

# Florida Gold Coast Board of Directors Meeting January 19, 2021 via Video Conferencing

**I. Call to Order-** Jennifer Gibson called meeting to order at 12:30pm

**II. Roll Call/Excused Absences**

Chair-	Jennifer Gibson-P
Vice-Chair-	Alf Aguirre-P
Senior. Vice-Chair-	Chris Anderson-P
Age Gr Vice-Chair-	Liz Kershaw-P
Coaches Rep	Gordon Andrews-P
Treasurer/Registration Chair-	Richard Cavanah-Ex
Secretary-	Lori Bosco-P
Officials Rep	Steven Goldman-P
Finance Vice-Chair	Kathleen Prindle-P
D.E.I Chair	Rosemarie Knoll-P
Op Risk/Safe Sport Chair	Michael Averett-P
Athlete Sr. Rep	Kyle Kasztner-A
Athlete Jr. Rep	Chloe Hernandez-Ex
Athlete Rep	Benji Carey-A
Athlete Rep	Madelene Finks-A
At-Large-(1yr)	Bruno Darzi-P
At-Large-(1yr)	Christi Wathen-P
At-Large-(1yr)	Allan Golding-P
Chair Advisor	Jim McCombs-P

**(Technical planning committee members:** Vice-Chair –Alf Aguirre, Senior Chair- Chris Anderson, Age Gr Chair-Liz Kershaw, Coaches Rep.-Gordon Andrews, Officials Rep-Steven Goldman, Athlete Reps: Kyle Kasztner, and Chloe Hernandez)

**(Executive Board:** General Chair-Jennifer Gibson, Administrative Vice-Chair-Alf Aguirre, Senior Chair-Chris Anderson, Age Group Vice Chair-Liz Kershaw, Finance Vice Chair-Kathleen Prindle, Coaches Rep-Gordon Andrews and Two Athlete Reps- Kyle Kasztner and Chloe Hernandez)

**III. Approval of FGC Board Meeting minutes from December 1, 2020**

**Motion:** *To approve meeting minutes December 1, 2020.* Lori Bosco. **Second.** Liz Kershaw. **Passed.** *No Opposed.*

**IV. Consent Agenda=Discussion Items to Pull or “See attached” with document**

**A. General Chair-Jennifer Gibson**

1. **FGC Mission Statement:** To promote growth and development of a diverse swimming community through education, innovation, and a commitment to excellence.

2. **Updates from USA Swimming-see attached the following reports:**

a. Zone Directors Council Recap Meeting-December and January-attached

b. Athlete Leader Summit Grant app due January 22-attached.

**B. Vice Chair-Alf Aguirre**

1. No Report

**C. Senior: Chris Anderson**

1. Championship Meet Proposals (2) Votes-

***Motion:** To approve FGC Meet fees and Sr. Champs Time Standards-via internet voting-**Passed.** No Opposed.*

**D. Age Group: Liz Kershaw**

1. B/C Vote-proposal-attached

2. Age Group Report-see attached.

***Motion:** February 20 weekend meets be restricted to slower than BB time standards, named BC weekend, not restricted to counties, with the exception of Palm Beach, and need to use BB/BC template. Liz Kershaw. **Second.** Kathleen Prindle. **Passed.** No Opposed.*

**E. Coaches: Gordon Andrews:**

1. No Report

**F. Treasurer/Registration/Club Liaison: Dick Cavanah**

1. No Report. Verbal report from Alf Aguirre of update of registrations-those that use team unify and integrations with SWMS is a much easier process than the old way of emailing the batch to Dick—extra steps he must take in extracting the batch file. Team unify is directly uploaded— something to look into.

**G. Secretary/Swimposium: Lori Bosco**

1. No Report-With the swimposium being changed to October, all awards will be given each year versus waiting for the following year to offer awards. Anyone who hasn't received awards from swimposium in October, 2020, will receive at FGC JO's.

**H. Officials: Steven Goldman**

1. FGC Officials Report for December-see attached.

**I. Finance/Investments: Kathleen Prindle**

1. No Report

**J. DEI: Rosemarie Knoll**

1. No Report

**K. Safe Sport/Safety Chair: Mike Averett**

1. Safe Sport Report-See Attached

Only at 50%, all teams need to get started with Safe sport. Goal is to get a higher percentage. A lot of offering through USA swimming in 2020. Classes are being offered. As part of the grant given to teams for COVID, was to complete Safe Sport-will be reaching out to those teams. Mike will contact board members to call teams to help with getting teams safe sport. Christi, Chris, Norman and Rosemarie to help.

2. Kathleen will send out a reminder to teams who received a grant to finalize all paperwork.

**L. Athletes: Sr. Kyle Kasztner/Jr. Chloe Hernandez**

**At large: Benji Carey/Maddie Finks**

1. No Report

**VI. Committee Reports-**

**Ongoing Committees**

1. Athletes In Action=Kathleen, Kyle, Chloe, Benji, Maddie
2. Governance Committee=Dick, Gordon, Kathy Fish\*, Dave Gibson\*, Chloe
3. Coach Support Network=Gordon, Jennifer, Chris, Christi, Mike, \*Derek
4. FGC Coach Mentoring Program 2020 Grant=Bruno, Gordon, Jennifer
5. FGC Meet Committee=Liz, Allan, Bruno, Christi, Alf
6. MSD Scholarship 2021 Committee=
7. Relief Grant Committee=Kathleen, Dick, Liz, Bruno, Steven, Chloe, Kyle, \*Kathy F.
8. Technical Planning Committee=Alf, Chris, Liz, Allan, Gordon, Steven, Bruno, Kyle, Chloe
9. Swimposium=Lori, Jennifer, Mike, Rosemarie, Athletes
10. Website Upgrade/Upkeep=Dick, \*Terrell Wood
11. FGC Board Protection Measures=Liz, Bruno, Steven, Dick

\*=Denotes Non-Board Members

**A. COVID committee: Gordon/Bruno/Liz/Kathleen**

1. No report

**B. FGC Swim Meets/Sanctioning/Updates Allan G/Bruno/Liz/Christi**

1. No Report

## **VII. Old Business**

### **A. Posting of FGC Meet Schedule -full schedule/user friendly**

### **B. FGC Championship- Meet Series**

1. FGC Championship Meet Series-working on live-streaming. Closed meet to spectators. Changes were due to COVID concerns and pool capacity.

