



XXI FLA International Cup
June 27-30, 2019
Plantation Aquatic Complex
presented by D & J Sports



Sponsored by: FLA Aquatics.

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. #FGI062719FLA-B-17

Condition of Sanction: The competition course has been certified in accordance with 104.2.2(4). 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.

Rules: Current USA Swimming Rules (**including the Minor Athlete Abuse Prevention Policy – MAAPP**) and Florida Gold Coast rules; will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and FLA Aquatics 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. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.

Drones: 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 approval of the Vice President of Program Operations.

MAAPP: **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention policy (MAAPP), will govern this meet.** 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.

Deck Changes: **DECK CHANGING IS PROHIBITED.**

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 network(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.

Conflict of Interest: Unauthorized sale, advertisement, and promotion of products and/or services at the location of the competition, as well as its vicinities are not allowed without the written consent and written approval of the meet host and meet director. All requests must be submitted to the meet director not later than 10 days prior to the first day of competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Eligibility: Open to all current 2019 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming. **ALL athletes participating that are 18 years of age or older, are required to have finished the APT course to be eligible to swim in this meet.**

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming Registrations at the meet. All USA Swimming Registrations must be done prior to the start of competition.

Disability Athletes: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact Duffy Dillon ahead of time to allow for preparations - 954-593-8552 - DDillon@FLAswim.com |

Location: **Plantation Aquatic Complex**
9151 NW 2nd Street • Plantation, Florida 33324 |

Directions: **Plantation Aquatic Complex:**
Plantation Aquatic Complex is located in Central Park Drive.
From I-95 go west on 595. Exit north on Pine Island Blvd. to Broward Blvd.
On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park Drive. (1st Stop light) On Central Park Drive make a right. Park entrance is located on the right hand side.

Pool/Timing: **Plantation Aquatic Complex:**
Competition Course, MAIN MEET – One, 8-lane, 50-meter course.
Continuous warm-up and warm-down area will be available in second 50-meter x 25-yard pool. Water depth at the competition starting end is 11'6" and turn end is 4'. Colorado Timing System with full VIVILED video scoreboard will be utilized.

DEVELOPMENTAL MEET – One, 9-lane, 25-yard course. Water depth at the competition starting end and the turn end is 5'0" on the ends and 6'7" in the middle. Colorado Timing System with full VIVILED video scoreboard will be utilized.

Date & Time:

Date – Day	Sess #	SESSION	WARM UP	START
Thur, June 27	1A	13&OV 800 FR (Top 10 heats)	1:00PM	2:00PM
	1B	13&OV 400 FR (Top 16 heats)	Warmup Pool	4:00PM
	1C	12&UN 400 FR 13&OV 400IM / 12&UN 400IM Mixed 200 F.R. & 200 M.R. 12&UN 800 FR Remaining 13&OV 800 FR Remaining 13&OV 400 FR	5:30PM	6:00PM
Fri, June 28 Sat, Jun 29	2 & 3	A session - Morning Non-Top 16 – 13 & Over ALL 12 & Under incl Relays	7:00AM	8:00AM
		B session – Mid-Day Developmental Session – 25y	Immediately after A	30 min after end of A
		C session - Afternoon TOP 16 – 13 & Over & Relays	4:00PM	5:00PM
Sun, June 30	4	ALL AGES 200 IM / 200 FR / 100 IM	7:30AM	9:00AM

ALL SESSIONS ARE TIMED FINALS

ALL Thursday Events will be positive check-in (close 45 minutes prior to session)

Friday, Saturday, and Sunday sessions will be pre-seeded.

12 & Unders cannot do both the A and the B session on Saturday and Sunday (they must pick 1 or the other to comply with the full letter and intent of the USA Swimming “4-hour rule.”

13 & Overs are only subject to the 5 individual event per day limit.

****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. Chase starts may be used to run a more efficient meet.***

Entries:

All entries must be received by **Tuesday, June 18th, 2019**

PLEASE enter electronically, NO MAILED entries.

For electronic entries (TeamUnify or HyTek Team Manager format only!!)

E-mail to: DDillon@FLAswim.com

Confirmation for electronic entries will be sent via e-mail.

****Submission of electronic entries signifies that all swimmers are USA registered (or are International swimmers who have received the proper USA Swimming invitation. International teams are encouraged to provide their complete team roster long in advance so this request can be made on your behalf. Questions, please contact office at 954-593-8552.**

NOTE: Swimmers without registration numbers or birth dates will not be entered.

