

**Florida Gold Coast
Board of Directors Meeting
March 2, 2021 via Video Conferencing**

I. Call to Order- Jennifer Gibson called meeting to order at 7:33pm

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-P
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-P
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 January 19, 2021

Motion: To approve meeting minutes January 19, 2021. Lori Bosco. **Second.** Bruno Darzi. **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. **Vision Statement:** To create a healthy community in South Florida which cultivates safety, fitness and competitive excellence through swimming.

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

a. Kathleen Prindle (Governance): an emergency HOD meeting to be held June 20-in order to bring USA swimming into compliance with USOPC. Overall review going on in USA swimming came out of a need to update policy and procedure manual. Mandated changes to have more athlete's representation on board and on committees.

b. Southern Zone General Chairs-week of Feb 22 (attached). Southern Zone to update policies and procedures at the Zone level. Tasking our Governance committee to update our policies and procedures.

c. Southern Zone Coaches ZOOM meeting March 3- attached from Jamie Lewis for Age Group competitions questions and answers-need to register for the meeting and March 9 summer and spring meet questions and answers. Jennifer to send out information to all coaches.

d. Zone Director's Council Recap-attached from Dave Smith

e. Virtual Zone workshop—April 30-May 1 attached from Jane Grosser. USA-S opening these meetings to everyone—a great opportunity for all coaches to listen. Need to pre-register for the meetings. (Details in attachment)

f. Congratulations Andre Bailey (TSA) on receiving the 1st Community impact grants from USA-Swimming.

B. Vice Chair-Alf Aguirre

1. No Report Given

C. Senior: Chris Anderson

1. No Report Given

D. Age Group: Liz Kershaw-Attached report.

1. Open water Zone—How the board wants to fund and support the Open Water Zone qualifier and team—Zones will take place June 5

2. All- Star Coaching staff-Marco Bellardi, Norman Abril, Mike Averett, Becky Richey, Peter Ninivaggi, Rodrigo Mendes, Isidio Planell and Liz Kershaw (support staff)

3. How do All- Star sign up-have a team unify site for All- Stars with all details of venue, meet information, how to register, hotels, etc. Will have a table

staffed with Liz, Norman Abril, Mike Averett at JO's. When a swimmer qualifies-will hand parent link to register. Top 6 qualify in each event with the exception of the distant events. Will only take alternates through 8th place.

E. Coaches: Gordon Andrews:

1. No Report

F. Treasurer/Registration/Club Liaison: Dick Cavanah

1. 2021 Registration Report-see attached.

To date-2020- 4113 athletes 2021-less than 150 athletes to reach the end goal of 2020. Numbers will be up 10-20%. Non- Athletes lower than 2020. Flex membership is a year round membership and is being looked at. Roll out date for changes to flex will occur 2023.

2. Requirement on the Coaches-if the CPR and Safety Training in the water and unable to get a course has been extended to March 31. USA-S extended the extension to July 1, however coaches will need to request this extension- email Dick Cavanah.

G. Secretary/Swimposium: Lori Bosco

1. No Report Given

H. Officials: Steven Goldman

1. FGC Officials Report-see attached. Talked about the addition to the Officials Report-see attached

Motion: To commit the BB meet discussion on officiating to the FGC meet committee. Allan Golding. **Second.** Dick Cavanah. **Passed.** *No Opposed.*

I. Finance/Investments: Kathleen Prindle

1. No Report

J. DEI: Rosemarie Knoll

1. No Report

K. Safe Sport/Safety Chair: Mike Averett

1. 54 total teams in LSC-with 28 teams complete or started process. Norman, Chris and Christi have been reaching out to teams to help. Should be up in the top 10 ranking soon. Big push in all LSC is to move on this. SOFLO completed second round—Congratulations to Chris Anderson.

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

At large: Benji Carey/Maddie Finks

1. No Report

M. Open Water: Cathy Silveria

1. Open Water Report/Status attached and Meet information Jesse Vassallo is proposing. Task: how much money will it take to turn this Open water event into an FGC qualifier- to be presented to the board.

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. "Return to Practice" Medical Authorization form-attached

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

1. Sanctions Report-attached

VII. Old Business

A. Posting of FGC Meet Schedule -full schedule/user friendly-need to make it easy to get information. Make sure to send meet information to Terrell.

B. Grant Committee-update (Kathleen)-grant an extension to paperwork documentation relief grants to clubs to April 17, 2021. In the letter sent a reminder of what was required. Kathleen and Dick will reach out to teams to make sure all teams understand.

C. FGC Championship Meet series-SC2021-

1. B/C Champs Review-(2 each=Alf/Christi/Liz/Chris or circulate written review)-

Christi-only able to host an intra-squad meet; Chris-SOFLO/Miami swimming/Copper City/Plantation-good experience for development meet; Liz-4 other teams included themselves-need to try to empower hosts to host something; Alf-300 swimmers under timeline each time, split warmup to 45 minutes to teams-made it work in 6 lanes-had 12 teams in attendance. Had parents on deck in a separate area.

2. BB Champs Review-(Gordon and Chris)—Gordon-organization very challenging with dividing up teams/warmup times/tent assignment and working with

coaches with swimmers issues with swimmers entries. Parents had a viewing area and live streamed through Facebook as they were not allowed on deck; Chris-hats off to meet committee to make sure environment safe for athletes and created an environment of a Championship meet. Good security. Athletes swam fast and many liked just the swimmers on the deck. Steven-constantly talking to the officials about slowing the meet down and sticking to the timelines.

3. FGC Wide Coach Communication-(Jennifer)- try to communicate FGC wide to make sure all on the same page with communication. We have had so much thrown at us. The BB meet situation was not a fault of anyone-just had a lot of swimmers and not a lot of opportunities to make a time due to COVID.

4. 14 and Under Champs-(Bruno)-Currently have 441 athletes in the meet. Gave a breakdown of all the sessions with times and how many athletes in each session.

5. Sr. Champs Update-Chris-concern about numbers-close to capacity. Limits on the meet-coaches need to do your due diligence and get your meet entries complete. Currently in OME-330 athletes-138 women and 192 men total.

6. All-Star Meet Update/Meet info (Liz)-attached.

7. Status of Meet Dues/Charges and time standards-in August.

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.

VIII. New Business-Action items

1. Raising Sizzler fees-no action required
2. LSC 2021 Meet Schedule thoughts-meet committee.
3. SC 2021 Champ Meet review-meet committee.
4. ASCA Status/Update-no report
5. redesign FGC logo- USA-S working on
6. New LEAP Program-due 2022.