2. (Chris) Sectionals-Coral Springs, meet cap-350. Stroke of 50's taken out of the meet-February 11-14

3. (Chris) Sr. Champs-March 18-21, the biggest difference, there will be a session on Thursday night: 400 IM, 500 free and 100 IM. Relays taken out except 200 free and 200 Medley Relay. All 14 and Under will be taken out of the meet (due to size). New time standards which were passed to reduce meet to 80<sup>th</sup> place. 15 and Over age group, with top 30 for finals. Everything will be prelims and finals other than 50's of strokes.

4. (Bruno) JO's and senior Champs similar format of 3and 1/2 days with meets starting on Thursday. Thursday: 1650 for age 11-14, 500 for 10 and Under, 400 IM for age 11-14. (Thursday will run with two pools, all other days will be one pool). Idea is two run 2 separate sessions by age group-1st session is 13-14 followed by combined session of 10 and Under and 11-12. Needed to remove some events due to length of sessions the 800 relay, 400 Medley relay and 400 free removed. Removed 200 in stroke for 11-12 and 50's of stroke for 13-14. Tightened up time standards. Decided to bring 10 and Under back for finals and adding 200 mixed medley relay on Sunday night. (No relay only swimmers)

## **VIII. New Business-Action items**

*Motion: To approve meet information and order of events for 14 and Under Championships as presented.* Bruno Darzi, **Second** Liz Kershaw. **Passed.** *No Opposed.*

*Motion: To approve meet information and order of events for BB Championships.* Liz Kershaw. **Second** Chris Anderson. **Passed.** *No Opposed.*

## **IX. FGC B.O.D 2021 Meeting Schedule**

### **A. Meeting Dates**

1. Tuesday, February 16<sup>th</sup>@ 7:30pm via ZOOM
2. No March Meeting
3. No April Meeting

4. Tuesday, May 18<sup>th</sup> Either in person or ZOOM
5. Tuesday, June 22<sup>nd</sup> @ 12:30pm-ZOOM
6. No July Meeting
7. Tuesday, August 31<sup>st</sup> @ 12:30pm-ZOOM
8. Week of September 20-25<sup>th</sup> Convention
9. Tuesday, October 12<sup>th</sup> or 19<sup>th</sup> @ 12:30pm-ZOOM
10. Saturday & Sunday, October 23-24<sup>th</sup> FGC Swimposium & HOD
11. No November meeting
12. Tuesday, December 7<sup>th</sup> either 12:30 or 7:30 via ZOOM

**X. Adjournment –**

***Motion: To adjourn.*** Chris Anderson. **Second.** Mike Averett. **Passed.** *No Opposed.*

## Recap from Zone Directors Council Meeting Mon, Dec 14, 2020

Dave Smith

- There have been several reports sent forward to USA Swimming staff on clubs that have been ignoring COVID protocols in their practice sessions. I know of none in the SZ. However, whenever the staff receives notice of this type, it has triggered a phone call from the staff directly to that coach asking for clarification on what has happened. In most cases, it has turned out to be a simple misunderstanding of what protocol should be adhered to. If the club resists adhering to existing protocols, then a letter from USA Swimming legal would follow requesting the club follow the existing protocols. There is no punitive action beyond a letter from legal, but as we all know, this can have a powerful effect on club boards and swimmers' parents. Every facility is different and may have different protocols to follow. It's important for all our clubs to follow whatever protocol is set for their pool.

- The 18 & Under Championships are basically over. There is an internal discussion to allow results for a few more days, but that's beyond us at this point. We'll get results soon. We can also expect more meets similar to this one - distributed across multiple sites and we'll discuss this in a moment.

-We have almost completed merging our By-Laws and Policy & Procedures, as directed by USA Swimming HOD following Convention - actually the proposal was to remove our By-Laws since the Zones are not legal entities. For the SZ, since we revised our By-Laws last year as well as created a Policy & Procedures Manual, it has been relatively easy for us to combine the two documents, unlike some of the other Zones that are well behind us. I will send out the revised document to our Southern Zone leadership later today, and after Christmas, should be able to send it out to all of you. Once we send it out to all our LSCs, then we'll give you approximately 45-60 days to review and comment on before we hold a special meeting of the Zone to approve it. The Board proposal that led to this actually wanted it done 'immediately', so we will not delay until next year's Convention.

- All of you should have seen the notice that the January TYR Pro meet will be distributed across three locations, but additional information is that the Irvine site will be invitation only to accommodate so many of our top-level swimmers in California.

- By now, most LSCs and Sectional Committees have been making plans on how their Spring meets will be conducted. For Sectionals, if meets are conducted in multiple facilities, then however much money is provided by USA Swimming will be split among the different facilities.

- The consensus among the Zone Directors and the USA Swimming staff is that all of our clubs should be looking at smaller meets, and meets providing competition for our swimmers even if most of those meets are dual/tri meets rather than large meets where clubs and swimmers have to travel far to attend. Today, we see the first vaccine shots being administered, but it will be some time before enough people are vaccinated for our local government entities to start changing their policies.

