



Dragons Long Course Spring Invitational April 26 - 28, 2019

North County Aquatic Complex- 861 Toney Penna Drive, Jupiter-Florida

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction #FGI042619JDST-P-10

Sponsored by: Jupiter Dragon Swim Team

Location: North County Aquatic Complex- 861 Toney Penna Drive, Jupiter-Florida

Directions: Take I-95 to Exit 87A East (Jupiter/Indiantown Road) or Florida Turnpike to Exit 116 (Jupiter). Go east approximately two miles to Pennock Lane. Turn right/south on Pennock to Toney Penna (½ mile). Turn left on Toney Penna and left again into the pool parking lot. See map on page 6 or at www.jdswim.com

Dates & Time: All sessions are timed finals for all swimmers.

Session I	Timed Finals	Friday	April 26, 2019	Warm-up – 4:30 pm	Start – 5:30 pm
Session II	Timed Finals	Saturday	April 27, 2019	Warm-up – 7:30 am	Start – 8:30 am
Session III	Timed Finals	Saturday	April 27, 2019	Warm-up – 12:00 pm	Start – 1:00 pm
Session IV	Timed Finals	Sunday	April 28, 2019	Warm-up – 7:30 am	Start – 8:30 am

Note: the Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chairman

Pool/Timing: 50 Meter by 25 Yard heated outdoor pool, **7 or 8 long-course** racing lanes with separate warm-up and swim-down lane available. Daktronics Timing System will be used. Fly-over starts will possibly be used.

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.

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.

- Drones:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coaches areas, spectator areas and open ceiling locker rooms) any time athletes, coaches are present.
- 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 as the location of the competition and/or immediate 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.
- Rules:** 2019 USA Swimming and FGC rules will govern this meet. In granting this approval, it is understood and agreed that USA Swimming, Florida Gold Swimming and Jupiter Dragons Swim Team and Jupiter Dragons Parent Organization 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, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.
- Eligibility:** Open to all current 2019 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 **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.
- Disability Athletes:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or athlete is responsible for notifying the referee of any accommodations that are required in accordance with the USA-S rule 105.4 Please contact the pool office ahead of time to allow for preparations - 561-745-0839- coachkirill@yahoo.com |
- Entry Deadline:** All entries must be received by **Wednesday April 17, 2019** |
- Entry Limit:** Three (3) individual events per day. |
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) Please email entry to: **coachkiril@yahoo.com**

Confirmation for electronic entries will be sent via e-mail. **Submission of electronic entries signifies that all swimmers are 2019 USA Swimming registered. **Any non-registered athletes will be removed from the meet.** Questions, please contact Coach K at 561-339-9959.

Non-electronic entries are not accepted

Entry Fees:	\$4.00 per Individual event entry \$6.00 per swimmer surcharge *Entry fees are made payable to “Jupiter Dragons Parents Organization” JDPO (note: one check per team)
Refunds:	Once a team or individual entry has been received and processed, there will be no refunds in full or in part, unless FGC rule 1.17a.i-v applies.
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.
Seeding:	Eligible entries shall be seeded in the following order - Long Course Meters followed by Short Course Yards
Distance Events:	400 IM and 400 Free, for all ages will be swum alternating women than men, fastest to slowest. All distance events are positive check in.
Awards:	Individual Events: Medals places: 1 st – 3 rd Ribbons places 4 th – 8 th
Scoring:	This competition is not scored.
Admission:	Admission - \$3.00 per session. Heat Sheets - \$3.00 per session.
Concessions:	Concession stand will be open for all sessions.
Hospitality:	Refreshments and hospitality for coaches / officials / volunteers will be available.
Meet Referee:	Scott Boggs, Kelly Herrera
Admin. Official:	Kiril Zahariev, Becky Miklos
Meet Director:	Kiril Zahariev (Coach K) cell # 561-339-9959 E-mail - coachkiril@yahoo.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.
Information:	Call the Teams Office at (561) 339-9959.
Meet Results:	Meet results will be uploaded periodically on Meet Mobile. Official results will be e-mailed & posted at FLORIDA GOLD COAST website at www.fgcswim.org

Order of Events

Session 1 - Friday April 26, 2019 Warm-up: 4:30 p.m. Meet Starts: 5:30 p.m.

Event Number	Event	Age Group
1-2	400 IM P/S/F *****	Open
3-4	400 Free P/S/F *****	Open

P-Positive Check in/S-All Ages swim together and scored separately/F-Swim Fastest to Slowest Alternating Girls and Boys

***** - Event will be awarded separately (10&under, 11&12, 13&14 and 15&Over)

Session 2 - Saturday April 27, 2019 Warm-up: 7:30 a.m. Meet Starts: 8:30 a.m.

