



Tropic Like It's Hot Open Panama City Beach Aquatics Center September 25-27, 2026

In applying for the sanctioned meet on September 25-27 2026, Cat 5 Aquatics agrees to comply and enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, along with mandates and guidelines of the State of Florida and Bay County

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc

Sanctioned by: Southeastern Swimming, Inc. of USA Swimming
Sanction No.: **Sanction Time Trial:**

Hosted by:
Cat 5 Aquatics

Location:
Panama City Beach Aquatics Center
Frank Brown Park 16200 Panama City Beach Pkwy Panama City Beach, Florida 32413

Facility:
POOL - 50 meter by 25 yard outdoor competition pool; 8-lanes with a 4 foot minimum depth, non-turbulent lane lines. The competition will utilize 8 lanes with the remainder lanes reserved for warm up and cool down. The competition course has been certified in accordance with 104.2.2C(4). Water depth measured end ranges from 8 feet to 12.5 feet deep. TIMING - Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. An 8-lane scoreboard with lane/time/place display is available. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Drones are prohibited over venues any time athletes, coaches, official's and/or spectators are present.

Rules:
Current USA Swimming rules including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern the meet.

The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms or locker rooms. All changing of clothes must be done in changing areas, restrooms or locker rooms as "Deck Changes" are prohibited.

No team or parent photographers will be permitted on deck unless they are registered nonathlete members of USA Swimming with a current valid level 1 background check and current valid Athlete Protection training. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pool, team gathering areas and the turn-end of the competition pool(s) when not in use as a "start end".

Officials:

Meet Director:	Scott Fortier, cat5aqpcb@gmail.com
Referee:	Jim Works, jkworks@comcast.net
Admin Official:	Erika Goines, Erika.k.goines@gmail.com
Entry Chairperson:	Scott Fortier, cat5aqpcb@gmail.com

Eligibility:

All swimmers must be USA Swimming registered. Coaches and officials' must show and display certification as required 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 without the use of the backstroke ledge. 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

Warm-up:

Southeastern Swimming Meet Safety Guidelines and Warm-up Procedure will be in effect at this meet. The Meet Director will post the warm-up assignments prior to the start of the meet warm-up. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session. **All times are Central Daylight Savings Time.**

Coaches:

If needed, a coaches meeting may be held before the start of the session. SES rules dictate that "coaches shall display, when requested, their USAS Membership cards to be allowed on deck at any SES sanctioned meet. Compliance shall be the responsibility of the Host Meet Referee/director -they may assign the responsibility to other meet personnel. Therefore, all coaches are required to sign in with the Clerk of Course and must be prepared to show their coaching credentials at any time. Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

Entries:

Session may be limited to a maximum of 250 swimmers. Teams are urged to submit entries using HYTEK's "Team Manager" program via email. A computer printout of entries with the event numbers and event description must accompany the team check with events in

published order. Teams without "Team Manager" must use enclosed entry forms. Entries are to be listed in LCM or "NT".

Entry Limit:

Swimmers may enter a maximum of 5 individual events on Friday, Saturday and Sunday. The meet director reserves the right to limit the number of entries for all age-groups in order to meet the SES four-hour session limit for these swimmers. SES Guidelines provides suggested maximum number of swimmers allowed per session in SES sanctioned meets. If it becomes necessary to apply these guidelines, entries will be accepted in the order received. Teams will be notified if any events have been limited as stated above. You are encouraged to get your entries in early as this meet has Milled up quickly in the past.

Entry Fees:

\$4.00 per individual SES surcharge

\$8.00 per individual event (\$10.00 if late entry)

\$20.00 Facility Fee per entered swimmer (Downloadable Heat Sheet Included)

Make checks payable to: Panama City Swim Team and mail with entry packet.

Entry Deadline:

Entry forms, printouts, release/recap sheet and entry fees including surcharges must be received by the Meet Director on or before Thursday, September 10, 2026 subject to entry limits.

Late Entries:

Late entries may be accepted at the discretion of the Meet Director. Late Entries will be subject to \$10.00 per event.

Scratches:

All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible late entries.

Meet Format:

This is a timed finals meet. All events will be pre-seeded.

