted.

Disability Athletes: PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmers disability must abide by the definition of a disability as outlined in USA Swimming Rules and Regulations. Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved the included qualifying times for this meet. Entries for swimmers with disabilities should enter on TM-file or by Team Unify and email Terrell Woods (terrellwpst@aim.com) prior to submitting entry. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accommodated to the best of Meet Management's ability. Please contact the pool office ahead of time (minimum of two weeks prior to start of event), to allow for preparation (954)-452-2526 or email Terrell Woods at terrellwpst@aim.com

Spectators: Spectators will be allowed in a designated area. Spectators will be charged a \$5 entrance fee (cash only) per day. Multi day passes MAY be offered.

Entries: Entries are due Monday, February 5th. All teams entering swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manager or Team Unify software. Email entries to Terrell Woods (terrellwpst@aim.com). Electronic mail confirmation will be sent within 48 hours after receipt of file. If you do not receive an email confirmation, your entries were not received.

All teams will pay via check or cash to “**Plantation Swim Team Booster Club**” upon arrival to the meet. One check per team. Payment will be accepted at the Clerk of Course. All entry fees must be paid before the start of your teams first event.

Entry Limit: Swimmers may enter no more than four (4) individual events per session.

Relays: Unlimited Relays

Entry Fees: \$25.00 per swimmer meet surcharge.

Seeding: Entries will be seeded SCY. LCM and SCM times may be converted to SCY. All events will be seeded fastest to slowest.

Scoring: This meet will not be scored.

Meet Referee: Fernando Abad - ecuabad@hotmail.com

Meet Director: Terrell Woods - terrellwpst@aim.com

WARM UP SCHEDULE:

POOL OPENS: Friday - Session 1 SCY – 3:30pm; Session 2 SCY – 4:15pm. Saturday – Session 3 SCY 7:00am

Competition Course

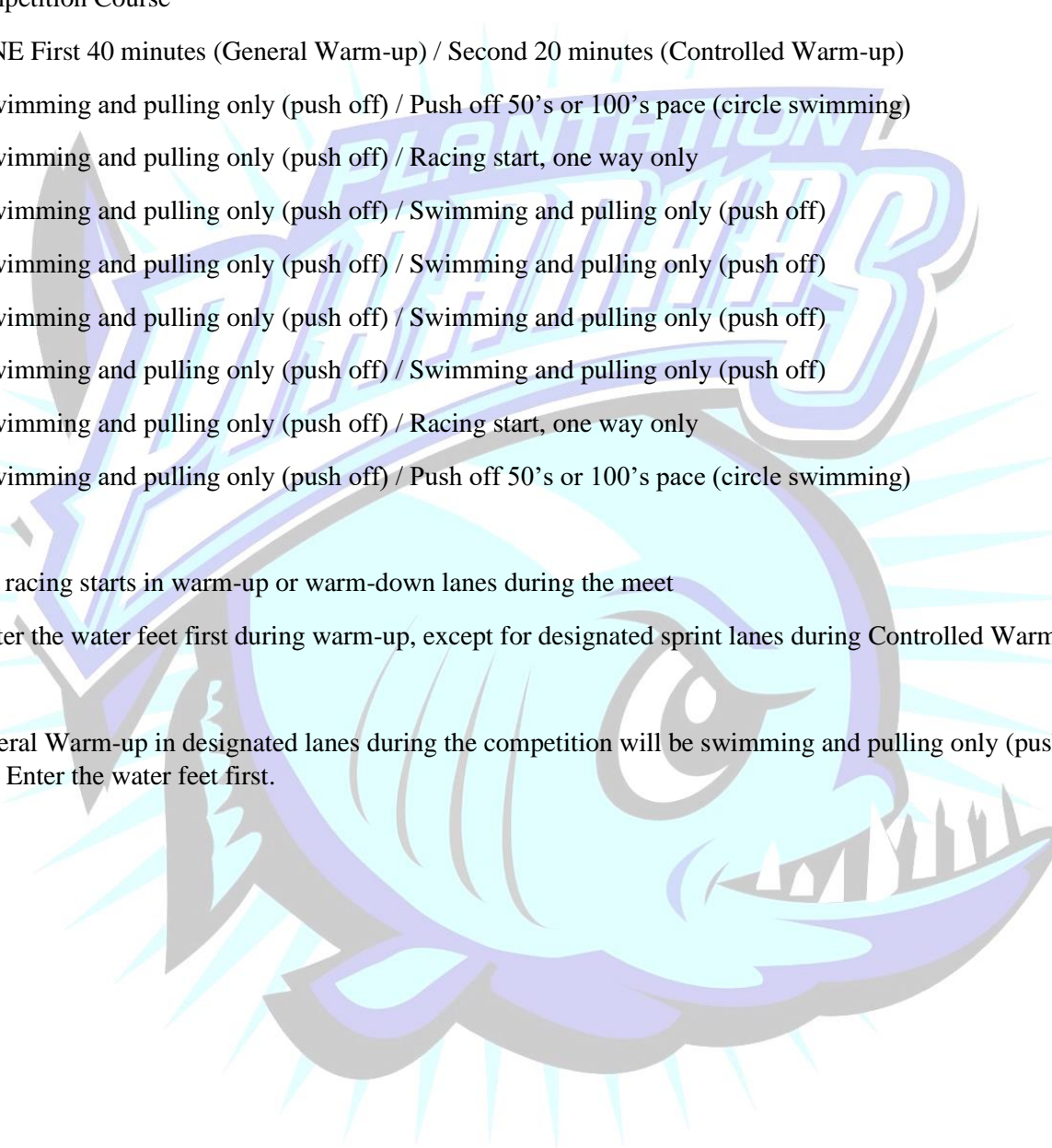
LANE First 40 minutes (General Warm-up) / Second 20 minutes (Controlled Warm-up)

- 1 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)
- 2 Swimming and pulling only (push off) / Racing start, one way only
- 3 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 4 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 5 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 6 Swimming and pulling only (push off) / Swimming and pulling only (push off)
- 7 Swimming and pulling only (push off) / Racing start, one way only
- 8 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)

*No racing starts in warm-up or warm-down lanes during the meet

*Enter the water feet first during warm-up, except for designated sprint lanes during Controlled Warm-up.

General Warm-up in designated lanes during the competition will be swimming and pulling only (push off). Enter the water feet first.



Session 1 – Friday - SCY – Warm up at 3:30pm. Race Start at 4pm

Event #	Event
1	Mixed 14 & Under 25 Fly
2	Mixed 14 & Under 25 Back
3	Mixed 14 & Under 25 Breast
4	Mixed 14 & Under 25 Free

Session 2 – Friday - SCY – Warm up at 4:15pm. Races Start 5:15pm

Event #	Event
5	Mixed Open 50 Fly
6	Mixed Open 50 Back
7	Mixed Open 400IM
8	Mixed Open 500 Free
9	Mixed Open 50 Breast
10	Mixed Open 50 Free

Session 3 – Saturday - SCY – Warm up at 7am. Race Start at 8am

Event #	Event
11	Mixed Open 200 Free
12	Mixed Open 100 Breast
13	Mixed Open 100 Fly
14	Mixed Open 200 IM
15	Mixed Open 100 Back
16	Mixed Open 200 Breast
17	Mixed Open 200 Back
18	Mixed Open 100 Free
19	Mixed Open 200 Fly
20	Mixed Open 100 IM
	5 Min Break
21	Open Women 200 Medley Relay
22	Open Men 200 Medley Relay