IX. FGC B.O.D 2021 Meeting Schedule

A. Meeting Dates

1. April 20, 2021 at 7:30pm

Motion: *Next meeting to occur April 20, 2021 and void the May 18, 2021 meeting to start at 7:30pm.* Chris Anderson. **Second.** Allan Golding. **Passed.** No Opposed.

2. Tuesday, June 22nd @ 12:30pm-ZOOM
3. No July Meeting
4. Tuesday, August 31st @ Either in person or ZOOM
5. Week of September 20-25th Convention

6. Tuesday, October 12th or 19th @ 7:30pm-ZOOM
7. Saturday & Sunday, October 23-24th FGC Swimposium & HOD
8. No November meeting
9. Tuesday, December 7th 7:30 via ZOOM

X. Adjournment – at 10:20pm

Motion: To adjourn. Lori Bosco. **Second.** Dick Cavanah. **Passed.** *No Opposed.*

Southern Zone - Request for Votes on P&P Manual

Herb Schwab

Attachments

Tue, Feb 23, 8:43 PM

Dear Southern Zone General Chairs and Zone Officers,

As previously communicated to you, attached is our proposed Policy & Procedures Manual for the SZ. It combines our existing By-Laws and our current Policies & Procedures, as directed by USA Swimming legal staff.

Hopefully, everyone has had ample opportunity to read over this document and ask any questions or provide any comments. Now, we are asking for your approval of this document to replace our current Bylaws and Policies & Procedures.

Please vote to approve or reject this attached document. Please email your vote to me, at:
Herb.Schwab@gmail.com

The deadline for submitting your vote is March 31st. We must have a majority of all Southern Zone votes in order to pass this document. If a majority of votes is not received by March 31st, we will call a Special Meeting (via Zoom) to discuss this document and take action on this document.

Thank you,

Herb Schwab

Southern Zone Secretary/Treasurer

281-242-1334

Jaime Lewis

Mar 1, 2021, 5:24 PM (23 hours ago)

Good Monday afternoon LSC Leaders!

I am going to take this opportunity to send out a couple reminders and extra pushes.

Southern Zone Coach Call: When: Mar 3, 2021 09:30 AM Eastern Time (US and Canada)

Register in advance for this meeting: <https://usaswimming.zoom.us/meeting/register/tJYlf-uurzMsGNcOmfJOzAV8ln2HfROZRLpz>

18& under March Championships: www.usaswimming.org/event/2021/03/03/default-calendar/2021-18-under-spring-championships

18 & under Spring Series: April 29- May 2 (4 sites)

Time Standard- Winter JRS; Open up to Futures if cap has not been reached after two weeks

Summer Invite East & West: August 3-7

Time standards & qualifying period- TBA

Futures: July 29- Aug 1

Summer & Spring Meet Q&A

When: Mar 9, 2021 10:00 AM Mountain Time (US and Canada)

Register in advance for this meeting:

https://usaswimming.zoom.us/meeting/register/tJEtcuCqpwzwoHdx3d_E0A1veza7oOqOwcNkd

After registering, you will receive a confirmation email containing information about joining the meeting.

Olympic Trials info

www.usaswimming.org/trials

Email trials@usaswimming.org

LSC Select Camp Grants- More information to come the week of March 15th. Morgan Weinberg (mweinberg@usaswimming.org) is overseeing that and will be able to answer any additional questions.

CLBMS 201

Saturday April 10th from 9a to 1:30p Mountain

Registration Opens Monday, February 22nd Register here:

<https://www.usaswimming.org/coaches/clinics-workshops#club-leadership---business-management>

(Must be logged into Deck Pass to register)

Registration Closes Monday, April 5th

Participants will receive Zoom link after registration closes

Safe Sport Recognition- PLEASE ENCOURAGE THE TEAMS IN YOUR LSC!! Southern zone is slacking compared to other zones!

<https://www.usaswimming.org/safe-sport/safe-sport-recognition-program>

Jaime Lewis

Team Services

Manager, Team Performance & Business Operations

RE: Southern Zone LSC Coach Zoom Call Collaboration March 3, 2021

Hi there,

You are invited to a Zoom meeting.

Topic: Reaching out to 12 & under Athletes- Racing opportunities, what ideas are out there?

When: Mar 3, 2021 09:30 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://usaswimming.zoom.us/meeting/register/tJYlf-uurzMsGNcOmfJOzAV8ln2HfR0ZRLpz>

After registering, you will receive a confirmation email containing information about joining the meeting.

Jaime Lewis

Team Services

Manager, Performance Development

1 Olympic Plaza

Colorado Springs, CO 80909-5780

o: 719.866.3581

m: 719.330.4054

jlewis@usaswimming.org

Zone Director's Council Recap

Dave Smith

Mon, Mar 1, 11:53 AM

There is a lot going on at USA Swimming as they continue to jumpstart competition, so in addition to the items I'll cover here, please visit the USAS website to stay abreast of all that is happening.

- The ZDC has started to better define what each Zone Director is and should be doing. This will help as we experience turnover, so the new person coming in is not completely lost for a period of time. Each LSC as a part of LEAP had to develop something similar but the question is - do you use those descriptions. How often when you have leadership turnover is the new person lost for a while. Succession planning works for all of us.

- Three Governance Committee working groups have been formed, Board of Directors, Committees and House of Delegates. They will be looking at each of their assigned areas and we can expect any Board proposals at Convention to come out of these groups.

- You have already received notice on the Special meeting of the HOD 30 June, so please make sure that is on your calendars.

- Both National LC & SC virtual meets from 1-28 March, should be announced today.

- Expect four regional level competitions, LC, from late April-early May.

- Expect an East meet at Greensboro and West meet at Irvine 3-7 August requiring winter Junior cuts.

- These initiatives are all part of an ongoing effort to spur competition across the US and I'm sure regain some of our members who have not returned to swimming.

- There are grants available to each LSC to run a Select camp over the next six months, so let's make use of what is available. I've attached a select camp administrative folder off of the USA Swimming website as a reference, but the grant should be through Sports Development, so contact Jaime Lewis.

- Continue to respect the COVID protocols in place for your LSCs and individual facilities. I realize they are not standard. Some college conferences have their own protocols in place and will probably be the last to relax those protocols, so we'll just endure until this whole nightmare is past.

