

**FGC Key West ABC Pentathlon**

**September 1, 2018**

Florida Keys Community College Pool, 5901 College Road, Key West

**Bone Island Swim Club**

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FGI090118BISC-D-02**
- Condition of Sanction:** The competition course has been certified in accordance with 104.2.2 (C). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S 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. Water depth at the start is 8'6" in accordance with 202.3.7 (C).  
"In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, Florida Keys Community College, and Bone Island Swim Club shall be held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event"
- Sponsored by:** **Bone Island Swim Club**
- Camera Free:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and networks(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Rules:** 2018 USA Swimming and FGC rules will govern this meet. In granting this approval, it is understood and agreed that USA Swimming, Florida Gold Coast, Florida Keys Community College and Bone Island Swim Club shall be held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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| <b>Drones:</b>              | Operation of a drone, or any other flying apparatus, is prohibited on Florida Keys Community College campus.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Eligibility:</b>         | Open to all current 2018 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 - USA Swimming Rule 202.3.3. The Meet Host <b><u>WILL NOT</u></b> be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition. |
| <b>Disability Athletes:</b> | All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations - <a href="tel:305-809-3562">305-809-3562</a> or email: <a href="mailto:lori.bosco@fkcc.edu">lori.bosco@fkcc.edu</a>                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Pool/Timing:</b>         | 25 yards x 20 yards heated outdoor pool, 8 <b>short-course</b> racing lanes with time available between events for warm-up/cool down. Colorado Timing System® will be used. Fly-over starts will possibly be used.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Date &amp; Time:</b>     | <b><u>Session Date: September 1, 2018</u></b><br><b>Session I</b> - Timed Finals - Warm-up at 8:00 am. Meet starts at 9:30 am<br><i><b>*Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.</b></i>                                                                                                                                                                                                                                                                                                                                                              |
| <b>Location:</b>            | Florida Keys Community College Pool, 5901 College Road, Key West                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Directions:</b>          | Turnpike Extension to US1 south to MM5.5. Look for Sign that Reads: Florida Keys Community College- Turn right on College Road. Take first Right into FKCC. Once on the campus, go left toward Tennessee Williams Fine Art Center. Turn right to back of campus. At stop sign, turn left toward Public Safety Building. Pool located in front of Public Safety Building.                                                                                                                                                                                                                                                                                                                                        |
| <b>Entries:</b>             | All entries must be received by <b>Tuesday, August 28, 2018</b> .<br>PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to <a href="mailto:lori.bosco@fkcc.edu">lori.bosco@fkcc.edu</a> .<br>Confirmation for electronic entries will be sent via e-mail.<br>**Submission of electronic entries signifies that all swimmers are USA-registered. Questions, please contact office at 305-809-3562<br><b>NOTE: Swimmers without registration numbers or birth dates will not be entered. *** Entry Fees will be <u>Double</u> if not entered electronically.</b>                                                                                            |
| <b>Seeding:</b>             | Use SCY times only for entries. <b>There will be a 10 minute break after the following events: 8, 16, 24, and 32</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Entry Fees:</b>          | \$ 3.25 per individual event                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

**Facility Surcharge:** \$ 2.00 per swimmer  
**\*Entry fees are made payable to Florida Keys Community College.**

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

**Entry Limit:** **Individual events: Five (5) individual events per day**

**Awards:** Individual Events: Medals places: 1<sup>st</sup>—3<sup>rd</sup>. Ribbons places: 4<sup>th</sup> – 16<sup>th</sup>  
In the following age group categories: 6 & U, 7, 8, 9, 10,11,12,13, 14, 15, 16 and 17& O  
**\*\*Individual High Point trophy awarded for Top 3 in each age group**

**Deck Entries:** THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes 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](http://www.fgcswim.org). All deck entered swimmers must present current USA Swimming Card in order to be entered.

**Head Referee:** **Lori Bosco**  
**Meet Director:** **Lisa Bendall**  
**Meet committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

**Admission:** Admission - \$2.00 per session. Heat Sheets - \$2.00 per session.

**Information:** Call the Teams Office at (305) 809-3562 or email: [lori.bosco@fkcc.edu](mailto:lori.bosco@fkcc.edu)

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| <p align="center"><b>FGC Key West ABC Pentathlon</b><br/> <b>September 1, 2018</b><br/> <b>Bone Island Swim Club</b></p> |
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**Order of Events**

| <b>Event #</b>            | <b>Age Group</b> | <b>Event</b>         |
|---------------------------|------------------|----------------------|
| 1-2                       | 8 and Under      | 25 yard Butterfly    |
| 3-4                       | 9 and 10         | 50 yard Butterfly    |
| 5-6                       | 11 and 12        | 50 yard Butterfly    |
| 7-8                       | 13 and Over      | 50 yard Butterfly    |
| -----10 minute Break----- |                  |                      |
| 9-10                      | 8 and Under      | 25 yard Backstroke   |
| 11-12                     | 9 and 10         | 50 yard Backstroke   |
| 13-14                     | 11 and 12        | 50 yard Backstroke   |
| 15-16                     | 13 and Over      | 50 yard Backstroke   |
| -----10 minute Break----- |                  |                      |
| 17-18                     | 8 and Under      | 25 yard Breaststroke |
| 19-20                     | 9 and 10         | 50 yard Breaststroke |
| 21-22                     | 11 and 12        | 50 yard Breaststroke |
| 23-24                     | 13 and Over      | 50 yard Breaststroke |
| -----10 minute Break----- |                  |                      |
| 25-26                     | 8 and Under      | 25 yard Freestyle    |
| 27-28                     | 9 and 10         | 50 yard Freestyle    |
| 29-30                     | 11 and 12        | 50 yard Freestyle    |
| 31-32                     | 13 and Over      | 50 yard Freestyle    |
| -----10 minute Break----- |                  |                      |
| 33-34                     | 8 and Under      | 100 yard IM          |
| 35-36                     | 9 and 10         | 100 yard IM          |
| 37-38                     | 11 and 12        | 100 yard IM          |
| 39-40                     | 13 and Over      | 100 yard IM          |