

# Jesse Vassallo Swimming Invitational

5/17/2024 to 5/19/2024

Pompano Piranhas Inc.

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG232413809036**

**Hosted by:** Pompano Piranhas Inc.

**Location:** Pompano Beach Aquatic Center, 820 NE 18<sup>t</sup> Ave. Pompano Beach, FL 33061 (not a mailing address)

**Directions:** From the North or South: Take I-95 or the Turnpike towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to end of street to NE 8th Street. Turn Right onto to NE 8<sup>th</sup> Street and follow the 2 road to the Aquatic Center. The pool is on the left-hand side.

<b>Date and Time:</b>	<u>Session</u>	<u>Date</u>	<u>Warm-up</u>	<u>Meet Start</u>
	1	5/17/2024	2:30 PM	4:00 PM
	2	5/18/2024	7:30 AM	9:00 AM
	3	5/18/2024	TBA	TBA
	4	5/19/2024	7:30 AM	9:00 AM
	5	5/19/2024	TBA	TBA

\*The meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming Rules (USAS 102.7.1-3 and FGC RR 1.16(a)) and with FGC Meet Sanction Committee approval.

**Format:** This meet will be conducted in long course meters (LCM). All events will be time final and swam from slower to faster except for the long-distance events that will be swam from faster to slower.

**Pool/Timing:** 50 meters by 25yards heated outdoor pool, 8 long-course racing lanes with separate warm-up and swim-down 5 lanes available. Datktronics timing System will be used. Fly-over starts will possibly be used. The host will ensure the required racing course dimensions. Water depth at the start varies from 5' to 7' depending on lane assignment.

**Eligibility:** Open to all current USA Swimming registered athletes in good standing and athletes registered with other World Aquatics member federations invited by USA Swimming.

All USA Registrations must be done prior to the start of the competition.

**Entries:** All entries must be received by Tuesday, May 7, 2024 at 12:00 AM.

PLEASE enter electronically (HY3/CL or SDIF format only).

E-mail entries to: [meet@pompanopiranhas.com](mailto:meet@pompanopiranhas.com). Confirmation of electronic entries will be sent via e-mail. \*\* Submission of entries signifies that all swimmers are in good standing with USA Swimming \*\*. Questions, please contact Pompano Piranhas Inc. at: 787 315 1529

Swimmers without registration number or birth dates will not be entered.

- Entry Limit:** Individual events: Maximum of 7 events per swimmer, no more than three (3) individual events per swimmer per session.
- Meet Cap:** The meet will be capped at 650 athletes on a first comes first basis.
- Deck Entries:** Late entries and deck entries will not be accepted. The FGC deck entry policy will not be in effect.
- Entry Fees:** \$7.50 per individual event.
- Athlete Surcharge:** \$20.00 per swimmer.  
\*Entry fees are made payable to **Pompano Piranhas 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 RR 1.16(a) applies.
- Seeding:** All events will be seeded slowest to fastest except for the long-distance events that will be swam from faster to slower.
- Distance Events:** The 400 IM, 400, 800 and 1500 Free will be swam fast->slow, alternating heats of girls/women with boys/men as an Open Events but will be scored separately by the age groups of 10 & under, 11-12, 13 & 14 and 15 & over. Positive Checking is required for the 1500 before 4:30pm the day of the event.
- Awards:** Individual Events: Medals – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ribbons – 4<sup>th</sup>, 8<sup>th</sup>  
High Point awards 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> for female and male 10&U, 11-12, 13-14, 15&O.
- Scoring:** Individual: 9-7-6-5-4-3-2-1 Team: This meet will not be scored
- Admission:** \$5.00 per session. Heat sheets: \$3.00.
- Head Referee:** Joshua Blanco
- Meet Director:** Jesse Vassallo
- Admin Official:** Matt Hopper and Bethsabee Vassallo
- 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.
- Information:** For more information contact: Jesse Vassallo  
Email: [jvassallo@pompanopiranhas.com](mailto:jvassallo@pompanopiranhas.com) Phone: 787 315 1529

