

2024 – Sunshine State Showcase  
Indian River State College, Ft. Pierce, FL  
Friday, March 22 and Saturday, March 23, 2024

Sanctioned By: Florida Swimming Member of USA Swimming Sanction # **FL-6656**

In granting this sanction 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.

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.

Use of audio or visual recording devices, including a cell phone is permitted only in designated areas.

Condition of Sanction:

The competition course has been certified in accordance with 1042.2C(4). The copy of such certification is on file with USA Swimming.

Changing into or out of swimsuits other than the locker room or other designated areas is not appropriate and is strongly discouraged.

All 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 MAAPP is a condition of participation in the conduct of this competition.

Sponsored By: Florida Swimming, Inc. and Florida Gold Coast.

Hosted By: River Rats Swim Team and Indian River State College

Type of Meet: 25-Yard Short Course;  
10 & U, 11 & 12, and 13 & 14. All events are Timed Finals.

Date & Time:	Session I	Friday, March 22, 2024	5:00 PM	(Warm-up 3:45 PM)
	Session II	Saturday, March 23, 2024	9:00 AM	(Warm-up 7:45 AM)
	Session III	Saturday, March 23, 2024	3:00 PM	(Warm-up 2:00 PM)

Location: Indian River State College, 3209 Virginia Avenue, Fort Pierce, FL 34981

Pool Specs: Ten (10) lane certified 25-yard course with non-turbulent lane lines.  
Warm-up/down is available during competition.  
The pool depth at the competition starting end of the pool is 5 ft and 8 inches & turn end 5 ft.

Medical: The host facility will have lifeguards on duty and an AED device available.

Timing Equipment: Colorado 6000 timing system with viviLED 10-lane video display board.

Warm-up: One hour fifteen minutes (1:15) before each morning session/One hour (60') for Saturday pm session.  
Warm up schedule is attached.

Eligibility: Open to 2024 USA Swimming registered swimmers of FGC and Florida Swimming Committees' All-Star teams as selected by their respective LSC's. There is no time standard limitation on eligibility. **On deck registration with USA/Florida/Florida Gold Coast Swimming will not be allowed.**

Entry Limit: Six (6) individual events for the meet. No more than three (3) individual events per session or six (6) per day. Swimmers over entered will be considered as entered in their first events for that session and/or first six (6) individual events for the meet.

Relay Entries: Teams may enter as many relays as desired for each relay event. All relay swimmers must appear on the entry form.

Entry Forms: Entries must be submitted on the enclosed entry form or in the SDIF or CL2 format. Swimmers current USA Swimming registration number must be listed on the entry form and a current USA Swimming Non-Athlete Member must sign the form. The Master Entry Form must accompany the proof of entries.

Entry Fee: \$10.00 facility fee  
\$5.50 per individual event  
\$6.00 per relay

Seeding: Use short course yard times. Swimmers from any heat are eligible to score.

Entry Deadline: All entries must be received by Tuesday, March 12, 2024 by 5:00 PM.

Mail Entries to:  
Scott Kimmelman  
3209 Virginia Avenue  
Ft. Pierce, FL 34981

Make check payable to:  
Indian River State College

E-mail all entries to: [irscswim@gmail.com](mailto:irscswim@gmail.com)

Scratches: No penalty for scratching on the blocks.

Awards: Top 8 Individual awards and Top 3 Relay awards.

Scoring: Each Team may only score 2 places for both individual and relay events.

Individual Events: 9-7-6-5-4-3-2-1  
Relay Events: 18-14-12-10-8-6-4-2

Rules: Current USA Swimming Technical rules will govern this meet.

Team Representative: Other than the coach, only the LSC Executive Director or General Chairman will check with the referee about any matter pertaining to the meet. For each team, the coach and only those people will be recognized.

Officials: Meet Referee: Susan Nesper  
Administrative Referee: Joseph Massimino  
Team Lead Chief Judge: TBA  
Head Stroke and Turn: TBA  
Head Starter: TBA  
Meet Manager: Scott Kimmelman  
Head Marshall: Manny Noguchi & Sion Brinn

For Information: Scott Kimmelman (772) 462-7760

Identification: Coaches and Officials shall wear their current USA Swimming registration card in a conspicuous manner on their person at all times while on the deck during the meet.

Deck Restriction: USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.

Camera Zone: 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 each end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. 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.

## **No Equipment During Warm-Up at any Time**

All swimmers must have one hand on the deck prior to entering the water for warm-up unless they are entering from a racing start during controlled warm-up.