- Just a reminder of the upcoming virtual Zone Workshop late April - early May. While the actual dates are 30 April - 2 May, there will be some virtual meetings associated with the workshop held during the week prior, including an Athletes meeting, so please plan on attending and since it's virtual, most of your folks who are interested can attend. Friday, 30 April, will be a discussion on Governance along with a keynote speaker, Saturday will be DEI, Safe Sport and coaches education. Sunday will be for each Zone to have discussions with their LSC General Chairs and we'll probably have a short session with all four Zones participating.

And in closing, Herb sent emails out to everyone recently asking you to submit votes on whether to accept the SZ Policy & Procedures Manual which was combined with our by-laws under direction of USA Swimming legal.

February 22, 2021

Greetings USA Swimming National Committee Chairs and USA Swimming Staff leaders/liaisons-

The 2021 Virtual Zone workshop: "Building Opportunities to Thrive Beyond the Pandemic" is scheduled for April 30—May 1, 2021. We want to offer each committee the opportunity to host an open committee meeting anytime between April 20-29, 2021. This is a similar opportunity offered to our members prior to convention last fall which was very popular and well received.

Procedures for scheduling your meeting:

Determine the date and time of your open meeting between April 20-29

Staff Leader/Liaison: Set up the Zoom meeting with a pre-registration requirement:

Set up the meeting from your browser and be sure to check the "Require Registration" box along with the other parameters of the meeting. Here is a general information link from Zoom on setting up a pre-registration meeting: <https://support.zoom.us/hc/en-us/articles/211579443-Setting-up-registration-for-a-meeting>

Forward the meeting link to me no later than Tuesday, March 2nd so it can be included on the Zone Workshop general registration form. Participants will then be able to sign up to attend your meeting along with the general sessions offered on Friday and Saturday, April 30-May 1.

On April 16, 2021- you will receive a list of everyone registered for your meeting and you can directly send the link to them so they can access your meeting.

Thanks for your help to make the 2021 Virtual Zone Workshop a success!

Jane Grosser, Senior Manager LSC Service

Age Group Chair Report 1/2021

2 March 2021 / 7:30 PM

NOTES

Last Meeting Follow-up

- Cybersecurity update
 - Tech Soup/Google for NP - application submitted, now going through the verification process.
- Pool All-Stars are proceeding as scheduled, no significant changes to the meet as a whole. Staff of 8 coaches have been selected.

New Business

- Open Water All-Stars needs to be modified, FL Swimming has closed their meet. Cathay Silveira is working on an alternative.

ACTION ITEMS

- The LSC is transitioning to Google for NP and will come with email addresses. Liz is working with Harrison Gibson, and Dick Cavanah on the transition.
- All-Star details and event operations - Liz and AS coaching staff.



FLORIDA GOLD COAST SWIMMING

Registration Report

March 2, 2021

A. 2020 – Athletes	(Annual)	3,942	
	(Flex)	171	
	(Seasonal)	<u>0</u>	
			<u>4,113</u>
2021 – Athletes (to date)	(Annual)	3,589	
	(Flex)	<u>372</u>	
			<u>3,961</u>
2021 – Non-Athletes	Coaches	232	
	Officials	<u>172</u>	
			<u>404</u>
B. 2021 – FGC Clubs	Clubs		<u>54</u>

Richard Cavanah
Membership Chairman

Officials Report for February 16th Board Meeting

Clinics since January 1. Five
Number of Officials Certified for 2021=152

We have created a list of officials Name/Team/City/email/Certification. It is available to a host who is looking for officials to run a meet. At this point, we do not feel comfortable sending it out or posting it on the website. However, it is our intent to place it in the FGC drive for access but not for anyone who accesses the FGC website. In the meantime, if any host needs officials they may contact me at gold438@gmail.com. I will release the list only to those who are in need of officials and will ask them not to share with anyone. It is the intent of the officials committee to update every quarter and renew the list in January since that is when the most changes occur.

Kathy Fish has taken over the weekly emails to officials informing all officials of upcoming meets and any updates.

The committee wants to thank those teams that have worked hard to be able to run their own meets without searching for officials and those teams that continue to work towards that goal. We would like to encourage teams to get parents involved and help at venues they attend swim meets. Hopefully, when we return to normal swim meets we will need more help. If you have parents interested in becoming officials we try to run clinics on an as needed basis. We know that at least one LSC schedules and Virtual Clinic on a regular basis but at this point I feel that doesn't work for us but we will continue to explore.

Respectfully submitted,
Steven Goldman

****ADD to Officials Report!!!****

Meet Referee for FGC Championships

Steven Goldman

Mon, Mar 1, 4:22 PM (23 hours ago)

Jennifer,

I am requesting that the Board amend the assignment of the LSC Championships from the current policy of assigning meet referee to:

BB Championships, Junior Olympics, Senior Champs and Sectionals to drop BB Champs from the list.

Rational:

1. Host tends to like Referees the normally work with.
2. This year at the last minute we had to scramble to locate Meet Referees because both that were assigned a while ago both has personal problems and could not be available.
3. BB Champs is a developmental meet and not that important.
4. I might add it is difficult for all meets to get officials to work out of their comfort zone and I always ask the host who they would like to work with. I might add that most hosts have a preference but usually say "I'll work with anyone."

Thanks

Steven

Steven Goldman

Florida Gold Coast Swimming Officials Chair

Safe Sport Recognition – Clubs Statistics

1/31/21

Started and Completed Counts by Zone

	Eastern	Southern	Central	Western	Total
Started Safe Sport Recognition	104	108	146	151	509
Safe Sport Recognized	163	180	131	164	638
Total Combined (Started + completed)	267	288	277	315	1147

Top 10 LSCs (Ranked by count of clubs Safe Sport Recognized)

Rank	# Clubs Safe Sport Recognized	LSC(s)
1	49	FL
2	44	PC
3	33	NC
4	32	MD
5	30	NE
6	23	GA
7	22	IL PV
8	21	IN
9	20	MN
10	19	SN ST

Top 10 LSCs (Ranked by % clubs Safe Sport Recognized)

Rank	% Clubs Safe Sport Recognized	LSC(s)
1	76.74	MD
2	64.86	PV
3	60.00	SN
4	56.67	FL
5	55.00	PC
6	48.61	NC
7	46.15	VA
8	45.24	ST
9	44.83	UT
10	44.44	MV IA

