



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No.: FGD070619YSB-B-18

Meet Description: This meet is open to all swimmers on Broward County FGC-registered teams, who have not yet achieved a BB National Age Group Motivational Time Standard in the event in which they are entered. BB time standards have been calculated for the 50's of the strokes and 100 IM in the 13 & over age group. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., and YMCA of South Florida 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: The competition course has been certified in accordance with 104.2.2 C (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.

Dates & Time: July 6-7, 2019
Session I: Saturday - Timed Finals - Warm-up 7:30am. Meet starts at 9am
Session II: Sunday - Timed Finals - Warm-up 7:30am. Meet starts at 9am
**All events are timed finals. Meet director reserves the right to change meet times (warm-up and start) to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

Hosted by: YMCA of South Florida Barracudas Swim Team

Location: YMCA Weston Family Center, Regional Park, Weston, FL
20201 Saddle Club Rd. Weston FL 33327

Directions:
From the North: Travel south on FL-869/Sawgrass Exwy (Partial toll road), merge onto I-75 N toward Naples, take exit 21 to merge onto FL-84 W toward Indian Trace, turn left onto Indian Trace to Saddle Club Rd in Weston, turn right onto Saddle Club Rd towards Weston Regional Park, at the traffic circle, take the 1st exit. Pool complex in on the right
From the South: Travel north on I-75, take exit 13B for Griffin Rd W, turn right onto Bonaventure Blvd., turn left onto South Post Rd. toward Weston Regional Park, at the traffic circle, take the 2nd exit. Pool complex in on the right
From the East: Travel I-595 W toward Weston, and merge onto I-75 N, take exit 21 to merge onto FL-84 W toward Indian Trace, turn left onto Indian Trace to Saddle Club Rd in Weston, turn right onto Saddle Club Rd towards Weston Regional Park, at the traffic circle, take the 1st exit. Pool complex in on the right.



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



Eligibility:

Open to all current 2019 USA swimming registered athletes on an FGC registered team in Broward County who **have not yet achieved a BB time standard in the event in which they are entered**. 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 202.2.10 D.

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

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.

Conflict of Interest:

Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Rules:

Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, YMCA of South Florida Barracudas swim team 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, except where venue facilities require otherwise. Deck changes are 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 Vice President of Program Operations.

Disability Athletes:

Any athlete with a disability will be accommodated. Please contact the Meet Director ahead of time to allow for preparations. **John Spire (jspire@ymcasouthflorida.org) 954-557-8177**

Deck Change:

Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity.



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



MAAPP

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. Visit [USA Swimming's MAAPP page](#) for full details.

Pool/Timing:

25 Yard x 50-meter heated outdoor pool, 8 short-course racing lanes with separate warm-up and swim-down lanes available. Fly-over starts will possibly be used. Water depth at competition start end of pool varies from 6'7" to 8'6" depending on lane assignment, in accordance with 202.4.10 C. Omega Timing System® will be used.

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on the day of the first session of the event. Rules from the current USA Swimming Technical Rules will be in effect.

Seeding:

Events will be seeded in SCY by gender and by age groups. All sessions will be held as Timed Finals. ALL events will be swum SLOWEST to FASTEST.

Entry Limit:

No more than four (4) individual events per day.

Entry deadline:

Team entries must be received by **Wednesday, June 26, 2019.**

Entry Procedure:

Electronic entries only (CL or SDIF format).

E-mail entries to webmaster@ysfbarracudas.com

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

****Submission of entries certifies that all swimmers are current USA Swimming registered.**

The meet management reserves the right to eliminate and return entries whose inclusion would prolong the meet beyond the 4-hour requirement (Rule 205.3.1F), or a maximum of 400.

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

Entry Fees:

\$4.00 per individual event

\$5.00 per athlete facility surcharge

Entry fees are made payable to: YMCA of South Florida

Admission:

\$5.00 per session. Heat sheets will not be sold at the meet.

Heat sheets will be available online for free at www.ysfbarracudas.com, on Meet Mobile, and posted on the wall behind the starting blocks.

Awards:

Individual events: Medals 1st – 3rd Ribbons 4th – 8th

by age groups (8 & Under, 9-10, 11-12, 13-14, 15 & Over)

Scoring:

This competition is not scored.



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



- Deck Entries:** Deck entries will be accepted the day of the meet with proof of USA Swimming membership until 30 minutes prior to the start of the meet. Deck entered swimmers will be entered in selected events in open lanes only, first come-first served. Fees for deck entries double: \$8.00 per individual event and \$10.00 athlete facility surcharge if not already in the meet. ALL LATE ENTRIES ARE CASH ONLY!!!
- Warm-Ups:** Because of the large number of injuries occurring across the country during warm-ups, no diving into the pool will be allowed during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the officials and meet marshal in charge of the area.
- Meet Policy:** Entry to the facility will be through the side entrance of the pool, NOT through the main entrance of the YMCA. Locker rooms are available for the swimmers and families attending the event and we ask that you please not enter the main facility during the meet if you are not a registered member of the YMCA of South Florida. This is a non-smoking event. Anyone found smoking in the venue will be asked to leave immediately.
- Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the closed areas of the pool deck provided they have shown proper credentials to the meet host, and do not interfere with those conducting the event. Coaches are requested to wear their coaching credentials always. Volunteers must check-in at the entry gate, and the meet admission fee will be waived.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and networks(s) of YMCA of South Florida, Florida Gold Coast swimming, and 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 within USA Swimming and YMCA of South Florida.
- Meet Committee:** A meet committee will be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Services:** Food and drinks will be available for purchase throughout the meet.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.
- Officials:** If you know that you will be attending this meet and will be available to officiate, please email the meet referee, Alvaro Vasquez, and let him know you want to officiate, your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter's tent 60 minutes before the start of the session.