Friday, March 22, 2024:	3:45 PM – 4:30 PM 4:30 PM – 4:50 PM	General Warm-up Lanes 1 – 5, pace Lanes 6 – 8, one-way sprint Lanes 9 – 20, general warm-up
Saturday, March 23, 2024: (Morning Session)	7:45 AM – 8:30 AM 8:30 AM – 8:50 AM	General Warm-up Lanes 1 – 4, one-way sprint Lanes 5 – 8, pace Lanes 9 – 20, general warm-up
Saturday, March 23, 2024: (Afternoon Session)	2:00 PM – 2:30 PM 2:30 PM – 2:50 PM	General Warm-up Lanes 1 – 4, one-way sprint Lanes 5 – 8, pace Lanes 9 – 20, general warm-up

\*The competitive pool will close 10 minutes prior to each session beginning to prepare for competition. The warm-down facility will be available for any additional general warm-up.

### **TEAM SEATING:**

The lower pool deck of the aquatic facility will be used for all team seating. Florida Swimming and Florida Gold Coast coaches will work together to split the deck into appropriate sections for athlete seating. Teams will need to provide tents/shade for their team's members should it be wanted. The host facility, Indian River will provide tents when possible; however, the number of tents is LIMITED.

### **COMPETITION POOL AREA:**

The south side of the competition pool will be for coaches and officials only. Athletes MAY NOT be seated in the bleachers in this area. Athletes may ONLY come speak to coaches prior to or after a race in this portion of the deck area. At no time should there be a gathering of athletes on the south side of the competition pool.

## ORDER OF EVENTS

### SESSION I Fri.-5:00 PM

1	10 & Under	200 Medley Relay, Mixed Gender
2	11 & 12	200 Medley Relay, Mixed Gender
3	13 & 14	<u>200 Medley Relay, Mixed Gender</u>
5 – 6	10 & Under	50 Backstroke
7 – 8	11 & 12	50 Backstroke
9 – 10	13 & 14	<u>100 Backstroke</u>
11 – 12	10 & Under	100 Freestyle
13 – 14	11 & 12	100 Freestyle
<u>15 – 16</u>	<u>13 &amp; 14</u>	<u>100 Freestyle</u>
17 – 18	10 & Under	100 Breaststroke
19 – 20	11 & 12	100 Breaststroke
<u>21 – 22</u>	<u>13 &amp; 14</u>	<u>100 Breaststroke</u>
23 – 24	10 & Under	200 Ind. Medley
25 – 26	11 & 12	200 Ind. Medley
<u>27 – 28</u>	<u>13 &amp; 14</u>	<u>400 Ind. Medley</u>
29 – 30	10 & Under	200 Free Relay
31 – 32	11 & 12	200 Free Relay
33 – 34	13 & 14	200 Free Relay

### SESSION II Sat.-9:00 AM

35 – 36	13 & 14	200 Ind. Medley
37 – 38	11 & 12	100 Ind. Medley
<u>39 – 40</u>	<u>10 &amp; Under</u>	<u>100 Ind. Medley</u>
41 – 42	13 & 14	50 Freestyle
43 – 44	11 & 12	50 Freestyle
<u>45 – 46</u>	<u>10 &amp; Under</u>	<u>50 Freestyle</u>
47 – 48	13 & 14	100 Butterfly
49 – 50	11 & 12	100 Butterfly
<u>51 – 52</u>	<u>10 &amp; Under</u>	<u>100 Butterfly</u>
53 – 54	13 & 14	200 Freestyle
55 – 56	11 & 12	200 Freestyle
<u>57 – 58</u>	<u>10 &amp; Under</u>	<u>200 Freestyle</u>
59 – 60	13 & 14	200 Medley Relay
61 – 62	11 & 12	200 Medley Relay
63 – 64	10 & Under	200 Medley Relay

### SESSION III Sat.-3:00 PM

65 – 66	10 and Under	100 Backstroke
67 – 68	11 & 12	100 Backstroke
<u>69 – 70</u>	<u>13 &amp; 14</u>	<u>200 Backstroke</u>
71 – 72	10 & Under	500 Freestyle
73 – 74	11 & 12	500 Freestyle
<u>75 – 76</u>	<u>13 &amp; 14</u>	<u>500 Freestyle</u>
77 – 78	10 & Under	50 Breaststroke
79 – 80	11 & 12	50 Breaststroke
<u>81 – 82</u>	<u>13 &amp; 14</u>	<u>200 Breaststroke</u>
83 – 84	10 & Under	50 Butterfly
85 – 86	11 & 12	50 Butterfly
<u>87 – 88</u>	<u>13 &amp; 14</u>	<u>200 Butterfly</u>
89	10 & Under	200 Free Relay, Mixed Gender
90	11 & 12	200 Free Relay, Mixed Gender
91	13 & 14	200 Free Relay, Mixed Gender

MASTER ENTRY FORM

Name of Meet: Sunshine State Showcase
Course: 25 Yard Short Course
Date of Meet: March 22 & 23, 2024

Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_ LSC \_\_\_\_\_

Home Phone # (\_\_\_\_) \_\_\_\_\_ Office Phone# (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

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.