Safe Sport Recognition – Clubs Started and Completed Counts

1/31/21

LSC Name	LSC	Started		# Clubs in LSC	# Clubs Started Apl.	% Clubs Started	# Clubs Complete Min SS	% Clubs Complete Min SS
		Safe Sport Recognized	Safe Sport Recognized					
ADIRONDACK SWIMMING	AD	12	2	18	9	50.0%	2	11.1%
ALASKA SWIMMING	AK	15	1	22	7	31.8%	1	4.5%
ALLEGHENY MOUNTAIN	AM	24	4	34	16	47.1%	4	11.8%
ARIZONA SWIMMING	AZ	16	9	43	21	48.8%	9	20.9%
ARKANSAS SWIMMING	AR	6	4	15	7	46.7%	4	26.7%
BORDER SWIMMING	BD	3	3	8	4	50.0%	3	37.5%
CENTRAL CALIFORNIA	CC	5	1	10	4	40.0%	1	10.0%
COLORADO SWIMMING	CO	17	17	59	30	50.8%	17	28.8%
CONNECTICUT SWIMMING	CT	15	13	58	23	39.7%	13	22.4%
FLORIDA GOLD COAST	FG	13	18	54	27	50.0%	18	33.3%
FLORIDA SWIMMING	FL	23	51	90	66	73.3%	51	56.7%
GEORGIA SWIMMING	GA	10	23	63	31	49.2%	23	36.5%
GULF SWIMMING	GU	26	5	51	21	41.2%	5	9.8%
HAWAIIAN SWIMMING	HI	18	3	25	20	80.0%	3	12.0%
ILLINOIS SWIMMING	IL	48	23	97	53	54.6%	23	23.7%
INDIANA SWIMMING	IN	34	21	106	42	39.6%	21	19.8%
INLAND EMPIRE SWIMMING	IE	9	4	14	11	78.6%	4	28.6%
IOWA SWIMMING	IA	9	12	27	19	70.4%	12	44.4%
KENTUCKY SWIMMING	KY	10	4	25	12	48.0%	4	16.0%
LAKE ERIE SWIMMING	LE	18	2	37	14	37.8%	2	5.4%
LOUISIANA SWIMMING	LA	9	5	25	11	44.0%	5	20.0%
MAINE SWIMMING	ME	10	5	14	11	78.6%	5	35.7%
MARYLAND SWIMMING	MD	5	33	43	38	88.4%	33	76.7%
METROPOLITAN SWIMMING	MR	28	7	66	21	31.8%	7	10.6%
MICHIGAN SWIMMING	MI	21	3	65	15	23.1%	3	4.6%
MIDDLE ATLANTIC SWIMMING	MA	39	13	113	31	27.4%	13	11.5%
MIDWESTERN SWIMMING	MW	8	4	29	9	31.0%	4	13.8%
MINNESOTA SWIMMING	MN	21	20	60	32	53.3%	20	33.3%
MISSISSIPPI SWIMMING	MS	6	1	11	5	45.5%	1	9.1%
MISSOURI VALLEY SWIMMING	MV	11	16	36	25	69.4%	16	44.4%
MONTANA SWIMMING	MT	7	4	15	10	66.7%	4	26.7%
NEW ENGLAND SWIMMING	NE	23	30	80	42	52.5%	30	37.5%
NEW JERSEY SWIMMING	NJ	17	7	46	19	41.3%	7	15.2%
NEW MEXICO SWIMMING	NM	8	0	19	6	31.6%	0	0.0%
NIAGARA SWIMMING	NI	22	14	32	28	87.5%	14	43.8%
NORTH CAROLINA SWIMMING	NC	16	35	72	47	65.3%	35	48.6%
NORTH DAKOTA SWIMMING	ND	5	3	14	6	42.9%	3	21.4%
NORTH TEXAS SWIMMING	NT	9	6	25	13	52.0%	6	24.0%
OHIO SWIMMING	OH	24	7	49	25	51.0%	7	14.3%
OKLAHOMA SWIMMING	OK	5	5	17	8	47.1%	5	29.4%
OREGON SWIMMING	OR	22	18	44	34	77.3%	18	40.9%
OZARK SWIMMING	OZ	10	3	19	10	52.6%	3	15.8%
PACIFIC NORTHWEST	PN	15	13	40	25	62.5%	13	32.5%
PACIFIC SWIMMING	PC	26	44	80	60	75.0%	44	55.0%
POTOMAC VALLEY SWIMMING	PV	9	24	37	30	81.1%	24	64.9%
SAN DIEGO-IMPERIAL	SI	13	6	26	16	61.5%	6	23.1%
SIERRA NEVADA SWIMMING	SN	8	21	35	26	74.3%	21	60.0%
SNAKE RIVER SWIMMING	SR	5	3	10	6	60.0%	3	30.0%
SOUTH CAROLINA SWIMMING	SC	4	11	27	15	55.6%	11	40.7%
SOUTH DAKOTA SWIMMING	SD	7	0	16	5	31.3%	0	0.0%
SOUTH TEXAS SWIMMING	ST	11	19	42	26	61.9%	19	45.2%
SOUTHEASTERN SWIMMING	SE	28	1	66	12	18.2%	1	1.5%
SOUTHERN CALIFORNIA	CA	53	12	118	43	36.4%	12	10.2%
UTAH SWIMMING	UT	12	13	29	22	75.9%	13	44.8%
VIRGINIA SWIMMING	VA	12	18	39	27	69.2%	18	46.2%
WEST TEXAS SWIMMING	WT	4	1	6	5	83.3%	1	16.7%
WEST VIRGINIA SWIMMING	WV	3	1	8	4	50.0%	1	12.5%

Safe Sport Recognition – Clubs Started and Completed Counts

1/31/21

LSC Name	LSC	Started		# Clubs in LSC	# Clubs	% Clubs	# Clubs	% Clubs
		Safe Sport Recognized	Safe Sport Recognized		Started	Started	Complete	Complete
					Apl.		Min SS	Min SS
WISCONSIN SWIMMING	WI	20	9	57	19	33.3%	9	15.8%
WYOMING SWIMMING	WY	6	0	20	4	20.0%	0	0.0%
	Total:	893	655	2406	0	51.0%	655	27.2%

Open Water Report/Status

As we continue to operate under the effects of Covid19 restrictions and concerns, the following is an update on the status of OW in the FGC