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



Meet Referee: Alvaro Vasquez (alvasq@gmail.com)

Meet Director: John Spire (jspire@ymcasouthflorida.org) 954-557-8177

Admin Official: Rodolfo Manrique (bomanrique@gmail.com) 954-732-0725

Warm-up Procedures: NO equipment permitted. Swimmers must enter the water feet first.

7:30 a.m. to 8:30 a.m. General Warm-Up

Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work

8:30 a.m. – 8:55 a.m. Controlled Warm-Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 25 yards One Length.

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Racing Starts, 25 yards One Length.

Lane 7 Swimming and Pulling, Push Off

Lane 8 Swimming and Pulling, Push Off

Lane 9 Racing Starts, 25 yards One Length

Lane 10 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 25 minutes of warm-ups. Push-off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet first entry only.

2. Practice Racing Starts – Last 25 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes – Circle swimming only (counter clockwise only).



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



ORDER OF EVENTS

Session I - July 6		
Warm-up: 7:30a Meet starts: 9am		
GIRLS	EVENT	BOYS
1	8 & Under 50 Backstroke	2
3	9-10 100 Backstroke	4
5	11-12 100 Backstroke	6
7	13 & Over 100 Backstroke *	8
9	8 & Under 50 Breaststroke	10
11	9-10 50 Breaststroke	12
13	11-12 50 Breaststroke	14
15	13 & Over 50 Breaststroke *	16
17	8 & Under 50 Freestyle	18
19	9-10 50 Freestyle	20
21	11-12 50 Freestyle	22
23	13 & Over 50 Freestyle *	24
25	8 & Under 50 Butterfly	26
27	9-10 100 Butterfly	28
29	11-12 100 Butterfly	30
31	13 & Over 100 Butterfly *	32
33	10 & Under 200 Freestyle *	34
35	11-12 200 Freestyle	36
37	13 & Over 200 Freestyle *	38

Session II - July 7		
Warm-up: 7:30a Meet starts: 9am		
GIRLS	EVENT	BOYS
39	8 & Under 100 IM	40
41	9-10 100 IM	42
43	11-12 100 IM	44
45	13 & Over 100 IM *	46
47	9-10 50 Backstroke	48
49	11-12 50 Backstroke	50
51	13 & Over 50 Backstroke *	52
53	9-10 100 Breaststroke	54
55	11-12 100 Breaststroke	56
57	13 & Over 100 Breaststroke *	58
59	10 & Under 100 Freestyle *	60
61	11-12 100 Freestyle	62
63	13 & Over 100 Freestyle *	64
65	9-10 50 Butterfly	66
67	11-12 50 Butterfly	68
69	13 & Over 50 Butterfly *	70
71	10 & Under 200 IM *	72
73	11-12 200 IM	74
75	13 & Over 200 IM *	76

* Swim together - Awarded separately

YSFBarracudas.com



Broward County B/C Champs (SCY)

YMCA Weston Family Center

July 6-7, 2019



TIME STANDARDS

Boys	Events	Girls
42.39	8&U 50 Back	41.89
01:29.7	9-10 100 Back	01:30.7
01:15.8	11-12 100 Back	01:18.5
01:06.9	13-14 100 Back	01:11.7
01:03.5	15&O 100 Back	01:10.1
46.59	8&U 50 Breast	47.49
46.59	9-10 50 Breast	47.49
39.59	11-12 50 Breast	39.99
35.59	13-14 50 Breast	38.39
34.09	15&O 50 Breast	37.49
34.49	8&U 50 Free	35.19
34.49	9-10 50 Free	35.19
30.29	11-12 50 Free	31.49
27.89	13-14 50 Free	30.29
26.79	15&O 50 Free	29.79
40.49	8&U 50 Fly	41.79
01:38.0	9-10 100 Fly	01:39.1
01:16.5	11-12 100 Fly	01:18.3
01:06.5	13-14 100 Fly	01:11.4
01:03.4	15&O 100 Fly	01:10.0
02:48.0	8&U 200 Free	02:57.4
02:48.0	9-10 200 Free	02:57.4
02:24.6	11-12 200 Free	02:29.7
02:12.8	13-14 200 Free	02:22.2
02:07.5	15&O 200 Free	02:19.2

Boys	Events	Girls
01:29.4	8&U 100 IM	01:31.7
01:29.4	9-10 100 IM	01:31.7
01:15.0	11-12 100 IM	01:18.4
01:08.6	13-14 100 IM	01:18.3
01:07.3	15&O 100 IM	01:15.5
42.39	9-10 50 Back	41.89
35.29	11-12 50 Back	35.59
31.89	13-14 50 Back	34.19
30.49	15&O 50 Back	33.29
01:41.9	9-10 100 Breast	01:45.0
01:25.5	11-12 100 Breast	01:27.4
01:15.6	13-14 100 Breast	01:22.4
01:12.1	15&O 100 Breast	01:20.7
01:18.8	8&U 100 Free	01:20.0
01:18.8	9-10 100 Free	01:20.0
01:05.9	11-12 100 Free	01:08.3
01:00.9	13-14 100 Free	01:05.8
58.39	15&O 100 Free	58.39
40.49	9-10 50 Fly	41.79
34.19	11-12 50 Fly	34.09
30.59	13-14 50 Fly	32.69
30.29	15&O 50 Fly	32.49
03:13.2	8&U 200 IM	03:15.6
03:13.2	9-10 200 IM	03:15.6
02:44.2	11-12 200 IM	02:47.8
02:28.6	13-14 200 IM	02:39.2
02:21.8	15&O 200 IM	02:36.2

YSFBarracudas.com