**Warm-up Procedures:** NO Equipment Permitted. Swimmers must enter the water feet first.

7:30 a.m. to 8:40 a.m. General Warm Up ; Swimming and Pulling Only, Push Off;  
No Racing Starts; No Sprinting or Pace Work

8:40 a.m. – 8:55 a.m. 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 15 minutes of warm up. Push- off one or two lengths, circle swimming only (counter - clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 15 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)

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**ORDER OF EVENT**

<b>FRIDAY</b>				
<b>SESSION I</b>				
<b>Girls / Womens</b>	<b>Event</b>	<b>Age Group</b>		<b>Boys / Men</b>
1	400 FREESTYLE	OPEN		2
3	400 IND. MEDLEY	OPEN		4
5	800 FREESTYLE	OPEN		
	1500 FREESTYLE	OPEN		6
<b>SATURDAY</b>				
<b>SESSION II</b>				
<b>Girls / Womens</b>	<b>Event</b>	<b>Age Group</b>		<b>Boys / Men</b>
7	200 FREESTYLE	13 & 14		8
9	200 FREESTYLE	15 & Over		10
11	100 BACKSTROKE	13 & 14		12
13	100 BACKSTROKE	15 & Over		14
15	200 BUTTERFLY	13 & 14		16
17	200 BUTTERFLY	15 & Over		18
19	100 BREASTSTROKE	13 & 14		20
21	100 BREASTSTROKE	15 & Over		22
23	50 FREESTYLE	13 & 14		24
25	50 FREESTYLE	15 & Over		26
<b>SESSION III</b>				
27	200 FREESTYLE	10 & Under		28
29	200 FREESTYLE	11 & 12		30
31	100 BACKSTROKE	10 & Under		32
33	100 BACKSTROKE	11 & 12		34
35	100 BUTTERFLY	10 & Under		36
37	100 BUTTERFLY	11 & 12		38
39	50 BREASTSTROKE	10 & Under		40
41	50 BREASTSTROKE	11 & 12		42
43	50 FREESTYLE	10 & Under		44
45	50 FREESTYLE	11 & 12		46
<b>SUNDAY</b>				
<b>SESSION IV</b>				
<b>Girls / Womens</b>	<b>Event</b>	<b>Age Group</b>		<b>Boys / Men</b>
47	200 IND. MEDLEY	13 & 14		48
49	200 IND. MEDLEY	15 & Over		50
51	100 FREESTYLE	13 & 14		52
53	100 FREESTYLE	15 & Over		54
55	200 BACKSTROKE	13 & 14		56
57	200 BACKSTROKE	15 & Over		58
59	200 BREASTSTROKE	13 & 14		60
61	200 BREASTSTROKE	15 & Over		62
63	100 BUTTERFLY	13 & 14		64
65	100 BUTTERFLY	15 & Over		66
<b>SESSION V</b>				
67	200 IND. MEDLEY	10 & Under		68
69	200 IND. MEDLEY	11 & 12		70
71	100 FREESTYLE	10 & Under		72
73	100 FREESTYLE	11 & 12		74
75	100 BREASTSTROKE	10 & Under		76
77	100 BREASTSTROKE	11 & 12		78
79	50 BUTTERFLY	10 & Under		80
81	50 BUTTERFLY	11 & 12		82
83	50 BACKSTROKE	10 & Under		84
85	50 BACKSTROKE	11 & 12		86

**Rules:**

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast Swimming and Pompano Piranhas Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Current USA Swimming Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

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

Lifeguard's, certified EMT

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.

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.

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.

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 – Jesse Vassallo Email: [jvassallo@pompanopiranhas.com](mailto:jvassallo@pompanopiranhas.com) Phone: 787 315 1529

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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.

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.