



**SUNRISE  
SWIMMING**

## **SUNRISE SWIMMING OPEN INVITE**

**September 21 & 22, 2019**

**Sunrise Civic Center Pool  
10610 W. Oakland Park Blvd.  
Sunrise, Fl. 33351**

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction No. FGI092119SUN-B-25**

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:** The City of Sunrise, Sunrise Swimming, and Sunrise Swimming Booster Club.

**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:** **SEPTEMBER 21, 2019**

**Session 1**-Timed Finals - Warm-up 7:30am. Meet starts at 9:00am

**Session 2**- Begins 10 minutes after session 1 is finished. Warm up and warm down pool is available during session 1.

**SEPTEMBER 22, 2019**

**Session 3** - Timed Finals - Warm-up 7:30am. Meet starts at 9:00am

**Session 4** - Begins 10 minutes after session 3 is finished. Warm up and warm down pool is available during session 3.

**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).

**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 (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.
- 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.  
There are no Qualifying Times. **(Meet Entry limit is 400 swimmers)**
- 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](mailto:coachchristiw@aol.com)  
Christi Wathen (954) 747-4635
- Deck Changing:** 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.

**Entry Deadline:** All entries must be received by **Wednesday, September 11, 2019 @ 6pm EST.**  
**Meet Entry limit is 400 swimmers.**

**Entry Limit/Procedure: Three events per session.** The 400 IM, 500 free and 1650 free are positive check in events. Deadline for positive check-in is 10am. These events will be seeded fastest to slowest, and alternating girls and boys. **500 and 1650 swimmers must provide their own timers and counters.**

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to [mail to:coachchristiw@aol.com](mailto: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 without registration numbers or birth dates will not be entered. \*\*\* Entry Fees will be Double if not entered electronically.**

**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:** \$ 4.00 per individual event  
\$ 5.00 per swimmer  
**\*Entry fees are made payable to “Sunrise Swimming Booster Club” (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. **COACHES ONLY, PLEASE.** Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org). All deck entered swimmers must be current USA Swimming members in order to be entered.

Fees are **DOUBLE** the entry fee:  
\$8 per individual event,  
\$10 swimmer surcharge (if not already in the meet)  
**Cash only for deck seeds.**

**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, fast to slow**

**Awards:** 1st thru 3<sup>rd</sup> place medals 4<sup>th</sup> thru 8th place ribbons

**Head Referee:** Harold Avellaneda

**Admin. Referee:** Amy Trodick

**Meet Marshall:** City of Sunrise Lifeguard Staff

**Meet Director:** Christi Wathen – [coachchristiw@aol.com](mailto:coachchristiw@aol.com) – (954) 747-4635  
**Assistant**

**Meet Director:** Alec Wathen (954) 747-4635

- 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:** \$5.00 per person per session. Heat sheets will NOT be sold at the gate. Heat sheets will be available free of charge online at [sunriseswimming.com](http://sunriseswimming.com) and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.
- Information:** Call the Sunrise Swimming office (954) 747-4635.

**Saturday, September 21, 2019**  
**Session 1**  
**Warm-up: 7:30am Start: 9:00 am**

| EVENT # | EVENT           |
|---------|-----------------|
| 1&2     | OPEN 200 IM     |
| 3&4     | OPEN 100 FLY    |
| 5&6     | OPEN 50 BACK    |
| 7&8     | OPEN 200 BACK   |
| 9&10    | OPEN 100 BREAST |
| 11&12   | OPEN 50 FREE    |
| 13&14   | OPEN 100 IM     |

**SESSION 2 (BEGINS 10 MINUTES AFTER END OF SESSION 1)**

|       |          |
|-------|----------|
| 15&16 | 400 IM   |
| 17&18 | 500 FREE |

**Sunday, September 22, 2019**  
**Session 3**  
**Warm-up: 7:30am Start: 9:00 am**

| EVENT# | EVENT           |
|--------|-----------------|
| 19&20  | OPEN 200 FREE   |
| 21&22  | OPEN 50 FLY     |
| 23&24  | OPEN 200 FLY    |
| 25&26  | OPEN 100 BACK   |
| 27&28  | OPEN 50 BREAST  |
| 29&30  | OPEN 200 BREAST |
| 31&32  | OPEN 100 FREE   |

**SESSION 4 (BEGINS 10 MINUTES AFTER END OF SESSION 3)**

|       |           |
|-------|-----------|
| 33&34 | 1650 FREE |
|-------|-----------|

***\*Meet director, with approval from the Age Group Chairman, 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.***