Event Number	Event	Age Group
5-6	200 Free ***	13 & Over
7-8	100 Fly ***	13 & Over
9-10	50 Breast ***	13 & Over
11-12	50 Free ***	13 & Over
13-14	200 IM ***	13 & Over
15-16	100 Back ***	13 & Over
17-18	200 Breast ***	13 & Over

*** - Event will be awarded separately (13&14 and 15&Over)

Session 3 - Saturday April 27, 2019 Warm-up: 12:00 p.m. Meet Starts: 1:00 p.m.

Event Number	Event	Age Group
19-20	200 Free *	12 & Under
21-22	100 Fly *	12 & Under
23-24	50 Breast *	12 & Under
25-26	50 Free *	12 & Under
27-28	200 IM *	12 & Under
29-30	100 Back *	12 & Under
31-32	200 Breast	11 & 12

* - Event will be awarded separately (10&under and 11&12)

Session 4 - Sunday April 28, 2019 Warm-up: 7:30 a.m. Meet Start: 8:30 a.m.

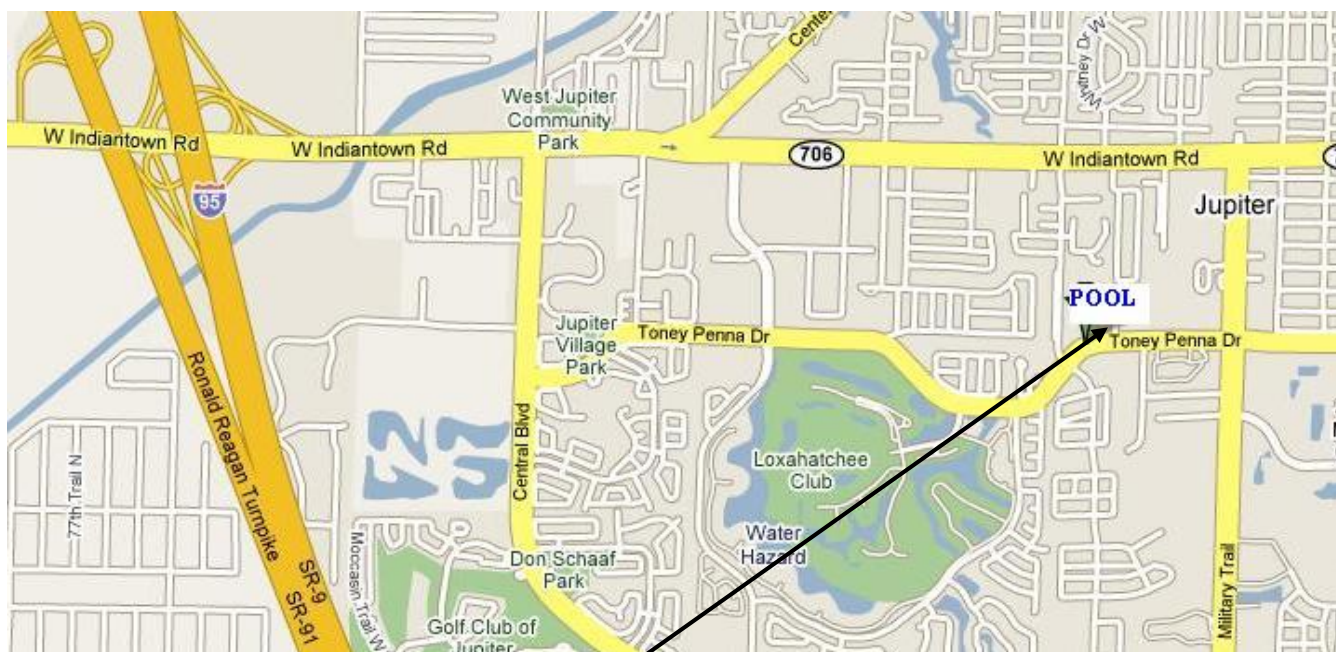
Event Number	Event	Age Group
33-34	100 Free ***	13 & Over
35-36	100 Free *	12 & Under
37-38	50 Back ***	13 & Over
39-40	50 Back *	12 & Under
41-42	50 Fly ***	13 & Over
43-44	50 Fly *	12 & Under
45-46	100 Breast ***	13 & Over
47-48	100 Breast *	12 & Under
49-50	200 Back **	11 & Over
51-52	200 Fly **	11 & Over

* - Event will be awarded separately (10&under and 11&12)

** - Event will be awarded separately (11&12, 13&14 and 15&Over)

*** - Event will be awarded separately (13&14 and 15&Over)

Map to North County Aquatic Complex and Additional Parking at Jupiter High School



North County Aquatic Complex, 861 Toney Penna Drive, Jupiter 33458.

From the South:

Take I-95 to Exit 87-A East (Jupiter/Indiantown Road) or Florida Turnpike to Exit 116 (Jupiter). Go east approximately two miles to Pennock Lane. Turn right/south on Pennock to Toney Penna (½ mile). Turn left on Toney Penna and left again into the pool parking lot.

Additional parking in Jupiter High School.

The parking is located East on Toney Penna, just before BB&T Bank on the North side. Look for a sign saying “Parking Swim Meet”