***** Entry Fees will be Double if not entered electronically. *****

Non-registered or non-existent teams must submit entries for swim meets by email with the information about the athletes (date of birth, name, USA-S ID#, events, and entry times). **These entries are considered deck entries since they have to be entered manually and they will be charged accordingly**, which currently is double the stated amount in the meet announcement.

Meet Limit: The FLA International Invitational is one of the most popular meets in the country and fills up fast. The Team whose entry reservation causes the swimmer count to exceed 750 will be accepted in its entirety. At this point, the host clubs, FLA and PST, will be accepted. Swimmers not accepted into the meet may enter on the day of the meet using the FGC Deck Entry Policy.

Seeding: **MAIN MEET - Enter in LONG COURSE METERS.**
Swimmers (Teams) wishing to be guaranteed seeding into the morning (A) sessions on Friday and Saturday MUST DECLARE IN ADVANCE to be entered in that session.
The top 16 entries with a time will be seeded in the C session for those events.
Chase starts with odd / even heats may be used to ensure efficient operation of the meet.
DEVELOPMENTAL MEET – Enter in SHORT COURSE YARDS.

Entry Fees:	\$7.00 per individual event	Facility Surcharge:	\$20.00 per swimmer
	\$7.00 per relay event	Heat Sheets:	FREE online

Developmental Session Fees:	\$4.00 per individual event	Facility Surcharge:	\$20.00 per swimmers
	\$4.00 per relay event	Heat Sheets:	FREE online

***Entry fees are made payable to “FLA” (note: one payment per team)**

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

Entry Limit: Swimmers can swim 5 individual events per day, plus relays.
12 & Under Swimmers must choose either the Main A (morning) session or the Developmental (Noon – 25Y) Session for Saturday and for Sunday.
They may not do both to comply with the 4 Hour rule.

Awards:

Individuals:	Medals:	1st-3rd
	Ribbons:	4th-8th

***** High Point Awards in each Age Group**

Relays:	Medals	1st-3rd
	Ribbons:	4th-8th

Teams: USA Cup – Top 5 USA Teams
International Cup – Top 5 International Teams

Scoring:

Individual events:	25-21-19-17-15-13-12-11 / 9-7-6-5-4-3-2-1
Relay events:	50-42-38-34-30-26-24-22 / 18-14-12-10-8-6-4-2

Developmental Awards:

Individuals:	Ribbons	1st-10th
Relays:	Ribbons	1st-3rd

**** No Scoring for Developmental Meet events. ****

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. All deck entered swimmers must present current USA Swimming Card in order to be entered.

Head Referee: Nelson Gonzalez nelsonshorses1@aol.com
Meet Director: Duffy Dillon ddillon@flaswim.com
Admin Official: Cindy Jones

Officials: **Teams entering 10 or more swimmers are asked to bring one USA Swimming Certified Official.** Each Official will be afforded free parking and hospitality. Uniform for officials will be white shirt and KHAKI shorts, slack or skirt (as appropriate).

Please email Meet Director Duffy Dillon at DDillon@FLAswim.com with names of attending officials; copy nelsonshorses1@aol.com. Thank you.

International FINA-certified officials, please, email DDillon@FLAswim.com at your earliest convenience your desire to officiate so that we may work with USA Swimming to have you properly invited.

National Officials Certification: This meet has been applied for N3 OQM in the USA Swimming NOC program. Our evaluator will be Mark McCaw.

Officials wishing to be evaluated should notify the referee, Sr. Nelson Gonzalez at nelsonshorses1@aol.com and Meet Director Duffy Dillon ddillon@flaswim.com.

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: \$5 / Session (All sessions pass will be offered). Heat Sheets – **FREE** online.

Timing/Timers: All teams **MUST** provide lane timers in accordance with the size of their entry. Volunteer timers who serve the entire session will have their Admission fee waived for that session. All timers will be briefed on the MAAPP guidelines that will be in effect for everyone.

