

# May the 4<sup>th</sup> Be With You Invitational

May 4, 2024

*Hosted by the Windermere Lakers and the Rosen Aquatic & Fitness Center*

## **Sanctioned By:**

Florida Swimming of USA Swimming Sanction # **FL-TBD**

"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."

## **Conditions of Sanction:**

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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

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

## **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.

**Location:**

8422 International Drive  
Orlando, FL 32819

(See diagram on last page for facility and parking details)

**Pool Specifications:**

One eight (8) lane 50-meter course with non-turbulent lane lines and regulation starting blocks. Water depth in the competition pool is a flat bottom with 7 feet depth at the start and turn ends. There is a separate eight (8) lane 25-yard diving well with non-turbulent lane lines for warm up/warm down. Colorado Automatic Timing Equipment and full video display scoreboard. Pool certification is on file with USA Swimming/Florida Swimming.

**Medical Supervision:**

Lifeguards on duty and AED device available.

**Type of Meet:**

- 50-meter course
- Timed Finals competition for all ages/events.
- Please see the Order of Events section for more information on meet format for each session.

**Dates & Times:**

- Saturday, May 4 – SESSION 1 (all ages Timed Finals):  
8:00am Warm Up / 9:00am Meet Start
- Saturday, May 4 – SESSION 2 (all ages Timed Finals):  
11:45am Warm Up / 12:45pm Meet Start

**Rules:**

Current USA Swimming Technical Rules will govern the meet.

**Eligibility:**

All currently registered USA Swimming athletes who have achieved the noted qualifying times where applicable may participate in this meet. On deck registration with USA Swimming/Florida Swimming will not be allowed. There are no qualifying times for any events. Bonus events are not offered for this meet.

**Disability Athletes:**

Florida Swimming encourages the participation of USA Swimming members with disabilities in this meet. The swimmer's disability must meet the definition of a disability as outlined in USA-Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved any qualifying times for this meet.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-Swimming Rule 105.4.

Any athlete with a disability will be accommodated to the best of meet management's ability. Please contact the Meet Referee at least two weeks prior to the start of the event to allow for preparation.

**Entry Limit:**

Swimmers may enter a total of four (4) individual events for the meet. Entries that exceed that limit will be automatically dropped.

Entries will be taken on a first come first served basis until the entry limit of 100 swimmers has been reached.

**Entry Fees:**

Timed final events:	\$5.50
Facility surcharge:	\$10.00

Please make entry fee checks payable to 'Rosen Aquatic & Fitness Center' and bring to the meet.

**Entry Deadline:**

Entries must be received via Hy-Tek file only and no later than 12:00pm EST on Wednesday, May 1. Entry file should be submitted to [meetsupport@accurateswimtiming.com](mailto:meetsupport@accurateswimtiming.com).

Late entries and deck entries will not be accepted.

**Seeding / Positive Check In:**

Non-conforming times will be seeded after short course yard times. Bonus events will be seeded after conforming and non-conforming times if applicable. Seeding will be long course meters, followed by short course meters, followed by short course yard times.

All events will be seeded slowest to fastest.

**Scratches:**

We may be using a virtual scratch table and/or may opt for hard copy scratches at the discretion of the Meet Referee based on the size of the meet. Details and procedures will be available at the admin/check in table on deck at the meet.

PRELIMS - There is no penalty for scratching on the block. Any swimmer entered in an individual event that is 'deck seeded' who has checked in for their event must swim the event unless he/she notifies the clerk of course before the seeding for that event has begun. Failure to do so and not swim will result in the swimmer being barred (scratched) from the next individual event (preliminary or timed final) in which the swimmer is entered. Declared false starts will be accepted from the swimmer prior to the start of the heat.

**Distance Events:**

All swimmers in the 1000 Free and the 1650 Free must provide their own counter and lane timer if applicable.

**Scoring:**

There will be no scoring for this meet.

**Awards:**

There will be no awards for this meet.

**Coaches Meeting:**

A coaches meeting will be held in the hospitality room on Saturday, May 4 at 8:30am. Updates on the conduct of the meet will be made at this meeting. It is the responsibility of each team to be aware of any changes made during this meeting.

**Officials:**

Meet Referee	Robyn Gillespie
Admin Official	Quinn Sampson
Starter	Cheryl Pavlacka
Stroke and Turn	Bob Gordon
Meet Marshall	Mike Miller
Meet Director	Kyle Goller

**Visiting Officials:**

Visiting teams are encouraged to provide USA-S certified officials to assist with officiating our meets. Teams with officials who are able and willing to assist with officiating should email their names and certification levels to [meetsupport@accurateswimtiming.com](mailto:meetsupport@accurateswimtiming.com).

**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, 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.

**Deck Restriction:**

This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only current registered swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Registered individuals should be prepared to show proof of their current credentials to gain access to the pool deck.