- **ALL STARS:** This annual event is hosted by Florida Swimming and provides an opportunity for those selected FGC team members (as well as other interested swimmers) to participate as part of an Open Water Festival. This year, the original venue limited the anticipated site to OW Nationals only, necessitating a change. Florida Swimming was unable to secure a venue that could accommodate the amount of time necessary to allow FGC participation, which resulted in the cancellation of OW All Stars.
- **ZONES:** OW Zones are scheduled for June 5 in Chattanooga TN. The meet host is working to update information as he remains within compliance for Covid etc.
Considerations:
 - Team travel: after speaking with zone coaches through-out; at this time, no zone is planning to travel as a team—to remove liability/responsibility from the LSC, parents will be responsible for their swimmers to include all travel, lodging, meals, etc
 - Reduced teams are being considered by each (with 10 per age group-4 groups) placing a limit on team size may be an idea.
 - Selection: with the added necessity for parents to make arrangements, and the knowledge that such travel may be out of reach for some, the LSCs are addressing methods of early team selection and scholarship

After extensive conversation with Don Henshaw, Cashel Mack, Jesse Vassalo, and the feedback from swimmers and coaches, I would like to offer the following for consideration:

- The FGC should sponsor an OW Zone Qualifier and LSC Championship event by lending financial support and assistance to the event host.
- OW needs greater exposure /more competitions in our LSC—quite a few teams found OW to be one of the only sources of water they had for practice during the lockdowns and their swimmers are ready to embrace OW competition
- While the sanctioning process has been simplified and we are adding officials, the biggest prohibition to hosting an OW event is the cost to rent the timing/chip system (necessary for both added safety and accuracy). NC/GA and several other LSCs own systems and have them available for rental by meet hosts.
- We currently do not add any LSC OW events to our schedule in the annual planning other than those hosted outside of the LSC.

2021 Stop Gap Solution

Looking to come up with a viable method of identifying OW Zone qualifiers and adding to our competition opportunities, Jesse Vassallo has very kindly allowed us to join his planned OW event at Pompano Pier (adding events, changing the dates etc.). Please find attached a working

copy of the meet information. The event would be held on April 24th, allow for Zone selection to be made in a timely manner to benefit parental planning, and would further meet the needs and interests of our swimmers/LSC.

Further considerations:

- Reduction of team size
- Scholarship/reimbursement



222 NORTH POMPANO BEACH BLVD POMPANO BEACH FL 33062
SATURDAY, APRIL 24, 2021

EVENT INFORMATION SHEET

- Sanctioned By:** Held under the Sanction of USA Swimming and Florida Gold Coast Swimming. **Sanction No.**
- In granting this Sanction it is understood and agreed that USA Swimming and Pompano Piranhas shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C
- Sponsored By:** Pompano Piranhas, Inc. a 501 C3 non-profit dba Piranhas Swim Team
- Location:** Pompano Beach public beach
- Date & Time:** Saturday, April 24, 2021
- Eligibility:** All swimmers must be registered with USA Swimming, Inc.
- A swimmer's age on the first day of the meet will determine their age for the entire meet. A coach must certify on the release form that the swimmer can complete the race.
- Rules:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.
- Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, restrooms, or locker rooms.
- Suits must meet USA Swimming Rules and Regulations. Deck changes are prohibited.
- Event Director:** Jesse Vassallo
- Head Official:** **Hector Acevedo** (Hecror has confirmed that he is available .CS)
- Oficial:** Joshua Blanco
- Medical director:** Denisa Szabo, NP
- Safety Director:** Ramon Delleguas

Course Official: ????

First Responders: Pompano Beach Ocean Rescue / Pompano Beach Fire Department

Athlete Body Numbering: Swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs

Timing System: Race Time Inc. using Ankle Strap Chips and mats www.racetime.me

Starter: ???????

Starting Method: Air Horn

Officials Communication: Cell Phone

Infractions Notification: Whistles and a small red flag will be used by the officials.

Events Start Time:

Events 1-2	3 K / "Three-Kilometer" Races	Starts	9:00 am
Events 3-4	1 K / "One-Kilometer" Races	Starts	10:00 am
Events 5-6	.5K/500 mt Races	Starts	10:45 am
Events 7-8	100 Yard Sprint Races	Starts	11:15 am

Start times listed above are tentative. The Event Director, in conjunction with the approval of the Head Referee, may have male and female wave starts, within appropriate interval splits or combined heats, as deemed necessary to ensure safety and fairness for all competitors.

Age Groups Categories:

Race 1-2: Three KM	14 & Under, 15-18 and Over
Race 3-4: One KM	12 & Under, 13-14, 15-18 and Over
Race 5-6: 0.5 KM	10 & Under, 11-12, 13-14
Race 7-8: 100 yd	10 & Under, 11-12, 13-14, 15-17, 18 and Over

Race Start & Finish:

All Races the 3K, 1K and 0.5K will start from the shore about 5 meters from the shoreline and finish 5 meters from shoreline into an onshore chute finish.

The 100 yard sprint race will start on shore near the water line and will finish on shore near the water line.

Awards:

Race 1-2: Three Kilometer Swim Race
 Medals Top 3 Male and Top 3 Female by age group categories set in this document.

Race 2-3: One Kilometer Swim Race
 Medals Top 3 Male and Top 3 Female by age group categories set in this document.

Race 4-5: 0.5 Kilometer Swim Race
 Medals Top 3 Male and Top 3 Female by age group categories set in this document.

Race 6-7: 100 Yards Swim Race

Medals

Top 3 Male and Top 3 Female by age group categories set in this document.

Time Limits:

Swimmers not completing the racecourse within 30 minutes of the first athlete to cross the finish line will be notified that the race is over and that they must leave the water at that time. Results will show their time as Did Not Finish (DNF) and will not be eligible for awards.

Venue:

The swimmers will be swimming most of the race about 75 meters to 100 meters from parallel to the Pompano Beach public beach shore.

The Pompano Beach public beach has a guard tower on the beach every 200 mt approximately. The PB Ocean Rescue Lifeguard will be actively guarding the beach from their towers during the race.

Warm Up / Warm Down:

An area adjacent to the competition will be available for continuous warm-up and warm-down for competitors under the supervision of a coach.

Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events.

Race Safety:

Eight (6) professional Beach Lifeguards led by the Safety Director will be in the water during the races. All lifeguards will be on Kayaks or on Paddleboards distributed throughout the course in the outer perimeter of the course.

Weather Delay

Inclement weather (and water quality after any weather event) must be taken into consideration. If inclement weather causes a delay, a notice will be announced and posted on the Pompano Piranhas website www.pompanopiranhas.com along with the adjusted start times for each race.