Information: (954) 593-8552. www.FLAswim.com

Hotels Reservations: **Hampton Inn Plantation**
7801 SW 6th Street, Plantation, FL. 33324

To make a reservation call (800) 954-426-7866;
give the hotel the dates and the group code "FLA International" or follow the link below:
https://hamptoninn.hilton.com/en/hp/groups/personalized/F/FLLPTHX-BOS-20190625/index.html?WT.mc_id=POG

Rates: Include comp. internet, comp. breakfast, & comp. parking
Double (Queen/Queen) - \$127/night
***These rates are valid if you book on or before: 6/6/19**

*****If you are having problems with any reservations please feel free to contact Craig Rehak at (708)288-1673 for assistance*****

SPECIAL NOTES: ALL EVENTS ARE TIMED FINALS

- **Positive check-in for all Thursday events is required:**
800 FR, 400 FR, 400 IM, and Mixed Relays.
****Swimmers in 800 FR, 400 FR, and 400 IMs must provide his/her own Timer.**
800 FR must provide their own Counter**
- **Session 1A - THUR – 13&OV 800 FR - Mixed**
All ages swim together. Male and Female Swum together. **Swim fastest to slowest.**
Age groups, Male and Female, awarded separately. **The Top 10 Heats will swim in Session 1A.**
Any remaining heats will swim at the END of Session 1C.
- **Session 1B – THUR – 13&OV 400 FR**
Alternate girls & boys. All ages swim together, awarded separately. **Swim fastest to slowest.**
The Top 16 Total Heats will swim in Session 1A. Any remaining heats will swim at the END of Session 1C; after any heats of the 800 FR.
- **Session 1C – THUR**
12&UN 400 FR / 400 IM / 800 FR (mixed)
13&OV 400 IM / Mixed 200 M.R. & 200 F.R.
13&OV Any remaining 800 FR & 400 FR
12&UN swim 400 FR & 400 IM, All girls, then All Boys, fastest to slowest. 800 FR is mixed, fastest to slowest. Events swim accordingly as all ages together as written, scored separately by age group.
Mixed Relays MUST have at least one female and at least one male per relay. Unlimited entries.
Any remaining heats of the 13&OV 800 FR & 400 FR will swim after the 12&UN 800 FR.
- **FRIDAY and SATURDAY events will be swim as follows:**
 - **A session - Morning**
13 & Over – ALL except top 16 seeds in each 13-14, 15-16, and 17 & Over Age Groups.
12 & Under – ALL swimmers plus relays
 - **B session. Mid-day. Developmental, 25-yard course session.**
12 & Unders may NOT compete in both the A and B session on a single day due to the 4 hour rule.
13 & Overs are only subject to the 5 individual events per day limit.
 - **C session. Ages 13 & Over – TOP 16 SEEDS per age group; plus relays**
Athletes seeded in the top 16 that intend to scratch will be asked to work with the referee prior to their morning session to allow for any morning athletes to fill scratched lanes in the Afternoon. No athlete will swim the same event twice.
 - **RELAYS (FRI and SAT)**
Ages 12&UN will swim in the morning A sessions.
Ages Open and 14&UN will swim in the afternoon C sessions.

- **SUNDAY events will be swim as follows:**

- **12 & Under:**

Swim fastest to slowest. All girls, then all boys.

Events swim accordingly as ages together as written, scored separately by age group.

- **13 & Over:**

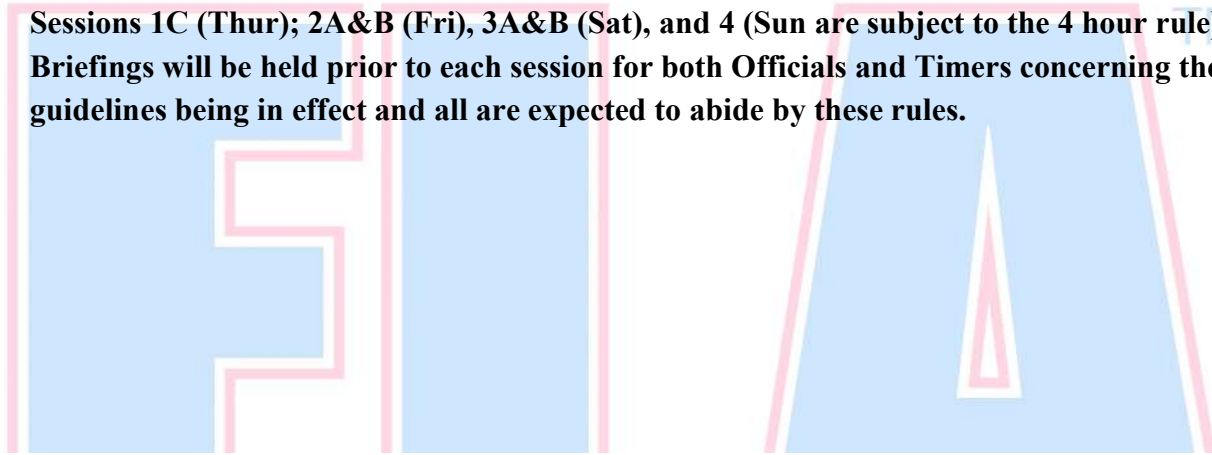
200 IM & 200 FR – Top 16 total heats (8 women, then 8 men) will swim in the order as scheduled. Remaining heats will swim after the 100 IM.