We hope that you had a great Thanksgiving and that all of you will have a Very, Merry Christmas.

Dave Smith

SZ Non-Coach Director

## Zone Directors Council Recap Jan 10, 2021

Dave Smith

I hope all of you had a great Holiday season. I know my wife and I did, but I did just find out that a dear associate & long time coach, Vicki Balog - Pensacola Naval Youth head coach, passed away last month due to COVID.

- As all of you are acutely aware, the resurgence of the COVID virus in different parts of the country has continued to create havoc. Clubs across the US have been scrambling to find available water, and in many cases are having some success, but not enough. In the SZ, we have been a lot more fortunate than in other parts of the country.
- Zone Workshops, virtual and coming in late April/early May. You will be receiving more info soon but since it will be virtual, we should be able to get more of our people engaged. Please let Jim and me know of any specific subjects you want discussed in the segment of the Workshop allocated to Zone Directors, LSC General Chairs.
- USA Swimming has taken over more of the functions previously allocated to the Aquatics Coalition since many of the coalition members were unwilling/unable to share the costs associated with the PR firm hired to help get out the messaging out to local and national political and health groups. That messaging is still available and should be used when you're working with your local political and health groups, trying to get your club either back into water or more access to existing water. USA Swimming will continue to target the messaging towards states with the most closures and additionally school district pools. You should see something soon on the low transmission rates of the COVID virus in swimming.
- As you probably know by now, the TYR Pro next week will go on, but without Irvine since that pool became unavailable due to the surge of virus cases in Southern California. USA Swimming will make some decisions soon on the TYR Pro in March that's scheduled to be in the San Antonio pool. The consensus right now is that the meet will stay in the single pool, but may be slimmed down slightly. There will be no prize money offered for the Jan TYR Pro but some expenses for top level swimmers will be covered.
- You should have received the email from USA Swimming on the Athlete Leadership Summit Grant program, since the deadline for grant submission is 22 January. Please consider applying. If you do not receive one of the grants, there are other resources available to help with your LSC running a leadership summit and we certainly encourage you to run one.

As we close, there are two additional items I want to mention.

- Sectional Committees – as you make decisions on where the Sectional meets will be held, single or multiple pools, please let us know so we can include it on our SZ website.
- And, a recurring note, as your LSC undergoes leadership changes, please, please notify us.

Dave Smith

SZ Non-Coach Director

## 2021 LSC Leadership Summits

Southern Zone

Wed, Jan 13, 11:18 AM (5 days ago)

Dear LSC General Chairs, Vice Chairs, and Athlete Representatives:

As you are likely aware, USA Swimming's LSC Leadership Summit grant program will be offered again this year, allowing a number of LSCs significant financial support to be put towards hosting an Athlete Leadership Summit. These events have been greatly successful in the past (including those which have been held virtually, as many in 2020 were) and are a wonderful opportunity for our sport to better our impact on our athlete membership in and out of the water.

We want to highly encourage all of our LSCs to apply for the grant at this link by January 22. Our Southern Zone LSCs are uniquely well-supported to run such programs, largely because of the leadership development and support networks the Southern Zone Athletes' Committee has been able to build and provide, so we are confident that all of our LSCs can successfully carry out this project. I have attached the program details below, and ask that you reach out to myself or Morgan Weinberg with any questions whatsoever.

I also want to briefly note that if your LSC applies for a grant but does not receive one, we still highly encourage you to host a summit as LSCs not selected for the grant can still receive logistical support (i.e. curricula, PowerPoints, etc.) from the AEC and the Zone. Virtual summits can be held for essentially no cost if necessary, and even in-person events if planned carefully can be held with very little cost (I know of one which cost less than \$300 even before the grant). I would also like to note that myself and Lauren are available to assist in facilitating these summits, as are a number of AEC members and Zone Athlete Directors.

Again, please reach out with any questions or concerns - we would love for a significant number of our LSCs to run these phenomenal summits in 2021, and we look forward to seeing some great products from our wonderful Zone!

Best,

Ryan Gibbons

SZ Athlete Director



FGC Championship Proposals

canderson@swim4comets.com

Fri, Jan 15, 6:05 PM

To Jennifer & Alf

Good Evening Jennifer,

Below are the two FGC proposals we discussed on Tuesday. The first proposal is for all FGC Championship Series meets and the second proposal are the 7 events for FGC Sr Champs that the time standard were adjusted.

**Proposal 1.** FGC Championship Meet Fees Increase is for BB Champs North & South, FGC Junior Olympics & FGC Senior Champs. This increase in fees is due to loss of spectators & concession revenues, longer sessions, reduction of event & relay revenue and increased safety measures due to current pandemic.

Surcharge:               \$20.00

Individual Entries:     \$15.00

Relays                    \$20.00

**Proposal 2.** Sr Championships Time Standards update. Sr champs has in the past has 7 events that has over 100 Entries. Due to the pandemic, we have reduced these seven events to the 80th place of previous Sr champs 2019 SCY. I have attached Sr Champs Time Standards proposal for comparison.

Women's 50 Free       26.29 SCY

Women's 100 Free     57.19 SCY

Men's 50 Free         23.49 SCY

Men's 100 Free       50.69 SCY

Men's 200 Free       1:52.59 SCY

Men's 100 Fly         56.99 SCY

Men's 100 IM         1:00.69 SCY

Thank you and I hope these proposals are clear. If you have any questions please don't hesitate to call.

Christopher Anderson Jr.

Florida Gold Coast Senior Vice Chair

Liz Kershaw

Friday, Jan 15, 2021, 3:05 PM

Good Afternoon All!

