

2019 Mike Horgan Memorial Invitational

October 11-13, 2019



Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FGI101119LLL-P-19**

"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: Lake Lytal Lightning Swim Team

Location: 3645 Gun Club Rd. West Palm Bch., FL 33405

Directions: **From I-95.** Exit Southern Blvd. And Head West to Ramp towards Congress Ave. Take Congress Ave. south to 1st light. Take right onto Gun Club Rd. Travel approx. ½ mile to Lake Lytal Park entrance on right. Pool is located in Lake Lytal Park. **From Turnpike:** Exit Southern Blvd. Head east approx. 3.7 miles to Kirk Rd. Take a right onto Kirk Rd. to 1st light. Take left (east) onto Gun Club Rd. approx. 1/4 mile. Lake Lytal Park is on the left

Date and Time: Session 1.	Warm up: 3:30pm	Start of meet: 4:30pm All Ages
Session 2.	Warm up: 7am	Start of meet: 8:30am
Session 3.	Warm up: 12pm	Start of meet: 1pm
Session 4.	Warm up: 7am	Start of meet: 8:30am
Session 5.	Warm up: 12pm	Start of meet: 1pm

*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: 25 yards x 50 meters heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down lanes available. Colorado/Daktronics Hybrid 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 4'6 to 12'0 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 will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

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.

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.

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 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 – lightningswimming@gmail.com

- Deck Change:** Changing, in whole or in part, into or out of a swimsuit (excluding a drag 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.
- Entries:** All entries must be received by Wed., Oct. 2, 2019. **This meet will be capped at 550 Swimmers or a 4 hour per session timeline on a first come first serve basis**
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)
- E-mail to **lightningswimming@gmailcom** NO faxed entries. Confirmation for electronic entries will be sent via e-mail. ** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact office at 561-310-4924
- Non-registered or nonexistent 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). The 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.
- 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: 5 individual events per swimmer per session.
- Meet Cap:** The meet will be capped at 550 athletes on a first comes first basis or a 4 hour timeline 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.fgcswwim.org . All deck entered swimmers must present current USA Swimming Card in order to be entered.
- Entry Fees:** \$4 per individual event. Deck entry: \$8 per individual event.
- Facility Surcharge:** \$5 per swimmer; Deck entry: \$10 per swimmer.
- *Entry fees are made payable to Lake Lytal Lightning (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:** [SEEDING INFORMATION – FASTEST TO SLOWEST (400+ Events) OR SLOWEST TO FASTEST (50,100,200 Events). All 50-200 Super Seeded
- Distance Events:** Positive Check-Ins: Friday 4:10pm
- Awards:** Individuals Event: Ind. Medals 1-3 /ribbons 4-8
- Relay Event: Ribbons 1-3
- Scoring:** Individual for High Point 11-9-8-7-6-5-4-3-2-1

Admission: \$5 per session. Heat sheets: FREE @ www.lightningswimming.org or MEET MOBILE. Ltd.
Hard Copies Available \$2

Concessions: CONCESSION STAND INFORMATION

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

Meet Information: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed.
Look for the information at www.lightningswimming.org

Head Referee: Dee Herfurth

Meet Director: Gordon Andrews

Administrative Official: Gordon Andrews

Meet Marshall: Stephen Hughes

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: Gordon Andrews, lightningswimming@gmail.com, 561-310-4924

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
General Warm Up 7-8am ; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or **Pace** Work
Controlled Warm Up 8-8:25am
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 Swimming and Pulling, Push Off
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 up. Push- off one or two lengths, circle swimming only (counter - clockwise), NO DIVING, feet first entries 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).

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

ORDER OF EVENTS

Session 1: Friday, October 11, 2019

Warm-up: 4:00pm Meet Start: 5:00pm 8pm Meet Timeline Capacity

A 10 minute break following the 400 IM will take place if deemed necessary by meet committee

<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
1-2	11 & Over	400 IM**
3-4	OPEN	500 FR***

**Ranked and Awarded 11-12, 13-14, 15 & O

***Ranked and Awarded 10 & U, 11-12, 13-14, 15 & O

Session 2 Sat 10/12
13 & Over Warm up 7am Start 8:30am

<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
5-6	13 & O	Med. Relay
7-8	13 & O	200 Fr*
9-10	13 & O	200 Br*
11-12	13 & O	200 IM*
13-14	13 & O	50 Fr*
15-16	13 & O	200 Fly*
17-18	13 & O	100 Bk*

* Superseeded and Ranked/Awarded Separately

Session 4 Sun 10.14:
13 & Over Warm up 7am Start 8:30am

<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
47-48	13 & O	200 Fr Rel
49-50	13 & O	100 Fr*
51-52	13 & O	100 Br*
53-54	13 & O	200 Bk*
55-56	13 & O	100 Fly*
10' Break		
79	13 & Over	Mixed 1650%

* Superseeded and Ranked/Awarded Separately

%Fastest to Slowest

Session 3 Sat 10/12:
12 & U-Wup 12pm (South side)
Start 1pm 5pm Timeline Cap.

<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
19-20	12 & U	Med. Relay
21-22	11-12	200 Fr
23-24	10 & U	200 Fr
25-26	11-12	200 Breast
27-28	12 & U*	100 IM
29-30	11-12	50 Fr
31-32	10 & U	50 Fr
33-34	11-12	200 Fly
35-36	11-12	50 Br
37-38	10 & U	50 Br
39-40	11-12	100 Bk
41-42	10 & U	100 Bk
43-44	11-12	50 Fly
45-46	10 & U	50 Fly

* Superseeded and Ranked/Awarded Separately

Session 5 Sun 10/14
12 & U-W up 12pm (South side)
Start 1pm 5pm Timeline Cap.

<u>Ev. #</u>	<u>Age</u>	<u>Event</u>
57-58	12 & U	200 Fr Rel
59-60	11-12	100 Fr
61-62	10 & U	100 Fr
63-64	11-12	200 Back
65-66	11-12	100 Br
67-68	10 & U	100 Br
69-70	12 & U	200 IM*
71-72	11-12	50 Bk
73-74	10 & U	50 Bk
75-76	11-12	100 Fly
77-78	10 & U	100 Fly
10' Break		
80	11-12	Mixed 1650%

%Fastest to Slowest

* Superseeded and Ranked/Awarded Separately