



Last Chance to Dance Invitational

Hosted by the South Lake Aquatic Club
July 8th and 9th, 2023

AT FLORIDA AQUATICS AND SWIM TRAINING
Ocala, FL

Dates & Times: Saturday & Sunday, July 8th & 9th, 2023
Timed Finals- Warm-Up - 9:00 AM Start – 10:15 AM
Time Trials to be offered 30 minutes after conclusion of sessions.

Sanctioned By: Sanctioned By: Florida Swimming of USA Swimming #FL-6474-1/6474-1-TT

“In granting this approval 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.”

Condition of Sanction:

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. OR The competition course has not been certified in accordance with 104.2.2(C).
3. Except where venue facilities require otherwise, 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 applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy

("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Sponsored By: South Lake Aquatic Club

Location: Florida Aquatics and Swim Training
4635 SW 67th Avenue Rd.
Ocala, FL 34474

Type of Meet: Long Course, 50M, Timed Finals

Warm up: Swimmers must enter the water feet first, with at least 1 hand in contact with the deck, unless executing a racing start under coach supervision in a designated one-way sprint lane.

Pool Specifications: Certified 50 Meter, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm-ups and warm downs. Water depth at starting end is 9'10"; Pool certification is on file with USA Swimming / Florida Swimming.

Medical: Lifeguards on duty with AED device available.

Timing Equipment: Colorado Timing System Gen 7 Timing with scoreboard. Manual backup.

Eligibility: Open to all currently registered USA Swimming athletes. On deck registrations will **NOT** be accepted at this meet. International teams and swimmers may contact CoachAlex@Southlakeaquatics.com for an invitation to compete.

Entry Limit: 4 individual events per day/session. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and/or day. Time Trial events are for those swimmers seeking LSC and USA championship meet time standards. 800 Freestyle may be limited to 3 total heats, 400 Individual Medley and 400 Freestyle to be limited to 5 total heats at discretion of meet host and meet referee as needed to fit within the allowed meet timelines.

BREAKS MAY BE ADDED, EVENTS AND/OR HEATS MAY BE MOVED, DELETED, COMBINED OR CONSOLIDATED AT THE DISCRETION OF MEET MANAGEMENT

Seeding: 50M, long course times will be used for seeding. Conversion can be made using the formula as published in the current Florida Swimming Handbook.

Scratch Penalty: No penalty for scratches on the block.

Entries: Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 sent by email using the Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Entries will be accepted via e-mail attachment to Quinn Sampson at entries@accurateswimtiming.com. No phone or faxed entries accepted. No deck entries will be accepted.

Entry Fee: \$5.50 Per individual event
\$10.00 Facility fee per swimmer
\$3.00 Heat Sheet Fee
\$2.00 Surcharge to out of state swimmers
\$10.00 Time Trial

Checks Payable To: “SOUTH LAKE AQUATIC CLUB”

Entry Deadline: All entries must be received by Friday, June 30th 2023 at 5:00PM.

Entries must be e-mailed to entries@accurateswimtiming.com

Heat Sheets: Heat Sheets will be available for spectator purchase after completion of the deck seeding process each session.

Officials: Meet Referee: Quinn Sampson Head Stroke & Turn: Diana Moore
Starter: Cheryl Pavlacka Marshal: Jessica Stromberg
Admin Official: Andrew Rzepecki Meet Manager: Don Gibb

All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and Florida Swimming for 2023. Please email Quinn Sampson at qsampson@gmail.com with your certification level and availability so he can plan accordingly.

Awards/Scoring: There will be random heat winner prizes awarded during each session of 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, may be given to the referee. For each team, the coach and that person only will be recognized.

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

Spectator Access: Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and are a condition of the sanction of this meet. Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

Camera Zones: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of “Camera Zones” at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a “start- end,” etc. Meet Management shall also

designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at 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 areas. 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.

Mail checks to:

South Lake Aquatic Club – c/o Gena Gibb
16610 Magnolia Terrace Blvd
Montverde, FL 34756

Check for updates to meet information on our web site www.southlakeaquatics.com Timelines and psych sheets will be available the Wednesday prior to the meet at www.southlakeaquatics.com. Payment by credit card is also accepted. Contact coachalex@southlakeaquatics.com for details.

Rules:

Current USA Swimming Rules and Regulations will govern.

COVID-19:

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 FLORIDA SWIMMING 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 THEREWITH.

WARM-UP SCHEDULE

NO EQUIPMENT PERMITTED

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.

Morning Sessions

General Warm-Up (First 35 minutes)

Lane(s)

1 – 10 Circle swimming only

Controlled Warm-Up (Last 20 minutes)

Lane(s)

- 1 Pace 50s – push off
- 2 Racing starts – one way (scoreboard end)
- 3 Racing starts – one way (from window end)
- 4 Circle swimming only
- 5 Circle Swimming only
- 6 Circle swimming only
- 7 Circle swimming only
- 8 Racing starts – one way (scoreboard end)
- 9 Racing starts – one way (from window end)
- 10 Pace 50s – push off

Commented [1]: Confirm warm up schedule

ORDER OF EVENTS

This meet will be seeded fastest to slowest.

Session 1: Saturday, July 8th

Warm up 9:00 AM, Meet starts 10:15 AM

Event #	Event Name
1	Open 200 Fly
2	Open 50 Breast
3	Open 200 Back
4	Open 50 Free
5	Open 200 Free
6	Open 50 Fly
7	Open 200 Breast
8	Open 50 Back
9	Open 400 Free

Session 2: Sunday, July 9th

Warm up 7:30 AM, Meet starts 9:00 AM

Event #	Event Name
10	Open 400 Individual Medley
11	Open 100 Back
12	Open 100 Fly
13	Open 100 Breast
14	Open 100 Free
15	Open 200 Individual Medley
16	Open 800 Free

Commented [2]: Confirm

Commented [3]: @coachalex@southlakeaquatics.com Updated all the events from your email.