I would like to catch you up on a meeting that TPC had earlier this week. **Alf has also requested I send the update and request for a vote.**

BC Champs in both Broward and Dade the host is unable to hold the meet at their own facility or any other facility. After Alf spent some time inquiring with other teams and facilities with no luck. The TPC committee met to figure out alternative options for our BC level swimmers and a season-ending meet. The ultimate result is below:

Palm Beach County will have a closed meet weekend and NPB will host BC Champs. If the meet doesn't fill, they will accept some swimmers from Broward county.

Both Dade and Broward County Feb 20th weekend will become an open weekend for teams to host small meets such as BC level invites and intrasquads.

Christi and Allan are working on a meet template for teams to use.

TPC approved these changes and is now seeking a vote from the larger board so that Broward and Dade teams can be notified of the change.

Please let me know if you have any questions. Thanks for your attention to this matter!

# Age Group Chair Report 1/2021

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19 January 2021 / 12:30 PM

## NOTES

### Last Meeting Follow-up

- Cybersecurity update
  - Cybersecurity insurance - purchased in Dec 2020.
  - Tech Soup/Google for NP - in the process of proving NP status to become eligible for NP pricing for Google.
- JO format - Coral Springs has increased the swimmer limit, which will allow us to combine some sessions and add finals to the meet.
  - Relays have been added back to the meet, as long as restrictions remain as they are today.
  - The combining of sessions required us to alter the order of events again. Meet announcement to be published ASAP.
  - 200 relays were tentatively added back into the meet. 200 Free, Medley and Mixed Medley.

### New Business

- BB Champs have limited their events to follow what is being offered at JO's
- BC Champs has a template and upper time limits being sent to teams in Broward and Dade county. Those two areas are open for smaller meets. No virtual combination was recommended by technical planning.
- Palm Beach will remain closed for BC Champs weekend. NPB will accept teams from Broward if there is space available.

- All-Stars is planning on hosting the meet as schedule and include spectators with some kind of rotation of parents.

## ACTION ITEMS

- The LSC is transitioning to Google for NP and will come with email addresses. Liz is working with Harrison Gibbson, and Dick Cavanah on the transition.
- Add a two-deep coverage for tasks of BOD members or FGC Volunteers.
  - Swims Uploads - Allan Golding and ?
  - Registration - Dick Cavanah and ?
  - Meet sanctions - Allan, Christy and Bruno
  - Other areas??
- Update All-Star application for coaches and athletes.

# Officials Report January 2021

1. Scott Boggs is recipient of Officials Excellent Award for January 2021
2. Officials Qualify Meets until further notice:
  - Recertification only
  - LSC Championships that change from prelims/finals to timed finals only will be approved for OQM
  - Meets divided into two sessions girls and boys will count only as one session
  - Must have officials briefing (maybe virtual)
  - No OQM's for Virtual meets
3. We have had two Stroke and Turn Clinics since our last board meeting.
4. We have 18 apprentices in the pipeline.
5. We have certified 102 officials who have met all requirements to work for 2021.
6. We are reminding our Referees to make sure all officials and coaches must be up to date to be on deck.

<b>CLUB NAME:</b>	<b>CURRENT STATUS:</b>	<b>POINTS:</b>
1. Alper J Swim Club	Safe Sport Recognized	X
2. Azura Florida Aquatics	Safe Sport Recognized	X
3. Black Marlin Swim & Triathlon Club	Started	33
4. Boca Raton Swim Team	Safe Sport Recognized	X
5. Hurricane Aquatics	Safe Sport Recognized	X
6. Coral Springs Swim Club	Safe Sport Recognized	X
7. Eagle Aquatics	Started	51
8. East Coast Aquatic Club	Started	53
9. Flood Aquatics Swim Team	Safe Sport Recognized	X
10. Gulliver Swim Club	Safe Sport Recognized	X
11. Heritage Aquatic Team	Started	7
12. Lake Lytal Lightning	Safe Sport Recognized	X
13. Martin County Swimming	Safe Sport Recognized	X
14. Miami Country Day Aquatics	Started	31
15. Miami Swimming	Started	58
16. Midtown Weston Aquatics	Safe Sport Recognized	X
17. North Palm Beach Swim Club	Started	23
18. Performance Aquatics	Safe Sport Recognized	X
19. Pine Crest Swimming	Safe Sport Recognized	X
20. Pompano Beach Piranhas	Started	25
21. Ransom Everglades Aquatic Club	Started	53
22. Saint Andrew's Aquatics	Started	48
23. Swim Fort Lauderdale	Safe Sport Recognized	X
24. Swim Gym Swim Team	Safe Sport Recognized	X
25. South Florida Aquatic Club	Safe Sport Recognized	X
26. Sunrise Swimming	Safe Sport Recognized	X
27. TS Aquatics	Safe Sport Recognized	X
28. Wahoo's of Wellington	Started	53

<b>NOT STARTED</b>	<b>31</b>
<b>STARTED</b>	<b>11</b>
<b>COMPLETED</b>	<b>17</b>
<b>TOTAL CLUBS:</b>	<b>59</b>

<b>Teams That Received Grant Funding:</b>	<b>CURRENT STATUS:</b>	<b>POINTS:</b>
1. Florida Keys Swim Club	Not Started	0
2. Jupiter Dragon's Swim Team	Not Started	0
3. MAC	Not Started	0
4. Miami Beach Seahawks	Not Started	0
5. Miami Swimming Academy	Not Started	0