If there appears there will be no break in the weather, the meet will be canceled entirely. In the event of cancellation due to weather, there will be no refunds.

Sea Conditions

The month of April typically offers calm with offshore winds. Depending on strength, may cause a buildup of waves.

If the weather conditions require, the Meet Director, Independent Safety Monitor, or Meet Referee may cancel one or more of the races. Alternatively, they may also postpone the races until weather conditions subside. In the case of a postponement, a notice will be announced and posted on the Pompano Piranhas website www.pompanopiranhas.com along with the adjusted start times for each race.

Sea Life

Open Water Swims are subject to the presence of sea life. In the area of the event there may be some sea life. At the time of the year the swim

is run, sea nettles are not usually a problem. There may be some on the course, but they are well past their peak population. However, swimmers are encouraged to use Sea Safe Sunscreen, which contains a sea nettle repellent. If any swimmer decides not to swim because of the presence of sea life at the time of the event, there will be no refund of entry fees.

Entries Fees	Event 1-2:	3 K	\$45.00
	Event 2-3:	1 K	\$30.00
	Event 4-5:	.5 K	\$25.00
	Event 6-7:	100 Yd Sprint	\$20.00

Entry Limitations Swimmers may swim a maximum of 2 event for the day. A coach must certify on the release form that the swimmer has the ability to complete the race.

USS Team Entries: All entries must be received by **Wednesday, April 14, 2021**

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

E-mail to meet@pompanopiranhas.com fax: NO faxed entries. Confirmation for electronic entries will be sent via e-mail. ** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact office at (954) 401-0045

Deck Entries: The FGC deck entry policy is in effect. Deck entries permitted space only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.

Deck entries fee are Double the entry fee payable in cash only.

Swimmers with Disabilities: We welcome all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit us the ability to accommodate all requests.

Seeding: Men and women in each age group will compete on the same course at the same time. If there are a high number of entries in a particular event, the race will be run in heats.

Scratches: There will be no penalty for scratching pre-seeded events. There will be no refunds for no-shows.

Scoring: Scoring will not be kept at this meet.

Results: Results will be posted on Pompano Piranhas website within 24 hours of the meet's conclusion. Pompanopiranhas.com

- Coaches:** All coaches on deck must be registered and certified with USA Swimming and will all be required to show proof of certification/registration.
- There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary.
- On Race Day Check In:** All competitors must check-in on the day at the registration booth located at the starting line at 222 North Pompano Beach Blvd. in Pompano Beach FL 33062, just north of the Pompano Beach Pier.
- On race day The Registration Booth will open at 7:00 am and closed at 8:30 am.
- All swimmers must report to the registration booth to check in with a photo ID for a mandatory suit, fingernail, toenail check and to get marked, pick up ankle strap timing chips and bathing cap.
- All Swimmers must supply an Emergency Contact Phone number for the day of the event, complete and signed the race waivers at registration.
- Pre-Race Safety Meeting:** Attendance to the Pre-Race Safety Meeting is required for all swimmers. The safety meetings starting time will be announced by the officials. Meeting will start approximately 15 minutes before each race starts and will be run next to the stage area and it will be conducted by the officials.
- Race Plan:** All races will be run on the north side of the Pompano Beach Pier at Pompano Beach public beach. Races will be swam inside the state designated swim area where motor boats are not allowed.
- 3K / Three Kilometer:** Race will start 50-meter north of the Pompano Beach Pier and about 5 meters to 10 meters from the shoreline depending on tides.
- The swimmer will enter the ocean and swim east about 75 meters towards the 4' Blue Triangle Buoy. Once pass the buoy swimmers must turn left and head north to the 500-meter keeping marking buoys on their left shoulder to loop at the 4' light green pyramid buoy.
- To complete the 3K swimmers must go three loops of the course. On the last leg of the race swimmers must pass the 30" red marking buoy before turning right and heading west toward the shore finish line shut.
- 1K / One Kilometer:** Race will start 50-meter north of the Pompano Beach Pier and about 5 meters to 10 meters from the shoreline depending on tides.
- The swimmer will enter the ocean and swim east about 75 meters towards the 4' Blue Triangle Buoy. Once pass the buoy swimmers must turn left and head north to 500 meter keeping marking buoys on their left shoulder to loop at the 4' light green pyramid buoy.

To complete the 1K swimmers must go one loops of the course. On the last leg of the race swimmers must pass the 30" red marking buoy before turning right and heading west toward the shore finish line shut.

0.5 / Half a Kilometer:

Race will start 50-meter north of the Pompano Beach Pier and about 5 meters to 10 meters from the shoreline depending on tides.

The swimmer will enter the ocean and swim east about 75 meters towards the 4' Blue Triangle Buoy. Once pass the buoy swimmers must turn left and head north for 250 meter keeping marking buoys on their left shoulder to loop at the 4' Bright Yellow pyramid buoy.

To complete the 3K swimmers must go one loops of the course. On the last leg of the race swimmers must pass the 30" red marking buoy before turning right and heading west toward the shore finish line shut. **100 Yard Sprint:** Race will be swam in heats and run by elimination. It will have a start line about 50-meter north of the Pompano Beach Pier and at the shoreline.

Six sets of different color marking buoys will be set up, one ser for each swimmer in the heat, one buoy at shore where they will start the race and finish and another 50 yard out where they will have to loop and come back to their starting buoy for the finish.

Temperature:

The expected Water Temp: 78 to 82 degrees Fahrenheit.

Signals on the course:

The Referee boat shall fly a blue flag to signal that they are on station. The Referee boat will also carry their own set of flags for officiating the race – a yellow flag for warnings, and a red flag for disqualifications. Each kayak shall carry a "needs assistance" orange flag on board so they can hold it up to signal that they need assistance from the Search & Rescue safety boat.

Emergency Services:

The local Pompano Beach Fire Department Station is across the street and are awarded of the event. The ambulance and paramedics will be at the site as long as their staff is not called to an actual emergency. While the event ambulance is on site, they will render any necessary first aid, resuscitation, or other emergency care. In the event of an emergency, the safety coordinator will still need to call 911 to report the incident and let them know the paramedics are responding. Transportation to a medical facility, if necessary, can be arranged by the paramedics

Water Quality:

We will use the Bureau of Environmental Health Water Program AskEH@flhealth.gov information to determine if the quality of the water meet the standards.

