

2020 – Florida Swimming vs Florida Gold Coast All-Star Dual Meet  
Indian River State College, Ft. Pierce, FL  
Friday, March 27 – Sunday, March 29, 2020

Sanctioned By: Florida Swimming Member of USA Swimming Sanction # **5025**

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 prohibited.

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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

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.

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

Hosted By: Indian River Aquatics

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 27, 2020	5:30 PM	(Warm-up 4:15 PM)
	Session II	Saturday, March 28, 2020	9:00 AM	(Warm-up 7:45 AM)
	Session III	Saturday, March 28, 2020	3:00 PM	(Warm-up 2:00 PM)
	Session IV	Sunday, March 29, 2020	9:00 AM	(Warm-up 7:45 AM)

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

Pool Specs: Eight (8) 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.

Timing Equipment: Colorado 6000 timing system with 8-lane scoreboard readout.

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 2020 USA Swimming registered swimmers of FGC and Florida Swimming Committees' Dual Meet 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. In the 13/14 400 IM and the 13/14 and 11/12 500 Free, each LSC is limited to 12 swimmers. Each LSC is limited to 4 swimmers in the 1000 Free for 11/12 and 13/14 swimmers and in the 500 free for 10 & under age-group.

Relay Entries: Each team will be limited to four (4) relays per event indicated as A, B, C and D. The Mixed Gender relays will be limited to eight (8) relays per event indicated as A, B, C, D, E, F, G and H. All relay swimmers must be listed 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  
\$4.15 per individual event  
\$5.00 per relay

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

Entry Deadline: All entries must be received by Wednesday, March 18, 2020 by 5:00 PM.

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

Make check payable to:  
IRSC Foundation

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

Scratches: No penalty for scratching on the blocks. An LSC's empty lane in the "A" heat may be filled with one of their swimmers from the "B" or "C" heats.

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

Scoring: Each Team may only score 2 places.

Individual Events: 7-4-3-1.  
Relay Events: 8-6-2.

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: Head Referee: Susan Nesper  
Administrative Referee: Joseph Massimino  
Team Lead Chief Judge: TBD  
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 or prove current registration through Deck Pass Plus.

#### 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.

## Warm-up Schedule

\*\*\*NO EQUIPMENT PERMITTED\*\*\*

\*\*\*EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL\*\*\*

The Head Marshall may vary the scheduled warm-up as it fits the needs of the competitors

### All Sessions (Friday, March 27 – Sunday, March 29)

First 50 minutes: General Warm Up

Session 1: Florida Gold Coast in the competition end

Session 2: Florida Swimming in the competition end

Session 3: Florida Gold Coast in lanes 1-4

Florida Swimming in lanes 5-8

Last 25 minutes Open Warm-up

Lane 1 Pace, 50 & 100 Circle swim. Push Off

Lane 2 Racing Starts (One length from start end only)

Lane 3 Racing Starts (One length from start end only)

Lane 4 Swimming & Pulling, Push Off

Lane 5 Swimming & Pulling, Push Off

Lane 6 Racing Starts (One length from start end only)

Lane 7 Racing Starts (One length from start end only)

Lane 8 Pace, 50 & 100 Circle swim. Push Off

## ORDER OF EVENTS

<b><u>SESSION I</u></b> Fri.-5:30 PM	1 - 2 *	13 & 14	1000 Freestyle
	3 - 4 *	11 & 12	1000 Freestyle
	5 - 6 *	10 & Under	500 Freestyle
	7 ^	13 & 14	200 Medley Relay, Mixed Gender
	8 ^	11 & 12	200 Medley Relay, Mixed Gender
	9 ^	10 & Under	200 Medley Relay, Mixed Gender

\*Events 1, 2, 3, 4, 5 & 6 will be limited to 1 heat with a maximum of four (4) swimmers from each team.

^Events 7, 8 & 9 are limited to 2 heats with a maximum of eight (8) relays entries from each team.

<b><u>SESSION II</u></b> Sat.-9:00 AM	11 - 12	10 & Under	50 Backstroke
	13 - 14	11 & 12	50 Backstroke
	15 - 16	13 & 14	100 Backstroke
	17 - 18	10 & Under	100 Freestyle
	19 - 20	11 & 12	100 Freestyle
	21 - 22	13 & 14	200 Freestyle
	23 - 24	10 & Under	100 Breaststroke
	25 - 26	11 & 12	100 Breaststroke
	27 - 28	13 & 14	100 Breaststroke
	29 - 30	10 & Under	200 Ind. Medley
	31 - 32	11 & 12	200 Ind. Medley
	33 - 34 **	13 & 14	400 Ind. Medley
	35 - 36 ^^	10 & Under	200 Free Relay
	37 - 38 ^^	11 & 12	200 Free Relay
39 - 40 ^^	13 & 14	200 Free Relay	

\*\* Events 33 & 34 will be limited to three heats with a maximum of twelve (12) swimmers from each team.

^^Events 35, 36, 37, 38, 39 & 40 are limited to one heat with a maximum of four (4) relay entries from each team.

<b><u>SESSION III</u></b> Sat.-3:00 PM	41 - 42	13 & 14	200 Ind. Medley
	43 - 44	11 & 12	100 Ind. Medley
	45 - 46	10 & Under	100 Ind. Medley
	47 - 48	13 & 14	50 Freestyle
	49 - 50	11 & 12	50 Freestyle
	51 - 52	10 & Under	50 Freestyle
	53 - 54	13 & 14	100 Butterfly
	55 - 56	11 & 12	100 Butterfly
	57 - 58	10 & Under	100 Butterfly
	59 - 60 ***	13 & 14	500 Freestyle
	61 - 62	11 & 12	200 Freestyle
	63 - 64	10 & Under	200 Freestyle
	65 - 66 ^^	13 & 14	200 Medley Relay
	67 - 68 ^^	11 & 12	200 Medley Relay
69 - 70 ^^	10 & Under	200 Medley Relay	

\*\*\* Events 59 & 60 will be limited to three heats with a maximum of twelve (12) swimmers from each team.

^^Events 65, 66, 67, 68, 69 & 70 are limited to one heat with a maximum of four (4) relay entries from each team.

<b><u>SESSION IV</u></b> Sun.-9:00 AM	71 - 72	10 and Under	100 Backstroke
	73 - 74	11 & 12	100 Backstroke
	75 - 76	13 & 14	200 Backstroke
	77 - 78 ****	11 & 12	500 Freestyle
	79 - 80	13 & 14	100 Freestyle
	81 - 82	10 & Under	50 Breaststroke
	83 - 84	11 & 12	50 Breaststroke
	85 - 86	13 & 14	200 Breaststroke
	87 - 88	10 & Under	50 Butterfly
	89 - 90	11 & 12	50 Butterfly
	91 - 92	13 & 14	200 Butterfly
	93 ^^^	10 & Under	200 Free Relay, Mixed Gender
	94 ^^^	11 & 12	200 Free Relay, Mixed Gender
	95 ^^^	13 & 14	200 Free Relay, Mixed Gender

\*\*\*\* Events 77 & 78 will be limited to three heats with a maximum of twelve (12) swimmers from each team.

^^^Events 93, 94 & 95 are limited to 2 heats with a maximum of eight (8) relays entries from each team.

MASTER ENTRY FORM

Name of Meet: Florida Swimming VS. Florida Gold Coast All-Star Dual Meet
Course: 25 Yard Short Course
Date of Meet: March 27 -29, 2020

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. 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 Wednesday, March 18, 2020 at 5:00PM

E-MAIL ALL ENTRIES TO SCOTT KIMMELMAN AT:

irscswim@gmail.com

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

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.