PROPOSED FGC JO - TIMES 2020

10 & UNDER						
GIRLS			EVENT	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
36.59	35.69	32.39	50 FR	36.49	35.19	31.99
1:20.59	1:17.89	1:10.49	100 FR	1:21.89	1:18.99	1:11.69
2:56.29	2:51.99	2:35.59	200 FR	2:54.79	2:48.99	2:33.39
6:05.39	5:54.29	6:44.89	400/500 FR	6:07.59	5:55.79	6:45.39
43.89	41.59	37.69	50 BA	44.99	42.99	39.09
1:34.69	1:29.69	1:21.29	100 BA	1:35.49	1:31.49	1:23.19
48.49	47.19	42.79	50 BR	48.99	47.29	42.99
1:48.29	1:43.49	1:33.89	100 BR	1:48.19	1:43.59	1:34.19
41.99	40.99	37.19	50 FL	42.19	41.09	37.39
1:37.99	1:34.99	1:26.09	100 FL	1:38.99	1:36.29	1:27.29
---	1:29.19	1:22.79	100 IM	---	1:29.89	1:23.39
3:17.09	3:10.79	2:52.69	200 IM	3:19.39	3:12.89	2:54.99

11 & 12						
GIRLS			EVENTS	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
32.79	31.99	28.89	50 FR	32.09	30.89	27.89
1:10.99	1:08.29	1:01.59	100 FR	1:09.89	1:07.29	1:00.89
2:34.09	2:29.49	2:15.29	200 FR	2:32.49	2:27.49	2:13.49
5:22.29	5:15.19	6:00.19	400/500 FR	5:21.89	5:12.99	5:57.69
11:17.19	10:52.39	12:25.39	800/1000 FR	11:18.59	10:54.59	12:27.89
21:37.39	20:46.59	20:53.89	1500/1650 FR	21:37.39	20:45.69	20:52.99
38.99	37.29	33.89	50 BA	39.49	37.69	34.29
1:22.69	1:21.49	1:13.39	100 BA	1:25.49	1:20.59	1:13.29
42.99	41.79	37.89	50 BR	43.59	41.99	38.19
1:35.39	1:30.89	1:22.39	100 BR	1:34.39	1:30.59	1:22.39
36.19	35.49	31.89	50 FL	36.59	35.89	32.29
1:22.79	1:20.99	1:13.49	100 FL	1:22.59	1:20.89	1:13.59
---	1:18.29	1:10.79	100 IM	---	1:16.39	1:09.09
2:53.09	2:47.59	2:31.69	200 IM	2:53.89	2:46.69	2:30.89
6:09.09	5:56.29	5:22.49	400 IM	6:08.69	5:53.39	5:19.79

13 & 14						
GIRLS			EVENTS	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
30.69	29.59	26.79	50 FR	28.29	27.29	24.69
1:06.69	1:04.29	58.19	100 FR	1:01.99	59.59	53.89
2:23.89	2:18.99	2:05.79	200 FR	2:14.79	2:09.79	1:57.49
5:01.59	4:54.29	5:36.29	400/500 FR	4:46.69	4:37.89	5:17.59
10:20.99	10:05.29	11:31.59	800/1000 FR	9:56.29	9:35.99	10:58.09
19:48.09	19:06.19	19:12.89	1500/1650 FR	18:58.89	18:13.39	18:19.79
1:17.09	1:13.09	1:06.19	100 BA	1:12.29	1:08.19	1:01.79
2:45.59	2:38.49	2:23.39	200 BA	2:36.59	2:28.79	2:14.69
1:27.69	1:23.99	1:15.99	100 BR	1:21.29	1:17.09	1:09.79
3:09.79	3:01.89	2:44.59	200 BR	2:56.79	2:48.89	2:32.89
1:14.79	1:12.89	1:05.99	100 FL	1:09.69	1:07.69	1:01.29
2:45.69	2:41.09	2:25.79	200 FL	2:36.19	2:29.99	2:15.69
---	1:15.89	1:08.29	100 IM	---	1:09.89	1:03.29
2:42.19	2:35.59	2:20.89	200 IM	2:38.79	2:31.59	2:17.19
5:42.89	5:31.99	5:00.49	400 IM	5:22.59	5:10.29	4:40.79



**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 1 Thursday Boys - FINALS

Day of Meet: 1 Starts at 06:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	112 Boys 11-12 1650 Freestyle	11	2 u	06:00 AM	_____
Finals	114 Boys 13-14 1650 Freestyle	24	3 u	06:44 AM	_____
Finals	32 Boys 10 & Under 500 Freestyle	13	2 u	07:41 AM	_____
Finals	72 Boys 11-12 400 IM	19	2 u	07:57 AM	_____
Finals	74 Boys 13-14 400 IM	18	2 u	08:09 AM	_____
	Swimmers Counts for Warm-ups: 69	=====	=====		
	Entry / Heat Totals:	85	11		
	Finish Time			08:20 AM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 2 Thursday girls - FINALS

Day of Meet: 1 Starts at 06:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	111 Girls 11-12 1650 Freestyle	11	2 u	06:00 AM	_____
Finals	113 Girls 13-14 1650 Freestyle	19	2 u	06:44 AM	_____
Finals	31 Girls 10 & Under 500 Freestyle	11	2 u	07:24 AM	_____
Finals	71 Girls 11-12 400 IM	12	2 u	07:39 AM	_____
Finals	73 Girls 13-14 400 IM	19	2 u	07:52 AM	_____
	Swimmers Counts for Warm-ups: 62	=====	=====		
	Entry / Heat Totals:	72	10		
	Finish Time			08:03 AM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 3 Friday 13-14