Race Day Timeline:

6:30 am	Start Set Up
7:00 am	Open Registration
8:00 am	Officials Meeting.
8:30 am	Coaches Meeting

8:30 am	Close Registration
8:45 am	3 K / "Three-Kilometer" Pre-Race Safety Meeting
8:55 am	Welcome Speeches and National Anthem
9:00 am	Events 1-2 3 K / "Three-Kilometer" Races Starts
9:30 am	1 KM / "One-Kilometer" Pre-Race Safety Meeting
10:00 am	Events 3-4 1 KM / "One-Kilometer" Races Starts
10:30 am	.5 KM/500 mt Pre-Race Safety Meeting
10:45 am	Events 5-6 .5KM/500 mt Races Starts.
11:00 am	100 Yard Sprint Participants Pre-Race Safety Meeting
11:15 am	Events 7-8 100 Yard Sprint Races Starts

Accounting for Swimmers:

Swimmers will be assigned numbers and "race tickets" when registering. The numbers will be marked on their shoulders and arms. Prior to each start, the number of swimmers starting will be counted and their "race tickets" collected. As swimmers enter the start area, their chip will be read electronically.

If the numbers of swimmers' chips is different from registration, a roll call will be made to determine the missing swimmer or the swimmer who did not hand in their "race ticket."

Once the swimmers start, they will be counted around each mark. The mark boats will also attempt to check off the number of the swimmer as they round the mark. Each mark boat will radio into the meet director or meet referee when all swimmers have rounded their mark. If any swimmers are picked up during the swim, their number will be called into land and the other mark boats.

The swimmers' numbers will be recorded at the finish as the swimmers come out of the water and each swimmer will be video recorded as they cross the finish line. The total number of swimmers will also be counted at the finish.

In addition, the races will be electronically timed. All racers will be given a timing chip, which will be programmed for their name, race number, and race. The company running the races will also record the finishers as they complete the race, so there will be a visual record of swimmers coming out of the water.

Parameters for

The following individuals are empowered to independently order the

Abandoning Race: race to be abandoned due to unsafe course or other conditions. Meet Referee, Independent Safety Monitor, PB Ocean Rescue Team Leader or the Meet Director.

If the race is to be abandoned Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Search & Rescue will signal abandonment.

The abandonment signals will be: 5 short blasts of the whistle followed by one long blast. Swimmer actions are to: Discontinue swimming. Look for directions from the Officials or water safety personnel. Once safe on the beach, proceed to the start/finish area and check-in.

Admission: No entrance charge at the beach or the Pompano Beach Pier

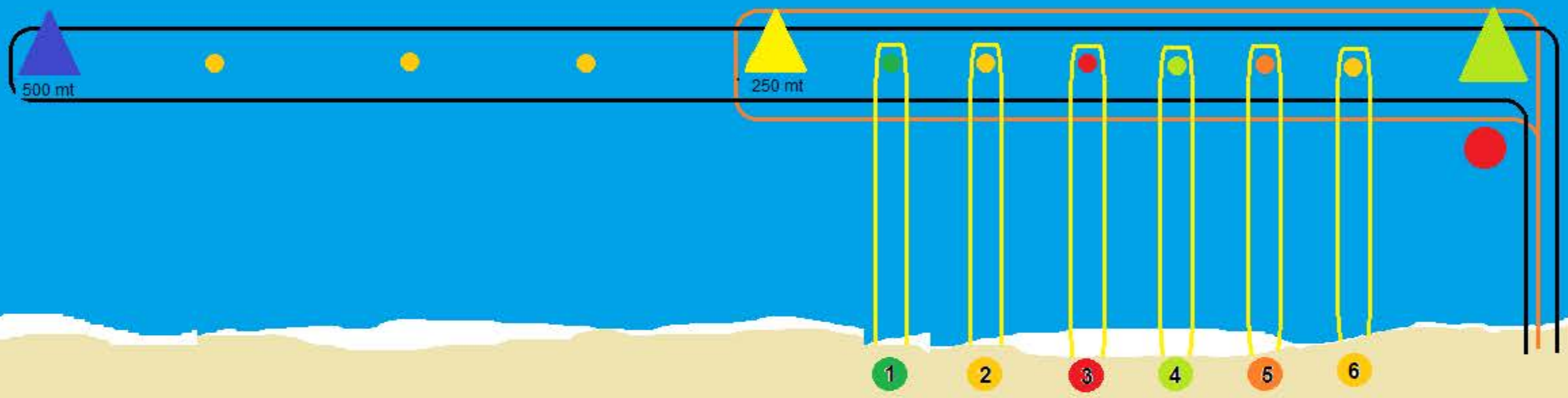
Hospitality: Complimentary Hospitality will be available to competitors, officials, and Volunteers only.

Parking: Parking is available on-site for reasonable fee per car.

1000 MT COURSE

500 MT COURSE

100 MT COURSE



NORTH

SOUTH

8

7

6

TEAM 1

TEAM 2

TEAM 3

TEAM 4



BULLPEN



INSERT TEAM LOGO HERE

Team Address
City, Florida
COVID Officer Contact Phone
INSERT WEBSITE ADDRESS

MEDICAL AUTHORIZATION TO 'RETURN TO PLAY' WHEN ATHLETE HAS BEEN INFECTED WITH COVID-19

In accordance with CDC, the American Association of Pediatrics, and NCAA recommendations, any athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, shall not return to Team activities until a documented medical exam is performed clearing the individual prior to that individual returning to meets or practices. **The documented medical exam must specifically include an assessment of the cardiac/heart risk of high intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.**

This written medical authorization from a physician (M.D. or D.O.) or another qualified licensed medical provider, who works in consultation with, collaboration with, or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O. is required by our team to grant written clearance for the athlete to return to participation.

