** 2021 Hammerhead Distance and Sprint Meet** 

Sponsored by NE High School Swim Team Boosters Club and Hammerhead Aquatics a member team of Florida Gold Coast Masters LMSC, and USMS

Friday April 30, May 1

Meet: Open to all registered USMS Swimmers, 150 Maximum swimmers

**Facility**: Northeast High School pool is a 10 Lane 25yd deep water pool, with electronic swimming and Scoreboard

Located at 700 NE 56th Street Oakland Park, FL 33334

USMS Sanction # \_TBD\_\_\_\_\_\_\_\_\_\_

Meet Director: John Grzeszczak [swimjohnswim@bellsouth.net](mailto:swimjohnswim@bellsouth.net) 954 588 6371

Registration will be online at :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Eligibility**: All swimmers must be 18 years of age on or before April 30, 2021 and must be registered with USMS at time of registration:

**Entry Deadline**: Monday April 26, 2021 9:00 pm No paper entries!

**Entry Limit**: 5 individual events per day and relays

Please NOTE: 1650 will be limited to first 40 swimmers.

No DECK Entries

**Entries**: $25.00 Pool Surcharge, $4.00 per individual event, $10.00 per relay. Relays must be paid upon entry at meet.

**Please note meet management has right to swim all events mixed and take extra breaks as needed.**

**Results will be posted at** [**www.HammerheadAquatics.com**](http://www.HammerheadAquatics.com)

**COVID 19 procedures below must be followed**

The health and safety of our swimmers, coaches, officials, and volunteers, amid COVID-19 is our utmost concern and priority. Therefore, we will adhere to the current Center for Disease Control's (CDC) guidelines, Florida Department of Health guidelines, and Broward County Health requirements in our best effort to minimize the risk of exposure and continued spread of the virus.  
  
GENERAL PROCEDURES:  
  
• Everyone must wear a mask at all times except when in the water.  
• Every effort must be made to maintain 6 feet of social distance.  
• Please bring your own chair, umbrellas, tents, beverages, & snacks and space out seating areas.  
• If you do not feel well, stay home.  
• Hammerhead Aquatics will provide hand sanitizer around facility.  
• The Meet Director will be the point of contact for any safety concerns.  
  
ARRIVAL PROCEDURES:  
  
• Everyone (swimmers, volunteers, officials) must stop at the check-in table at the entrance. Your name must be on the list to be allowed entry. Everyone will be temperature checked before entry to the facility.  
• You must turn in your completed USMS COVID-19 Attendee Screening. Please be sure to print and fill out the form prior to arriving at the pool.  
• Heat Sheets will be not be provided. They will be emailed prior to the meet. If you want a printed copy, please print it and bring with you.   
  
WARM UP /DOWN PROCEDURES:  
  
• In accordance with Broward County COVID regulations, warmup will limit swimmers to no more than 4 per lane. Please spread out and attempt to fill 2 swimmers in all lanes before adding a 3rd swimmer, and then fill 3 swimmers in all lanes before adding a 4th swimmer. A safety guard will manage the warmup pool.  
• Please limit your warmup in the pool to 15 minutes and complete cool down efficiently.  
• Swimmers must enter warm up/down lanes feet first, unless practicing starts during the designated warmup time and in the designated lane.  
  
RACE PROCEDURES:  
  
• During the swim meet, there will be 1 timer per lane. Masks are mandatory for timers.  
• Sufficient time will be allowed between heats to allow swimmers to exit the pool.  
• Swimmers in the next heat should remain 6 feet behind the timer chairs until after the timers have pushed buttons & returned to their chairs and after previous swimmer has exited lane.  
  
LOCKER ROOMS AND SHOWERS:  
  
• The locker rooms may be used to change your swimsuit. Toilets will be available for use. Indoor and outdoor showers are available for use.  
• Please maintain social distance in the locker rooms and wear your mask at all times.  
  
SPECTATORS  
  
• NO Spectators will be allowed due to Broward County deck limitations & Covid precautions. However, volunteers are needed at the meet. Spouses and companions are encouraged to sign up as meet volunteers.  
• Club coaches who plan to attend the meet and not swim, should contact the Meet Director prior to the meet to be added to the attendee list.  
• Swimmers with disabilities who require someone to attend with them should contact the Meet Director prior to the meet.  
  
Failure to follow the procedures may result in removal from the facility and disqualification from the meet.

**Order of Events**

**Friday 4/30/21**

**3:45 Warm up 4:30 start**

**Event Event**

Women Men

1 1650 2

20 min break

3 50 Free 4

5 400 IM 6

15 min break

7 800 free Relay 8

9 800 mixed Free relay

**Saturday May 1, 2021**

**7:30 warm up 830 start**

10 500 free 11

20 min break

12 400 Medley Relay 13

14 200 IM 15

16 50 Back 17

18 100 Fly 19

20 50 Breast 21

15 min break

22 400 Free Relay 23

24 100 Back 25

26 50 Fly 27

28 100 IM 29

30 100 Breast 31

32 100 Free 32

33 400 Medley Mixed

34 400 Mixed free relay