Day of Meet: 1 Starts at 07:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	5 Girls 13-14 200 Backstroke	26	3 u	07:00 AM	_____
Prelims	6 Boys 13-14 200 Backstroke	26	3 u	07:11 AM	_____
	Break: 5 Minutes:				
Prelims	11 Girls 13-14 50 Freestyle	50	5 u	07:27 AM	_____
Prelims	12 Boys 13-14 50 Freestyle	31	4 u	07:34 AM	_____
	Break: 5 Minutes:				
Prelims	17 Girls 13-14 100 Breaststroke	32	4 u	07:44 AM	_____
Prelims	18 Boys 13-14 100 Breaststroke	20	2 u	07:53 AM	_____
	Break: 5 Minutes:				
Finals-S	35 Girls 13-14 500 Freestyle	22	3 u	08:03 AM	_____
Finals-S	36 Boys 13-14 500 Freestyle	24	3 u	08:22 AM	_____
	Swimmers Counts for Warm-ups: 172	=====	=====		
	Entry / Heat Totals:	231	27		
	Finish Time			08:41 AM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 4 Friday 11-12 &amp; 10 and under

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	79 Girls 10 & Under 200 IM	21	3 u	10:00 AM	_____
Prelims	80 Boys 10 & Under 200 IM	22	3 u	10:12 AM	_____
Prelims	81 Girls 11-12 200 IM	19	2 u	10:24 AM	_____
Prelims	82 Boys 11-12 200 IM	20	2 u	10:31 AM	_____
Prelims	63 Girls 10 & Under 100 Backstroke	19	2 u	10:38 AM	_____
Prelims	64 Boys 10 & Under 100 Backstroke	27	3 u	10:43 AM	_____
Prelims	65 Girls 11-12 100 Backstroke	53	6 u	10:51 AM	_____
Prelims	66 Boys 11-12 100 Backstroke	43	5 u	11:05 AM	_____
Prelims	7 Girls 10 & Under 50 Freestyle	29	3 u	11:17 AM	_____
Prelims	8 Boys 10 & Under 50 Freestyle	32	4 u	11:22 AM	_____
Prelims	9 Girls 11-12 50 Freestyle	48	5 u	11:28 AM	_____
Prelims	10 Boys 11-12 50 Freestyle	33	4 u	11:35 AM	_____
Prelims	13 Girls 10 & Under 100 Breaststroke	18	2 u	11:41 AM	_____
Prelims	14 Boys 10 & Under 100 Breaststroke	18	2 u	11:46 AM	_____
Prelims	15 Girls 11-12 100 Breaststroke	33	4 u	11:51 AM	_____
Prelims	16 Boys 11-12 100 Breaststroke	31	4 u	12:01 PM	_____
	Swimmers Counts for Warm-ups: 279	=====	=====		
	Entry / Heat Totals:	466	54		
	Finish Time			12:10 PM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 5 Friday finals

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	79 Girls 10 & Under 200 IM	10	1 u	04:00 PM	_____
Finals	80 Boys 10 & Under 200 IM	10	1 u	04:05 PM	_____
Finals	81 Girls 11-12 200 IM	10	1 u	04:09 PM	_____
Finals	82 Boys 11-12 200 IM	10	1 u	04:13 PM	_____
Finals	5 Girls 13-14 200 Backstroke	10	1 u	04:17 PM	_____
Finals	6 Boys 13-14 200 Backstroke	10	1 u	04:20 PM	_____
Finals	63 Girls 10 & Under 100 Backstroke	10	1 u	04:24 PM	_____
Finals	64 Boys 10 & Under 100 Backstroke	10	1 u	04:27 PM	_____
Finals	66 Boys 11-12 100 Backstroke	10	1 u	04:30 PM	_____
Finals	65 Girls 11-12 100 Backstroke	10	1 u	04:33 PM	_____
Finals	11 Girls 13-14 50 Freestyle	10	1 u	04:36 PM	_____
Finals	12 Boys 13-14 50 Freestyle	10	1 u	04:38 PM	_____
Finals	7 Girls 10 & Under 50 Freestyle	10	1 u	04:40 PM	_____
Finals	8 Boys 10 & Under 50 Freestyle	10	1 u	04:42 PM	_____
Finals	9 Girls 11-12 50 Freestyle	10	1 u	04:44 PM	_____
Finals	10 Boys 11-12 50 Freestyle	10	1 u	04:46 PM	_____
Finals	17 Girls 13-14 100 Breaststroke	10	1 u	04:48 PM	_____
Finals	18 Boys 13-14 100 Breaststroke	10	1 u	04:50 PM	_____
Finals	13 Girls 10 & Under 100 Breaststroke	10	1 u	04:53 PM	_____
Finals	14 Boys 10 & Under 100 Breaststroke	10	1 u	04:56 PM	_____
Finals	15 Girls 11-12 100 Breaststroke	10	1 u	04:59 PM	_____
Finals	16 Boys 11-12 100 Breaststroke	10	1 u	05:01 PM	_____
Finals-1	35 Girls 13-14 500 Freestyle	10	1 u	05:04 PM	_____
Finals-1	36 Boys 13-14 500 Freestyle	10	1 u	05:11 PM	_____
Finals	69 Girls 10 & Under 200 Freestyle Relay	17	2 u	05:18 PM	_____
Finals	70 Boys 10 & Under 200 Freestyle Relay	19	2 u	05:26 PM	_____
Finals	107 Girls 11-12 200 Freestyle Relay	19	2 u	05:34 PM	_____
Finals	108 Boys 11-12 200 Freestyle Relay	25	3 u	05:41 PM	_____
Finals	1 Girls 13-14 200 Freestyle Relay	21	3 u	05:52 PM	_____
Finals	2 Boys 13-14 200 Freestyle Relay	20	2 u	06:02 PM	_____
	Swimmers Counts for Warm-ups: 207	=====	=====		
	Entry / Heat Totals:	361	38		
	Finish Time			06:08 PM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 6 Saturday 13-14