Table with 2 columns: Name of Coach, Team. Includes three rows of blank lines for entry.

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a Current USA Swimming non-athlete member.

Signature (must be USA Swimming Member) \_\_\_\_\_ Date \_\_\_\_\_

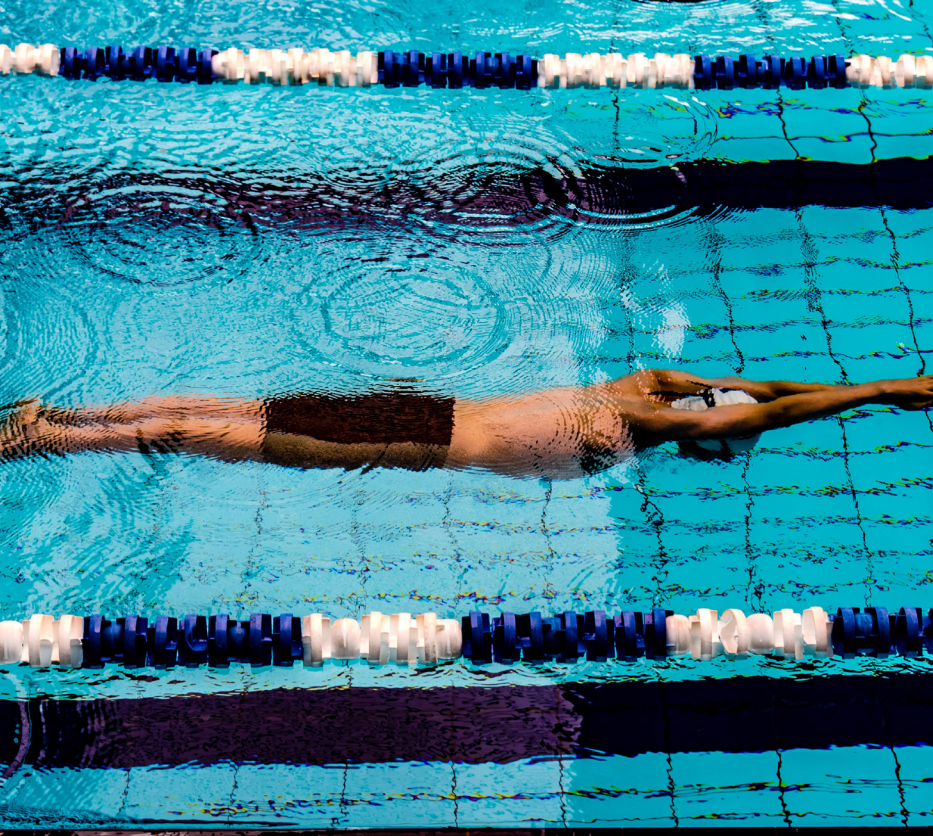
Entry Deadline
Entries must be received by Tuesday, March 14, 2023 at 5:00PM

E-MAIL ALL ENTRIES TO SCOTT KIMMELMAN AT:

irscswim@gmail.com

Financial Recap

Table with 3 columns: Item, Rate, Total. Rows include Individual Swimmers, Women's Ind. Events, Men's Ind. Events, Women's Relays, Men's Relays, and Total Entry Fees paid.



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\*Rates available until: 2/22/2024

\*rates are per room, per night, based on availability, subject to change after cut-off date.

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## All-Star Meet

March 22-24, 2024

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- Free Hi-speed Wireless Internet
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Mention group code: ASDM  
(Rate valid until 2/24/2024)



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## Florida Swimming vs. Florida Gold Coast All-Star Duel Meet

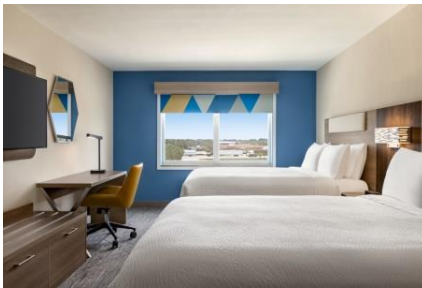
March 22 - 24, 2024

**\$184 - \$189**

**Choice of King Room or Double Queen Room Suites**

**available \$204 - \$214**

*Per room, per night plus tax, (12%) Rates available past & prior\**



**Click here to make your reservation online!**

Reserve by Friday, February 23, 2024. Group rates are based on availability after this date\*

**OR Call us at (772) 464-5000**

Refer to: **FL Swim vs FL Gold Coast** or booking code: **FLS**

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*72 hour cancellation applies.  
Reserve by Friday, February 23, 2024 for your group rate!*