

**FLORIDA GOLD COAST TECHNICAL PLANNING COMMITTEE
RETURN TO COMPETITION PLAN**

1. Day 1 of the Florida Gold Coast Return to Competition Plan shall be 30 days prior to the first day that the USA Swimming moratorium on sanctioned competition has expired AND one or more FGC teams have lawfully resumed training in their usual training facility for thirty days.
2. From Day 1 until Day 30, Florida Gold Coast swimming will not sanction competition and will revoke existing sanctions for competition.
3. From Day 31 until Day 60, Florida Gold Coast Swimming may grant sanction for limited timed finals competition. Limited competition refers to:
 - a. Closed intra-squad meets and time trials.
 - b. Dual meets.
 - c. Virtual dual, double-dual, triangular, or invitational-style meets.
4. From Day 61 until Day 90, Florida Gold Coast Swimming may grant sanction for unrestricted timed finals or prelims and finals invitational-style meets in addition to the meet types described in #3.
5. After day 90, Florida Gold Coast Swimming may grant sanction for LSC Championship meets.
6. All competition sanctioned by Florida Gold Coast Swimming must comply with all applicable federal, state, local and facility restrictions on public gatherings and social distancing requirements.

FLORIDA GOLD COAST SWIMMING RETURN TO COMPETITION DATES CALCULATOR

USA Swimming competition moratorium expiration date (mm/dd/yy):

5/31/2020

The first FGC team resumed practice on:

5/4/2020

Day 1 – 30 No meets.

Day 31 – 60 Dual and virtual meets only.

Day 61 – 90 No FGC restrictions on meets.

Day 91 - FGC Championship meets may be considered.

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