100 IM – All heats will swim in the order as scheduled.

Swim fastest to slowest. All girls, then all boys.

Events swim accordingly as ages together as written, scored separately by age group.

- **Sessions 1C (Thur); 2A&B (Fri), 3A&B (Sat), and 4 (Sun are subject to the 4 hour rule).**
- **Briefings will be held prior to each session for both Officials and Timers concerning the MAAPP guidelines being in effect and all are expected to abide by these rules.**



******PLEASE READ******

Last month USA-Swimming sent out a communication to all members regarding the **Minor Athlete Abuse Prevention Policy (MAAPP)**. The U.S. Center for SafeSport (the same organization that institutes the Athlete Protection Training (APT) platform) will require all national governing bodies of all sports to implement MAAPP by June 23.

MAAPP will apply to all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes.

Link to USA-Swimming page for MAAPP information [HERE](#) . You will also find additional resources to assist you as you make these changes.

What does this mean??

Education and Training Changes

The Center requires regular and consistent training for all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. All USA Swimming non-athlete members regularly complete Safe Sport training, known as Athlete Protection Training. **Now, all adult athlete members (any athlete of 18 years of age as of June 23rd) will also be required to complete Athlete Protection Training.** All adult members—athlete and non-athlete—will be required to complete the training annually.

Link to APT is [HERE](#). Follow the instructions posted - Athletes will need to create an account if they don't already have one – as a USA-Swimming registered member you have a member record with USAS.

APT takes 24-36 hours to update and you must click all the way through for course evaluation – **there must be a checkmark on your dashboard to show that the course is complete.** As a precaution please save your completion certificates.

This item cannot be updated by Florida Swimming – only USAS – this is a mandatory certification to be a current adult member. If not completed, this could affect entry into swim meets – please understand athletes will not be on your active rosters when entering meets in OME (LSC Championships, Nationals, Jrs. Nationals, Futures, Zones, etc).

Policy changes:

Accordingly, by June 23rd, every USA Swimming member organization is required to update its policies to reflect MAAPP.

MAAPP focuses on 5 areas:

1. One-on-one interactions
2. Travel – Local and Team
3. Social Media & Electronic communication
4. Locker rooms & changing areas
5. Massages & rubdowns

Please remember these changes are to protect our athletes and create a safe environment - please share with your coaches, club, parents and athletes.

If you have questions about these changes, please contact USA Swimming staff at safesport@usaswimming.org .

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ORDER OF EVENTS

THURSDAY – JUNE 27, 2019

POSITIVE CHECK-IN EVENTS

Check-in will be due 45 minutes before the beginning of each session.

Session 1A – 2:00pm

Event #	Age	Event
1	17 & OV	Mixed 800 FR (Top 10 heats)
	15-16	
	13-14	

Session 1B – 4:00pm

Event #	Age	Event
3-4	17 & OV	400 FR (alternate Top 16 Heats Total)
	15-16	
	13-14	

Session 1C – 6:00pm

Event #	Age	Event
5-6	11-12	400 FR
	10 & UN	
7-8	17 & OV	400 IM (alternate Women and Men)
	15-16	
	13-14	
9-10	12 & UN	400 IM

**** 5 - Minute Break ****

11	14 & Under	Mix 200 MED Rel **
12	Open	Mix 200 MED Rel **
13	14 & Und	Mix 200 FR Rel **
14	Open	Mix 200 FR Rel **

**** 5 - Minute Break ****

2	12 & UN	Mixed 800 FR
1	17 & OV	Mixed 800 FR (remaining heats)
	15-16	
	13-14	
3-4	17 & OV	400 FR (alternate remaining heats)
	15-16	
	13-14	