This form shall serve as verification that the physician or licensed medical professional has examined the student, has performed a specific cardiac/heart risk evaluation, or has referred the athlete for more definitive evaluation by a specialist. The physician or licensed medical professional must complete this form and submit to Team Administration/COVID Officer prior to the athlete's resumption of participation in practice and/or meets. **To reiterate, this sportsperson is not permitted to reenter practice or competition until cleared by a physician or licensed medical provider.**

I, _____, M.D., D.O. or other qualified licensed medical provider,
(Print name of MD, DO or Other)

have examined the following athlete:

_____ from _____
(Name of Swimmer) (USA Swimming Team)

I have examined this student and determined that he/she/they:

___ Is Cleared to return to participation.

___ Is NOT Cleared and Referred to a cardiologist or other specialist.

___ The Return-to-play clearance is limited (Explain): _____

Signature of Medical Professional:

(MD, DO or another qualified Licensed Medical Provider)

Date: _____ Phone: _____

Medical Professional Office Address: (print or stamp) _____

FGC Sanctions, Approvals, Observations, and Times Report (1/1/2021 - 3/31/2021)

Meet Name	Start	Class	Type	Course	Host	Sessions	SAO Number	Athletes	Entries	No Shows	DQs	Results	In SWIMS	Not Loaded	Reg Errors	Valid Times	Total Officials	Officials Per Sess
Search Terms						Query Results Summary						Meet Types Found						
Search date range: 1/1/2021 to 3/31/2021						26 Meets found						Intrasquad (ISQ)						8
Do not include cancelled meets						16 Unique Hosts						Dual (DU)						2
Do not include postponed meets						3193 Athletes						Developmental (DEV)						5
Do not include only SAO request received meets						16300 Entries						Invitational (INV)						4
Include only meets with an SAO number						517 Disqualifications						Senior (SR)						2
Include sanctioned meets						15357 Results						Developmental Championship (DVC)						2
Do not include approved meets						18 Times not loaded into SWIMS due to athlete missing						LSC Age Group Championship (LAG)						1
Do not include observed meets						85 SWIMS registration errors						LSC Senior Championship (LSR)						1
						14210 Valid times loaded into SWIMS						Sectional Championship (SEC)						1

2021 – Florida Swimming vs Florida Gold Coast All-Star Dual Meet
Indian River State College, Ft. Pierce, FL
Friday, March 26 – Sunday, March 28, 2021

Per the Florida Swimming Board of Directors meeting 12/16/20 and effective immediately, Florida Swimming mandates all persons on the pool deck or in the facility during a Florida Swimming sanctioned/approved meet wear a mask at all times. This mandate is enforceable by meet management and/or the facility.

Sanctioned By: Florida Swimming Member of USA Swimming Sanction #

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.

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 26, 2021	5:30 PM	(Warm-up 4:15 PM)
	Session II	Saturday, March 27, 2021	9:00 AM	(Warm-up 7:45 AM)
	Session III	Saturday, March 27, 2021	3:00 PM	(Warm-up 2:00 PM)
	Session IV	Sunday, March 28, 2021	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 2021 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: \$20.00 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 Thursday, March 18, 2021 by 5:00 PM.

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

Make check payable to:
IRSC Foundation, Inc.

E-mail all entries to: 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: Felix Gonzalez
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 223.12, 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 26 – Sunday, March 28)

DUE TO COVID PROTOCOLS, THE WARM-UP SCHEDULE WILL BE AS FOLLOWS ALL DAYS:

- **Lane Zero (0):** **FLORIDA GOLD COAST**
- **Starting Block Lanes 1 – 5:** **FLORIDA GOLD COAST**
- **Starting Block Lanes 6 – 10:** **FLORIDA SWIMMING**
- **Lanes 11 – 15:** **FLORIDA GOLD COAST**
- **Lanes 16 – 21:** **FLORIDA SWIMMING**

Coaches will maintain control over the entire warm-up period. Pace lanes, one-way start lanes, etc. will be decided upon by the teams assigned to the lanes. Autonomy is granted to the coaching staffs to use their assigned lanes as decided for all team members.

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 teams members should it be wanted. The host facility, Indian River will provide tents when possible; however, the number of tents is VERY 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.

COVID-19 FACILITY GUIDELINES

Upon arrival at Indian River State College campus:

1. If any athlete or staff member is symptomatic, he/she ***SHOULD NOT*** be permitted to travel.
2. Teams will enter the facility using the south gates of the complex.
3. Spectators will enter the facility for “viewing only” using the north gates of the complex.

Upon entry into the Aquatic Complex

1. All teams may select their area on the lower pool deck for swimmers to remain when not competing. While in this area all athletes must wear masks and remain social distanced from other teams.
2. Locker rooms will be monitored by staff and/or volunteers to assure no congregation occurs. The locker room facility should be used for basic restroom needs, not showering. If teams need to change due to travel, the locker room will be available. Masks are required in the locker room at all times and all are required to practice social distancing.

During Warm-Up

1. Only members of your respective teams should be in your assigned warm-up lanes.
2. Controlled warm-up will be at the discretion of the All-Star Coaching Staffs as outlined above in the meet information letter.

During Competition

1. Fly-Over starts will be used during the competition to assist with social distancing.
2. A staging area will be set-up to assist with the flow and social distancing. Masks must be worn in the staging area until it is the swimmer’s time to get on the starting block.
3. The current heat will be on the block, the heat next up will be on the top of the staircase while awaiting their turn and the final heat will be at the bottom of the staircase. Heat will advance forward as the meet progresses heat by heat.
4. Once the previous heat has exited the block area, the next heat will advance forward.

Spectators:

Spectators will be allowed on the pool deck in designated areas for viewing races. Chairs and tents will not be allowed in the viewing areas and spectators are asked to practice social distancing. Any spectator on the deck during the competition must wear a mask. The entry gate at the north end of the pool will be open for spectator entry into the facility. Restrooms in the Science Center (N Building) will be available for use throughout the competition.

The pool deck has a limited number of bleachers in the spectator area under awnings. These benches may be used for spectator seating and are on a first come, first served basis. Management requests those seated in the area practice social distancing when on the bleachers. If an individual remains within the bleacher area, a mask covering both the nose and mouth is required at all times.

ORDER OF EVENTS

<u>SESSION I</u>	1 - 2 *	13 & 14	1000 Freestyle
Fri.-5:30 PM	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.

<u>SESSION II</u>	11 - 12	10 & Under	50 Backstroke
Sat.-9:00 AM	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.

<u>SESSION III</u>	41 - 42	13 & 14	200 Ind. Medley
Sat.-3:00 PM	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.

<u>SESSION IV</u>	71 - 72	10 and Under	100 Backstroke
Sun.-9:00 AM	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 26 -28, 2021

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 Thursday, March 18, 2021 at 5:00PM

E-MAIL ALL ENTRIES TO SCOTT KIMMELMAN AT:

irscswim@gmail.com

Financial Recap

Table for Financial Recap with rows for Individual Swimmers, Women's Ind. Events, Men's Ind. Events, Women's Relays, Men's Relays, and Total Entry Fees paid, including rates and facility surcharge.