Spectators will only be allowed in designated viewing areas. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. We appreciate your help and understanding with this policy.

Outside chairs are not allowed inside the facility for spectators.

**Spectator Fees:**

There will be no spectator fees for this meet.

**Volunteer Lane Timers:**

The Rosen Aquatic & Fitness Center is a membership-based facility that no longer has a resident swim team, and holds swim meets solely for the benefit of the Florida and USA Swimming communities. Therefore, we reach out to (and rely on) all of our attending teams to help provide lane timers in order to run these meets.

**Concessions:**

There will be no concessions available at this event.

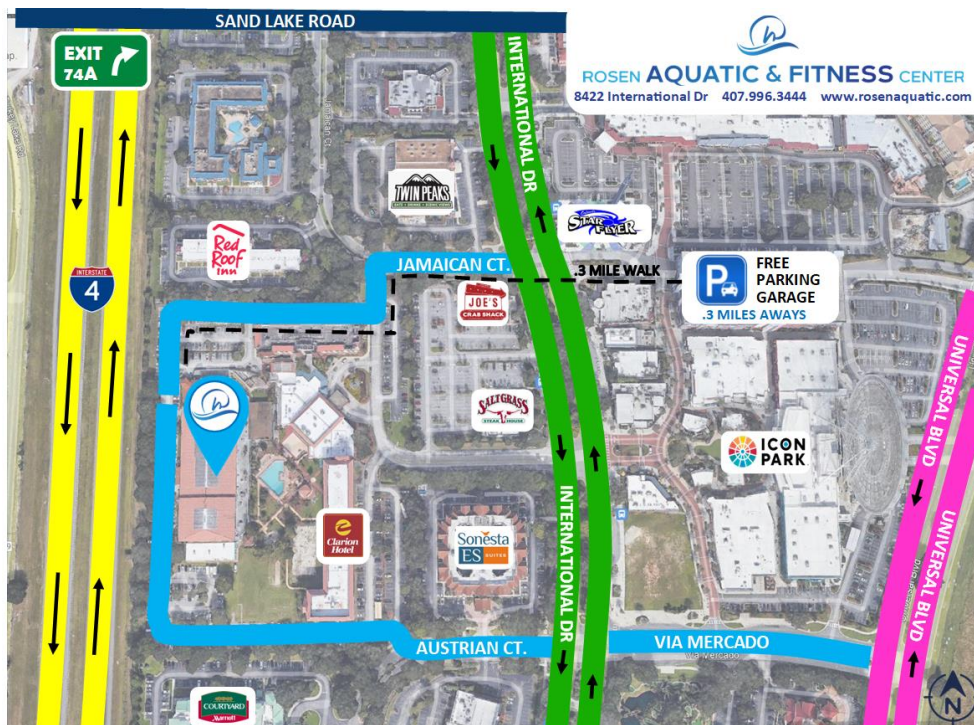
**Warm Up:**

The competition pool will be general warm up (circle swimming only) from the start of warm up until the last thirty (30) minutes of each warm up session, when the pool will then be as follows:

- Lane 1 – Pace 50’s (push off)
- Lane 2 – Racing Starts (one way only)
- Lane 3 – Circle Swimming only
- Lane 4 – Circle Swimming only
- Lane 5 – Circle Swimming only
- Lane 6 – Racing Starts (one way only)
- Lane 7 – Racing Starts (one way only)
- Lane 8 – Pace 50’s (push off)

NO EQUIPMENT PERMITTED.

**Map & Parking:**



**Order of Events:**

**Saturday, May 4**

TIMED FINALS – 8:00am Warm Up / 9:00am Meet Start

- 1 Mixed Open 50 Free
- 2 Mixed Open 50 Fly
- 3 Mixed Open 100 Fly
- 4 Mixed Open 200 Fly
- 5 Mixed Open 50 Back
- 6 Mixed Open 100 Back
- 7 Mixed Open 200 Back
- 8 Mixed Open 50 Breast
- 9 Mixed Open 100 Breast
- 10 Mixed Open 200 Breast
- 11 Mixed Open 100 Free
- 12 Mixed Open 200 Free
- 13 Mixed Open 200 IM
- 14 Mixed Open 400 IM

**Saturday, May 4**

TIMED FINALS – 11:45am Warm Up / 12:45pm Meet Start

- 21 Mixed Open 50 Free
- 22 Mixed Open 50 Fly
- 23 Mixed Open 100 Fly
- 24 Mixed Open 200 Fly
- 25 Mixed Open 50 Back
- 26 Mixed 100 Back
- 27 Mixed 200 Back
- 28 Mixed 50 Breast
- 29 Mixed 100 Breast
- 30 Mixed 200 Breast
- 31 Mixed 100 Free
- 32 Mixed 200 Free
- 33 Mixed 200 IM
- 34 Mixed 400 IM

All events above will be seeded slowest to fastest and swum as timed finals.