



8 and Under Sizzler

Friday, October 11, 2019

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGS101119SUN-B-26**
- In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming Booster Club 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
- Hosted by:** Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise
- Location:** Sunrise Civic Center
10610 West Oakland Park Blvd.
Sunrise, FL. 33351
- Directions:** From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex
- Parking:** Please do NOT park on the south side of Josh Lee Blvd; drivers will be towed from this residential area.
- Date & Time:** **Friday, October 11, 2019: warm up at 5 pm; meet starts at 5:30 pm**
- Pool/Timing:** Competition is in the Sunrise Civic Center Pool 50 meters x 25 yards heated outdoor pool. 8 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Daktronics Timing System® will be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C). The copy of such certification is on file with USA Swimming.
- 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 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. USA Swimming Rule 202.3.3.

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 who are aged 8 and under.

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. Please contact the pool office ahead of time to allow for preparations – coachchristiw@aol.com Christi Wathen 954-747-4635

Deck Change: Changing, in part or whole, 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 is strictly prohibited.

Entry Deadline: All entries must be received by **Friday, October 4, 2019.**

Entry Limit: 4 Individual events and the relay

Entry Procedure: PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!). E-mail to coachchristiw@aol.com. Email confirmation of entries will be sent to each team. Coaches are responsible for reviewing their team’s entries at this time and notifying host of any issues within 24 hours

**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954 747-4635

NOTE: Swimmers who are not USA Swimming registered will not be entered.

Psych Sheet: Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error.

Entry Fees:	\$10 flat fee per swimmer **Entry fees are made payable to <u>Sunrise Swimming Booster Club</u>**. Entry fees will be doubled if not entered electronically. (note: one check per team)
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 5:15pm (15 min before start of meet). Policy can be seen at www.fgcswim.org . Coaches only, please. All deck entered swimmers must be USA Swimming registered in order to be entered. Deck entry fees are DOUBLE the entry fee: \$20.00. Cash only.
Refunds:	Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i-v applies.
Seeding:	Eligible entries shall be seeded Short course yards only
Awards:	Individual Events: Ribbons 1st-8th place Relay Events: 1st-3rd place
Head Referee:	Harold Avellaneda
Admin Ref:	Chris Kean
Meet Director:	Christi Wathen
Ass't Meet Dir:	Alec Wathen
Meet Marshall:	City of Sunrise Lifeguard staff
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:	Admission - \$2 per session. Heat Sheets - \$2 per session.
Concession:	Concession stand is available during the meet.
Information:	Call the Sunrise Swimming office 954 747-4635

NOTE:

**We will be using the Bullpen and ask each team to have 1-2 coaches in the area to organize your swimmers. Our parents will be taking the children to the blocks.
** No parents allowed in bullpen area.****

ORDER OF EVENTS

Friday, October 11, 2019

Warm up: 5:00 pm Start: 5:30 pm

GIRLS #	EVENT	BOYS #
1	6&U 25 FLY	2
3	7-8 25 FLY	4
5	6&U 25 BACK	6
7	7-8 25 BACK	8
9	6&U 25 BREAST	10
11	7-8 25 BREAST	12
13	6&U 25 FREE	14
15	7-8 25 FREE	16
17	8&U 100 FREE RELAY	18