Scoring:

Points for the first through eighths places in individual events will be awarded as follows:
9-7-6-5-4-3-2-1

Awards:

Ribbons will be awarded for first through eighth place in all events for 11-12, 9-10, 8&Under events.

Safety:

Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Spectators, coaches and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. Only meet officials', meet volunteers, coaches and swimmers will be allowed around the immediate pool deck area. Lifeguards will be on site for entirety of meet.

Disabilities:

Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

Hospitality:

There will be a hospitality room available for coaches and official's only. Breakfast and lunch being provided on Saturday and Sunday.

Audio/Visual:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms

Evaluation:

Please send any comments, suggestions, or evaluations concerning the meet to:
John Boxmeyer - SES General Chairman, jboxmeyer@hotmail.com

Tropic Like It's Hot Open

Friday September 25

13&Over Pentathlon / 12&Under Distance

Warmups 3:00pm Meet Start 4:30pm

Girls	Age Group	Event	Boys
1	13&Over	50 Fly	2
3	10&Under	200 IM	
4	13&Over	50 Back	5
	10&Under	200 IM	6
7	13&Over	50 Breast	8
9	11-12	200 IM	
10	13&Over	50 Free	11
	11-12	200 IM	12
13	13&Over	100 IM	14
15	10&Under	500 Free	16
17	11-12	500 Free	18

Saturday September 26

13&Over AM Session

Warm-ups 7:00am

Meet Start 8:30am

Girls	Age Group	Event	Boys
19	13-14	200 Free	20
21	Open	200 Free	22
23	13-14	100 Back	24
25	Open	100 Back	26
27	13-14	200 IM	28
29	Open	200 IM	30
31	13-14	200 Fly	32
33	Open	200 Fly	34
35	13-14	100 Breast	36
37	Open	100 Breast	38
39	13-14	500 Free	40
41	Open	500 Free	42

Saturday September 26

12&Under PM Session

Warm-ups 12:30pm

Meet Start 1:30pm

Girls	Age Group	Event	Boys
43	8&Under	100 Free	44
45	9-10	200 Free	46
47	11-12	200 Free	48
49	8&Under	25 Breast	50
51	9-10	50 Breast	52
53	11-12	50 Breast	54
55	8&Under	50 Back	56
57	9-10	100 Back	58
59	11-12	100 Back	60
61	8&Under	25 Free	62
63	9-10	50 Free	64
65	11-12	50 Free	66
67	8&Under	50 Fly	68
69	9-10	100 Fly	70
71	11-12	100 Fly	72

Sunday September 27

13&Over AM Session

Warm-ups 7:00am

Meet Start 8:30am

Girls	Age Group	Event	Boys
73	13-14	400 IM	74
75	Open	400 IM	76
77	13-14	100 Free	78
79	Open	100 Free	80
81	13-14	200 Breast	82
83	Open	200 Breast	84
85	13-14	100 Fly	86
87	Open	100 Fly	88
89	13-14	200 Back	90

91	Open	200 Back	92
93	13-14	1000 Free	94
95	Open	1000 Free	96

Sunday September 27

12&Under PM Session

Warm-ups 12:30pm

Meet Start 1:30pm

Girls	Age Group	Event	Boys
97	8&Under	50 Free	98
99	9-10	100 Free	100
101	11-12	100 Free	102
103	8&Under	25 Fly	104
105	9-10	50 Fly	106
107	11-12	50 Fly	108
109	8&Under	25 Back	110
111	9-10	50 Back	112
113	11-12	50 Back	114
115	8&Under	50 Breast	116
117	9-10	100 Breast	118
119	11-12	100 Breast	120
121	8&Under	100 IM	122
123	9-10	100 IM	124
125	11-12	100 IM	126

Name _____
 Address _____ Team _____
 USA Registration # _____ Age and Birth date: _____
 Events to be swum: ____/____/____/____/____/____/____/____/____/____/
 ____/____/____/

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

Accommodations requested; (Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.)

and performance. The Disability Chair welcomes any feedback and or comments concerning your meet experience.

Meet Referee Email: Disability Chair: Robin Heller

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not properly registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Panama City Swim Team, Panama City, FL, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.