

Laker Race for the Roses

February 19th, 2023

Sanctioned by: Florida Swimming of USA Swimming #FL-6397

Conditions of Sanction including USA Swimming's Return to Competition requirements:

1. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
3. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
4. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.
5. All adults (18 years of age or older) participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
6. Capacity limitations and designated areas will be enforced. The Pool deck will be closed to spectators and Entry will be limited to Swimmers, officials and Volunteers. The two competing teams will have a large designated Tent/seating area on pool deck and both teams will have assigned Warm-up and Warm-down lanes. (Limit of 6 per lane)
7. With Consideration to Safesport requirements Spectators and parents will be able to view swimmers in designated and marked areas off pool deck. These areas include the access road to the south of the pool between the fence and scoreboard. Spectators will also have access to a viewing area in the fenced splash zone area off deck.
8. In applying for this sanction, the Host, Windermere LakerAquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, FL Swimming, the State of Florida and City of Orlando. We ask that all participants please sign the attached Waiver.
9. Please Note: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Hosted by:

Windermere Laker Aquatics

Type of Meet:

25 Yard Short Course, Timed Finals, No qualifying times will be required.

Dates & Times:

Sunday February 19th, 2023 – 9:00am

Location:

Rosen Aquatic and Fitness Center- 8422 International Drive Orlando Fl, 32819

Pool Specs:

One certified indoor 25-yard pool, non-turbulent 8lane lines, , separate warm-up, warm down lanes. The depth at the starting end of the pool is 6 feet 6 inches at the starting end of the pool and 4 feet at the turn end of the 8-lane course. Timing: Superior Sports Timing and/or Colorado timing system with touchpads and backup buttons. *HyTek Meet Manager for Windows* will be used to score the meet.

Medical:

Lifeguards on duty with access to equipment such as AED, first aid and backboard.

Warm-Ups Sunday:

Morning (Session #1) - 7:45 - 8:45 am; 9:00 am Start

NO EQUIPMENT MAY BE USED AT ANY TIME. SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH. The referee/marshal may alter warm-up procedures to meet the needs of the swimmers. Teams will be assigned lanes for warm up and are in control to choose general or controlled settings. Coaches must receive permission from the referee before beginning one-way starts in their assigned lanes.

Eligibility:

Open to all USA Swimming currently registered swimmers. On deck registration will not be allowed.

Adapted Swimmers:

Swimmers with disabilities are welcome to enter the meet. Coaches: 1. Enter the swimmers on Hy- Tek or the paper entry form; 2. Provide advance notice of any necessary accommodations; 3. List in the email with the entries (or on paper) the swimmer's name, entry times, strokes/distance, days/sessions, and how the swimmer prefers to be seeded. Swimmers with disability will be seeded with the same age grouping either the same distance race or a longer distance race (i.e. 500Y Free during the 100Y Free). Qualifying time standards at regular season meets are waived for swimmers with disability. For more information please contact the Meet Referee.

Entry Limit:

Swimmers are limited to four (4) individual events per session. Any swimmer over entered will be considered as entered in the first four (4) individual events that session.

Meet Management reserves the right to combine events, heats and gender without a lane in between. This is solely at the discretion of the Meet Referee.

Seeding:

25 Yard times will be used for seeding.

Check ins:

We ask that coaches check in with the meet referee upon arrival.

Scratches:

No penalty for scratching.

Entries:

Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. Free text e-mail entries will not be accepted. Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. List all attending coaches, contact phone numbers, and RELAY ONLY swimmers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Entry Form. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form.

HyTek event files will be posted on the team website (www.lakerswim.com) and/or the Florida Swimming website (www.floridaswimming.org) for downloading and importing to Team Manager for those teams submitting entries by email.

Email Entries:

kylegoller@lakerswim.com

Entry Fees:

Individual Events - \$5.50 (Up to 4 events per session)

Facility Fee - \$10.00 per swimmer

Travel Surcharge - \$2.00 per out of LSC swimmer

Entry Deadline:

Entries must be received no later than February 10th, 2023 at 5:00pm EST.

Entry Limit:

4 entries max

Deck Entries:

Per USA Swimming's Return to competition guidelines no deck entries will be accepted.

Officials:

Meet Referee: Robyn Gillespie

Administrative Official: Andrew Rzepecki

Starter: Ryan Maniace

Head Stroke & Turn: Renee Maniace

Stroke and Turn: Angle Seoane

Officials' briefings will be held approximately 30 minutes prior to the start of each session. Visiting officials are welcomed and appreciated. Uniform will be white shirts with blue shorts, skirts, skorts or pants.

Meet Workers:

Visiting team individuals wishing to work at the meet are requested to notify the Meet Referee in advance of the meet starting. Timers' briefings are held approximately 30 minutes prior to the start of each session.

Meet Committee:

A meet committee to be comprised of the Meet Referee, the home team coach and one senior athlete will meet as needed to make decisions regarding the meet, in the event of inclement weather or at other times as requested by the Meet Referee.

Scoring:

No Scoring.

Awards:

Heat Winner Awards will be presented with a rose

Identification:

Coaches and officials must hold current USA Swimming Certification and shall wear USA Swimming registration cards in a conspicuous location at all times or show the USA Swimming App with current USA-S membership while on deck during the meet. Team Rep: Prior to the start of the meet, the name of one person other than the coach who will check with the referee about any matter pertaining to the meet must be given to the referee. Only that person and the coach(es) will be recognized. All Coaches must initial the Coach Member Sign In Sheet which will be sent to the Florida Swimming office following the meet for verification of coach's credentials.

MAAPP:

All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Coaches' Meeting:

There will be a coaches' meeting prior to the start of Saturday AM session.

Supervision:

All swimmers participating in the meet must be supervised by a USA Swimming Certified Coach.

Rules:

Current USA Swimming rules will govern the meet. Age on the first day of the meet will determine age group for the meet. Meet management will use the WHISTLE START and NO RECALL START.

Camera Zones:

The use of audio or visual recording devices, including cell phones, is permitted only in designated areas. Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a race 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 areas, 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 either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, 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.

Race Starts:

Session 2 February 19th, 2023 – 1pm Start or sooner

Event Number (M)	Age	Event
201	Girls	1000
202	Boys	1000
203	Girls	400 IM
204	Boys	400 IM
205	Girls	500 Free
206	Boys	500 Free