



**2019 Coral Springs Open Invitational**  
**Coral Springs, FL – February 9 - 10, 2019**



**SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. FGI020919CSSC-B-05  
"In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, City of Coral Springs, Coral Springs Swim Club and Coral Springs 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."

**CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

**SPONSORED BY:** Coral Springs Swim Club, Coral Springs Aquatic Complex

**LOCATION:** Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

**DIRECTIONS:** Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 Mile).

**DATE & TIME:** **Saturday, February 9, 2019**  
Session I Warm up: 9:00am Start of meet: 10:00am

**Sunday, February 10, 2019**  
Session II Warm up: 8:00am Start of meet: 9:00am

**\*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 meters x 25 yards heated outdoor pool, 25 short-course racing lanes with separate warm-up and swim-down lanes available. Daktronics timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2(C). Water depth at the start varies from 5'5 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. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, City of Coral Springs and Coral Springs Swim Club and Coral Springs 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. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. 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.

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 CSSC WILL 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 – 954-340-5032 – [csscswimentries@gmail.com](mailto:csscswimentries@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 Wednesday, January 30, 2019.  
PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)  
E-mail to [csscswimentries@gmail.com](mailto:csscswimentries@gmail.com) fax: 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 954-340-5032

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: Four (4) individual events per swimmer per session.

**MEET CAP:** The meet will be capped at 500 athletes on a first comes first basis.

**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](http://www.fgcswwim.org) . All deck entered swimmers must present current USA Swimming Card in order to be entered.

**ENTRY FEES:** \$3.75 per individual event. Deck entry: \$7.50 per individual event.

**FACILITY SURCHARGE:** \$5.00 per swimmer; Deck entry: \$10.00 per swimmer.  
\*Entry fees are made payable to CSSC (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:** Use SCY times only for entries. All events will be seeded fastest to slowest.

**DISTANCE EVENTS:** The 400 free and 400 IM are timed finals and will be swum alternating women the men, fastest to slowest. All distance events are positive deck in. For all positive check-in events, swimmers must provide their own times and counters as needed. **All positive check in events close at 10:00am.**

**AWARDS:** Individuals Event: Ind. medals 1<sup>st</sup> – 3<sup>rd</sup>, ribbons 4<sup>th</sup>-8<sup>th</sup>.

**SCORING:** This competition is not scored.

**ADMISSION:** \$5.00 per session. Heat sheets: FREE. Heat sheets will be available online at [www.swimcssc.com](http://www.swimcssc.com)

**CONCESSIONS:** Concession stand will be open for all sessions.

**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.csscswim.com](http://www.csscswim.com)

**HEAD REFEREE:** Mike Nagy

**MEET DIRECTOR:** Marc Aran

**ADMINISTRATIVE OFFICIAL:** Danica Schimansky

**MEET MARSHALL:** Todd Krajewski

**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:** Laura Azevedo at 954-340-5032

**WARM-UP PROCEDURES:** NO Equipment Permitted. Swimmers must enter the water feet first.  
9:00 a.m. to 9:30 a.m. (Sat) / 7:30 a.m. to 8:00 a.m. (Sun) General Warm Up  
Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work  
9:30 a.m. – 9:55 a.m. (Sat)/ 8:00 a.m. to 8:25 a.m. (Sun)

**Controlled Warm Up**

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

Girls odd#, Boys even#

<b>Saturday – Session 1</b>	<b>Warm-up – 9:00am</b>	<b>Start of Meet – 10:00am</b>
Event #	Event	Age Group
1-2	200 Individual Medley	Open
3-4	50 Butterfly	Open
5-6	200 Butterfly	Open
7-8	100 Freestyle	Open
9-10	100 Backstroke	Open
11-12	50 Breaststroke	Open
13-14	200 Breaststroke	Open
<b>5-minute break</b>		
15-16	500 Freestyle	Open

*\*Positive Check-in closes at 10:00am\**

<b>Sunday – Session 2</b>	<b>Warm- up – 07:30am</b>	<b>Start of the meet – 8:30am</b>
Event #	Event	Age Group
17-18	200 Freestyle	Open
19-20	100 Individual Medley	Open
21-22	50 Backstroke	Open
23-24	200 Backstroke	Open
25-26	100 Butterfly	Open
27-28	50 Freestyle	Open
29-30	100 Breaststroke	Open
<b>5-minute break</b>		
31-32	400 Individual Medley	Open

*\*Positive Check-in closes at 10:00am\**