

2023 PST Senior Long Course Qualifier

January 20 – 21, 2023

Sanctioned by: Florida Gold Coast Swimming, Inc. Sanction #FG23230200E002

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

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on I 595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park Dr. (1st Stop light). On Central Park Dr. make a right. Park entrance is located on the right-hand side. All meet information will be posted on the Plantation Swim Team website (www.swimpst.com).

Covid Statement: 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 GOLD COAST 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet. 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 guests with underlying medical conditions are especially vulnerable. By this meet, you voluntarily assume all risks related to exposure to COVID-19.

Public Health and Safety mandates and guidelines of the State of Florida, Broward County, City of Plantation, and the Plantation Aquatic Complex will be enforced. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

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.

MAAP: 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.

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.

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 – One eight lane, 50 meter course. Continuous warm-up and warm-down area will be available in second 25 yard x 50 meter course. Water depth at the competition starting end is 11'6 and turn end is 4'. The competition course has been certified in accordance with 104.2.2C(4).

The copy of such certification is on file with USA Swimming. Colorado Timing System with full VIVILED video scoreboard will be utilized.

Eligibility: Open to all 2023 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. No entrant will be permitted to compete unless the entrant is a member of USA Swimming (or a FINA federation) 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

Entries: Entries are due Wednesday January 11, 2023. All teams entering swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manger 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 all events which they qualify, however, they may only compete in five (5) individual events for the meet, and no more than three (3) individual events per session.

Entry Cap: 300 total swimmers

Entry Fees: \$12.00 per individual event, \$15.00 per swimmer meet surcharge

Seeding: Entries will be seeded in order of LCM ONLY. All SCY entered times will be converted to LCM after the entry is accepted No Short Course Meter Times will be accepted. All events will be seeded fastest to slowest, unless stated otherwise in the meet information.

800 Free: Will be a mixed gender event. We will swim a maximum of 8 heats (64 athletes). Meet Management reserves the right to request proof of time on distance event entry times. All heats will be run fastest to slowest.

1500 Free: Will be a mixed gender event – We will swim a maximum of 6 heats. Meet Management reserves the right to request proof of time on distance event entry times. All heats will be run fastest to slowest. Each athlete must supply their own counters and timers.

Scoring: This meet will not be scored.

Meet Referee: Fernando Abad

Meet Director: Terrell Woods - terrellwpst@aim.com

WARM UP SCHEDULE:

POOL OPENS: Friday 4pm / Saturday 7:00am / Saturday 3:30pm

Competition Course - LCM

First 60 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) / Racing start, one way only
- 7 Swimming and pulling only (push off) / Push off 50's pace (circle swimming)
- 8 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)

*No equipment allowed during warm-up in Competition Pool

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

*Enter the water feet at all times during warm-up

Pool 2 may be set up SCY to allow for a maximum number of athletes to warm up/down.

*No equipment allowed during warm-up in Warm Up Pool

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

*Enter the water feet at all times

Friday, January 20 – Warm up at 4pm. Race Start at 5pm

Ev #	SCY Women	LCM Women	Event Title	LCM Men	SCY Men	Ev #
1	11:32.49	10:21.39	Mixed 800 Free	9:51.89	10:56.39	1

Saturday, January 21 – Warm up at 7am. Race Start at 8:30am

Ev #	SCY Women	LCM Women	Event Title	LCM Men	SCY Men	Ev #
3	2:09.29	2:24.49	200 Free	2:13.59	1:56.79	4
5	1:18.89	1:30.79	100 Breast	1:20.49	1:11.09	6
7	34.89	39.69	50 Back	35.39	31.79	8
9	2:25.49	2:42.39	200 Fly	2:31.99	2:13.59	10
11	28.39	31.89	50 Free	28.69	25.29	12
13	5:06.29	5:46.39	400 IM	5:21.49	4:48.79	14
15	1:09.89	1:19.49	100 Back	1:11.29	1:01.59	16
17	19:38.29	19:58.09	Mixed 1500 Free	18:44.99	18:27.49	17

Saturday, January 21 – Warm up at 3:30pm. Race Start at 5pm

Ev #	SCY Women	LCM Women	Event Title	LCM Men	SCY Men	Ev #
19	2:24.49	2:43.89	200 IM	2:30.19	2:12.79	20
21	1:00.79	1:08.19	100 Free	1:01.99	54.79	22
23	2:49.69	3:13.39	200 Breast	2:57.79	2:35.09	24
25	2:29.19	2:48.19	200 Back	2:32.99	2:15.59	26
27	1:06.59	1:14.89	100 Fly	1:07.39	1:00.59	28
29	39.39	45.29	50 Breast	40.19	35.49	30
31	5:35.39	4:59.29	400 Free	4:42.39	5:16.49	32
33	33.29	37.39	50 Fly	33.69	30.29	34