Day of Meet: 2 Starts at 07:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	55 Girls 13-14 200 Freestyle	36	4 u	07:00 AM	_____
Prelims	56 Boys 13-14 200 Freestyle	38	4 u	07:13 AM	_____
	Break: 5 Minutes:				
Prelims	67 Girls 13-14 100 Backstroke	30	3 u	07:29 AM	_____
Prelims	68 Boys 13-14 100 Backstroke	30	3 u	07:36 AM	_____
	Break: 5 Minutes:				
Prelims	29 Girls 13-14 100 IM	48	5 u	07:48 AM	_____
Prelims	30 Boys 13-14 100 IM	30	3 u	07:59 AM	_____
	Break: 5 Minutes:				
Prelims	105 Girls 13-14 200 Butterfly	23	3 u	08:10 AM	_____
Prelims	106 Boys 13-14 200 Butterfly	21	3 u	08:20 AM	_____
	Swimmers Counts for Warm-ups: 154	=====	=====		
	Entry / Heat Totals:	256	28		
	Finish Time			08:30 AM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 7 Saturday 11-12 &amp; 10 and under

Day of Meet: 2 Starts at 10:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	57 Girls 10 & Under 50 Butterfly	31	4 u	10:00 AM	_____
Prelims	58 Boys 10 & Under 50 Butterfly	38	4 u	10:07 AM	_____
Prelims	59 Girls 11-12 50 Butterfly	32	4 u	10:13 AM	_____
Prelims	60 Boys 11-12 50 Butterfly	47	5 u	10:19 AM	_____
Prelims	85 Girls 10 & Under 100 Freestyle	21	3 u	10:27 AM	_____
Prelims	86 Boys 10 & Under 100 Freestyle	38	4 u	10:33 AM	_____
Prelims	87 Girls 11-12 100 Freestyle	36	4 u	10:42 AM	_____
Prelims	88 Boys 11-12 100 Freestyle	30	3 u	10:50 AM	_____
Prelims	97 Girls 10 & Under 50 Breaststroke	22	3 u	10:56 AM	_____
Prelims	98 Boys 10 & Under 50 Breaststroke	21	3 u	11:01 AM	_____
Prelims	99 Girls 11-12 50 Breaststroke	33	4 u	11:06 AM	_____
Prelims	100 Boys 11-12 50 Breaststroke	41	5 u	11:13 AM	_____
Finals-S	33 Girls 11-12 500 Freestyle	17	2 u	11:21 AM	_____
Finals-S	34 Boys 11-12 500 Freestyle	18	2 u	11:35 AM	_____
	Swimmers Counts for Warm-ups: 280	=====	=====		
	Entry / Heat Totals:	425	50		
	Finish Time			11:48 AM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 8 Saturday finals

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 13-14 200 Freestyle	10	1 u	04:00 PM	_____
Finals	56 Boys 13-14 200 Freestyle	10	1 u	04:04 PM	_____
Finals	85 Girls 10 & Under 100 Freestyle	10	1 u	04:07 PM	_____
Finals	86 Boys 10 & Under 100 Freestyle	10	1 u	04:10 PM	_____
Finals	87 Girls 11-12 100 Freestyle	10	1 u	04:12 PM	_____
Finals	88 Boys 11-12 100 Freestyle	10	1 u	04:15 PM	_____
Finals	105 Girls 13-14 200 Butterfly	10	1 u	04:17 PM	_____
Finals	106 Boys 13-14 200 Butterfly	10	1 u	04:21 PM	_____
Finals	57 Girls 10 & Under 50 Butterfly	10	1 u	04:25 PM	_____
Finals	58 Boys 10 & Under 50 Butterfly	10	1 u	04:27 PM	_____
Finals	59 Girls 11-12 50 Butterfly	10	1 u	04:29 PM	_____
Finals	60 Boys 11-12 50 Butterfly	10	1 u	04:31 PM	_____
Finals	67 Girls 13-14 100 Backstroke	10	1 u	04:33 PM	_____
Finals	68 Boys 13-14 100 Backstroke	10	1 u	04:35 PM	_____
	Break: 5 Minutes:				
Finals	97 Girls 10 & Under 50 Breaststroke	10	1 u	04:43 PM	_____
Finals	98 Boys 10 & Under 50 Breaststroke	10	1 u	04:45 PM	_____
Finals	99 Girls 11-12 50 Breaststroke	10	1 u	04:47 PM	_____
Finals	100 Boys 11-12 50 Breaststroke	10	1 u	04:49 PM	_____
Finals	29 Girls 13-14 100 IM	10	1 u	04:52 PM	_____
Finals	30 Boys 13-14 100 IM	10	1 u	04:54 PM	_____
Finals-1	33 Girls 11-12 500 Freestyle	10	1 u	04:57 PM	_____
Finals-1	34 Boys 11-12 500 Freestyle	10	1 u	05:04 PM	_____
Finals	41 Girls 10 & Under 200 Medley Relay	18	2 u	05:11 PM	_____
Finals	42 Boys 10 & Under 200 Medley Relay	19	2 u	05:21 PM	_____
Finals	45 Girls 13-14 200 Medley Relay	22	3 u	05:30 PM	_____
Finals	46 Boys 13-14 200 Medley Relay	19	2 u	05:42 PM	_____
Finals	43 Girls 11-12 200 Medley Relay	19	2 u	05:49 PM	_____
Finals	44 Boys 11-12 200 Medley Relay	23	3 u	05:57 PM	_____
	Swimmers Counts for Warm-ups: 182	=====	=====		
	Entry / Heat Totals:	340	36		
	Finish Time			06:10 PM	_____