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ORDER OF EVENTS

FRIDAY – JUNE 28, 2019

Session 2A – 8:00am			Session 2B – 30 min after AM			Session 2C – 5:00pm		
ALL 12&UN / Non-Top 16 for 13&OV			Developmental - 25 yards			Top 16 for 13 & Over		
Event #	Age	Event	Event #	Age	Event	Event #	Age	Event
21-22	12 & UN	200 FL	101-102	8 & UN	25 BA	23-24	13-14	200 FL
23-24	13-14	200 FL		9-10				
	15-16							
	17 & OV							
25-26	10 & U	50 BA	103-104	10 & UN	50 BA	27-28	13-14	50 BA
	11-12			11-12			15-16	
27-28	13-14	50 BA	105-106	8 & UN	25 BR	31-32	13-14	100 BR
	15-16			9-10			15-16	
	17 & OV			11-12			17 & Over	
29-30	10 & U	100 BR	107-108	10 & UN	50 BR	35-36	13-14	50 FL
	11-12			11-12			15-16	
31-32	13-14	100 BR		109			OPEN	
	15-16		15-16					
	17 & OV		17 & Over					
33-34	10 & UN	50 FL	** 5 Minute Break **			43-44	13-14	100 FR
	11-12		110	OPEN	Mix 100 FR		15-16	
35-36	13-14	50 FL					17 & Over	
	15-16							
	17 & OV							
37-38	12 & UN	200 BA				** 5 Minute Break **		
39-40	13-14	200 BA				47-48	14 & Und	200 FR Rel
	15-16					49-50	Open	200 FR Rel
	17 & OV							
41-42	10 & U	100 FR						
	11-12							
** 5 Minute Break **								
45-46	12 & UN	200 FR Rel						
43-44	13-14	100 FR						
	15-16							
	17 & OV							

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ORDER OF EVENTS

SATURDAY – JUNE 29, 2019

3A – 8:00am		
ALL 12&UN / Non-Top 16 for 13&OV		
Event #	Age	Event
51-52	10 & UN	100 BA
	11-12	
53-54	13-14	100 BA
	15-16	
	17 & OV	
55-66	12 & UN	200 BR
57-58	13-14	200 BR
	15-16	
	17 & OV	
59-60	10 & U	100 FL
	11-12	
61-62	13-14	100 FL
	15-16	
	17 & OV	
63-64	10 & U	50 BR
	11-12	
65-66	13-14	50 BR
	15-16	
	17 & OV	
67-68	10 & U	50 FR
	11-12	
69-70	13-14	50 FR
	15-16	
	17 & OV	
** 5 Minute Break **		
71-72	12 & UN	200 MED Rel

Session 3B – 30 min after AM		
Developmental - 25 yards		
Event #	Age	Event
111-112	8 & UN	25 FL
	9-10	
	11-12	
113-114	10 & UN	50 FL
	11-12	
	13 & OV	
115-116	8 & UN	25 FR
	9-10	
	11-12	
117-118	10 & UN	50 FR
	11-12	
	13 & OV	
119	OPEN	Mix 100 FR Relay
** 5 Minute Break **		
120	OPEN	Mix 100 IM

Session 3C – 5:00pm		
Top 16 for 13 & Over		
Event #	Age	Event
53-54	13-14	100 BA
	15-16	
	17 & OV	
57-58	13-14	200 BR
	15-16	
	17 & OV	
61-62	13-14	100 FL
	15-16	
	17 & OV	
65-66	13-14	50 BR
	15-16	
	17 & OV	
69-70	13-14	50 FR
	15-16	
	17 & OV	
** 5 Minute Break **		
73-74	14 & UN	200 MED Rel
75-76	Open	200 MED Rel

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ORDER OF EVENTS

SUNDAY – JUNE 30, 2019

Session 4 – 9:00am		
Event #	Age	Event
81-82	11-12	200 IM
	10 & UN	
83-84	17 & OV	200 IM (Top 16 heats)
	15-16	
	13-14	
85-86	11-12	200 FR
	10 & UN	
87-88	17 & OV	200 FR (Top 16 heats)
	15-16	
	13-14	
89-90	11-12	100 IM
	10 & UN	
91-92	17 & OV	100 IM
	15-16	
	13-14	
** 5 - Minute Break **		
83-84	17 & OV	200 IM (remaining heats)
	15-16	
	13-14	
87-88	17 & OV	200 FR (remaining heats)
	15-16	
	13-14	