

Jon Olsen Gold Medal Invitational

April 26-28, 2019

Ron Levy Aquatic Center, 87000 Overseas Highway Islamorada, FL 33036

Hosted By: FKSC

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FGI042619FKSC-D-12.**

"In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast 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."

Sponsored by: Florida Keys Swim Club

Location: 87000 Overseas Highway Islamorada, FL 33036

Date and Time: April 26, 2019

Session I - Timed Finals -Warm up: 4:00 PM Start of meet: 5:00 PM

April 27, 2019

Session II - Timed Finals -Warm up: 7:30 AM Start of meet: 9:00 AM

April 28, 2019

Session III – Timed Finals - Warm up: 7:30 AM Start of meet: 9:00 AM

*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.

Pool/Timing: 50/meter heated outdoor pool, 8 long-course racing lanes with separate warm-up and swim-down lanes available. Colorado timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 8'0" to 8'0" depending on lane assignment accordance with 202.3.7 (C).

Camera Free Zone: 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 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. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.

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.

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 FKSC 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: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 305-853-1685 Alicia.Mote@islamorada.fl.us

Entries: All entries must be received by April 19, 2019

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

Please enter electronically, No Mailed entries. Confirmation for electronic entries (CL or SDIF format only) Email to Joncbolsen@gmail.com

Confirmation for electronic entries will be sent via email.

** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact office at 305-393-5855

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

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

Entry Limit: Individual events: 4 individual events per swimmer per session.

Deck Entries: The FGC deck entry policy is 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.

Entry Fees: \$8.00 per individual event.

Relay Fees: \$10.00 per relay

Facility Surcharge: \$10.00 per swimmer

*Entry fees are made payable to FKSC (note: one check per team)

Refunds: Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1. 17a.i. v applies.

Seeding: LCM

Distance Events: The 400 Free for all ages is timed finals. All distance events are positive check in. For all positive check in events, swimmers must provide their own timer and counters as needed.

Awards: Individual Events: Medals places: 1st-3rd Ribbons 4th-8th.

Relay Events: Ribbons places 1st-3rd

Admission: \$3.00 per session. Heat sheets: \$2.00.

Hospitality: Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet.

Meet Information: Please call team office at 305-393-5855

Head Referee: Juan Pelaez

Meet Director: Jon Olsen

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: 305-393-5855 or AbbieKelley@outlook.com

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work

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.

General Lanes - Circle swimming only (counter clockwise only).

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

ORDER OF EVENTS

Friday: Session I Warm-up 4:00 pm Meet Start: 5:00 pm

Event #	Event	Age Group
1-2	200 Medley Relay	Open
3-4	200 Free	10 & Under
5-6	200 Free	11-12
7-8	200 Free	13 & Over
9-10	200 IM	10 & Under
11-12	200 IM	11-12
13-14	200 IM	13 & Over
15-16	400 Free	Open
17-18	200 Free Relay	Open

Saturday: Session II Warm-up: 7:30 am Meet Start: 9:00 am

Event #	Event	Age Group
19-20	50 Breaststroke	10 & Under
21-22	50 Breaststroke	11 -12
23-24	50 Breaststroke	13 & Over
25-26	100 Backstroke	10 & Under
27-28	100 Backstroke	11-12
29-30	100 Backstroke	13 & Over
31-32	50 Butterfly	10 & Under
33-34	50 Butterfly	11-12
35-36	50 Butterfly	13 & Over
37-38	100 Freestyle	10 & Under
39-40	100 Freestyle	11-12
41-42	100 Freestyle	13 & Over

Sunday: Session III Warm up 7:30 a. Meet Start 9:00 am

Event #	Event	Age Group
43-44	200 Freestyle Relay	12 & under
45-46	100 Breaststroke	10 & under
47-48	100 Breaststroke	11-12
49-50	100 Breaststroke	13 & over
51-52	50 Backstroke	10 & under
53-54	50 Backstroke	11-12
55-56	50 Backstroke	13 & over
57-58	100 Butterfly	10 & under
59-60	100 Butterfly	11-12
61-62	100 Butterfly	13 & over
63-64	50 Freestyle	10 & under
65-66	50 Freestyle	11-12
67-68	50 Freestyle	13 & over
69-70	200 Freestyle Relay	13 & over