**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 9 Sunday 13-14

Day of Meet: 3 Starts at 07:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	83 Girls 13-14 200 IM	20	2 u	07:00 AM	_____
Prelims	84 Boys 13-14 200 IM	32	4 u	07:07 AM	_____
	Break: 5 Minutes:				
Prelims	89 Girls 13-14 100 Freestyle	56	6 u	07:25 AM	_____
Prelims	90 Boys 13-14 100 Freestyle	31	4 u	07:37 AM	_____
	Break: 5 Minutes:				
Prelims	49 Girls 13-14 200 Breaststroke	28	3 u	07:49 AM	_____
Prelims	50 Boys 13-14 200 Breaststroke	18	2 u	08:00 AM	_____
	Break: 5 Minutes:				
Prelims	23 Girls 13-14 100 Butterfly	49	5 u	08:12 AM	_____
Prelims	24 Boys 13-14 100 Butterfly	27	3 u	08:23 AM	_____
	Swimmers Counts for Warm-ups: 172	=====	=====		
	Entry / Heat Totals:	261	29		
	Finish Time			08:29 AM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 10 Sunday 11-12 &amp; 10 and under

Day of Meet: 3 Starts at 10:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	51 Girls 10 & Under 200 Freestyle	26	3 u	10:00 AM	_____
Prelims	52 Boys 10 & Under 200 Freestyle	23	3 u	10:11 AM	_____
Prelims	53 Girls 11-12 200 Freestyle	38	4 u	10:22 AM	_____
Prelims	54 Boys 11-12 200 Freestyle	37	4 u	10:35 AM	_____
Prelims	91 Girls 10 & Under 50 Backstroke	18	2 u	10:47 AM	_____
Prelims	92 Boys 10 & Under 50 Backstroke	34	4 u	10:51 AM	_____
Prelims	93 Girls 11-12 50 Backstroke	50	5 u	10:58 AM	_____
Prelims	94 Boys 11-12 50 Backstroke	41	5 u	11:07 AM	_____
Prelims	25 Girls 10 & Under 100 IM	34	4 u	11:16 AM	_____
Prelims	26 Boys 10 & Under 100 IM	33	4 u	11:26 AM	_____
Prelims	27 Girls 11-12 100 IM	29	3 u	11:35 AM	_____
Prelims	28 Boys 11-12 100 IM	17	2 u	11:42 AM	_____
Prelims	19 Girls 10 & Under 100 Butterfly	20	2 u	11:46 AM	_____
Prelims	20 Boys 10 & Under 100 Butterfly	23	3 u	11:51 AM	_____
Prelims	21 Girls 11-12 100 Butterfly	36	4 u	11:58 AM	_____
Prelims	22 Boys 11-12 100 Butterfly	41	5 u	12:07 PM	_____
	Swimmers Counts for Warm-ups: 266	=====	=====		
	Entry / Heat Totals:	500	57		
	Finish Time			12:17 PM	_____

**2020 FG Junior Olympics - CSSC - 031320, Sanction #: FG27200730B027****Coral Springs Aquatic Complex****Session Report**

Session: 11 Sunday finals

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	83 Girls 13-14 200 IM	10	1 u	04:00 PM	_____
Finals	84 Boys 13-14 200 IM	10	1 u	04:04 PM	_____
Finals	27 Girls 11-12 100 IM	10	1 u	04:08 PM	_____
Finals	28 Boys 11-12 100 IM	10	1 u	04:10 PM	_____
Finals	25 Girls 10 & Under 100 IM	10	1 u	04:13 PM	_____
Finals	26 Boys 10 & Under 100 IM	10	1 u	04:16 PM	_____
Finals	49 Girls 13-14 200 Breaststroke	10	1 u	04:18 PM	_____
Finals	50 Boys 13-14 200 Breaststroke	10	1 u	04:22 PM	_____
Finals	93 Girls 11-12 50 Backstroke	10	1 u	04:26 PM	_____
Finals	94 Boys 11-12 50 Backstroke	10	1 u	04:29 PM	_____
Finals	91 Girls 10 & Under 50 Backstroke	10	1 u	04:31 PM	_____
Finals	92 Boys 10 & Under 50 Backstroke	10	1 u	04:33 PM	_____
Finals	89 Girls 13-14 100 Freestyle	10	1 u	04:35 PM	_____
Finals	90 Boys 13-14 100 Freestyle	10	1 u	04:38 PM	_____
Finals	53 Girls 11-12 200 Freestyle	10	1 u	04:40 PM	_____
Finals	54 Boys 11-12 200 Freestyle	10	1 u	04:44 PM	_____
Finals	51 Girls 10 & Under 200 Freestyle	10	1 u	04:47 PM	_____
Finals	52 Boys 10 & Under 200 Freestyle	10	1 u	04:51 PM	_____
Finals	23 Girls 13-14 100 Butterfly	10	1 u	04:55 PM	_____
Finals	24 Boys 13-14 100 Butterfly	10	1 u	04:58 PM	_____
Finals	21 Girls 11-12 100 Butterfly	10	1 u	05:00 PM	_____
Finals	22 Boys 11-12 100 Butterfly	10	1 u	05:02 PM	_____
Finals	19 Girls 10 & Under 100 Butterfly	10	1 u	05:05 PM	_____
Finals	20 Boys 10 & Under 100 Butterfly	10	1 u	05:08 PM	_____
Finals	117 Mixed 13-14 200 Medley Relay	0	0	05:10 PM	_____
Finals	116 Mixed 11-12 200 Medley Relay	0	0	05:10 PM	_____
Finals	115 Mixed 10 & Under 200 Medley Relay	0	0	05:10 PM	_____
	Swimmers Counts for Warm-ups: 149	=====	=====		
	Entry / Heat Totals:	240	24		
	Finish Time			05:10 PM	_____