



CAT 5 AQUATICS LONG COURSE OPEN

Date: June 13-14, 2026

Location: Panama City Beach Aquatics Center - Panama City Beach, Florida

Sanctioned By: USA Swimming, Inc. - through Southeastern Swimming, Inc.

Sanction #: (Pending)

Host: Cat 5 Aquatics

FACILITY

50-meter outdoor competition pool, 8 lanes, minimum depth 4 feet. Fully automatic Colorado Timing System will be utilized. Lifeguards will be on site for the entirety of the meet.

ELIGIBILITY

Open to all USA Swimming registered athletes. Age as of June 13, 2026. 12 & Under compete together but score as 8-Under, 9-10, 11-12. 13 & Over compete together but score as 13-14 and 15 & Over. 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY LIMIT

Maximum of four (4) individual events per swimmer per day.

ENTRY FEES

\$4.00 SES surcharge per swimmer. \$8.00 per individual event (\$10 late entry). \$18.00 facility fee per swimmer.

ENTRY DEADLINE & SUBMISSION

Entries must be submitted via HY-TEK Team Manager. Email entries to Cat5aqpcb@gmail.com. Entries and payment must be received by Sunday, June 7, 2026.

MEET FORMAT

Timed Finals. All events pre-seeded. No relays will be contested.

SCRATCH PROCEDURE

USA Swimming scratch procedures for timed finals will apply. Coaches should notify the Clerk of Course of scratches as early as possible.

CLERK OF COURSE

Clerk of Course opens 30 minutes prior to warm-ups each session. Coaches must verify entries and submit corrections.

SCORING

Team and Individual scoring. Individual events scored 9-7-6-5-4-3-2-1.

AWARDS

Ribbons 1st-8th place (12 & Under). High Point awards will be presented in each age group.

COACHES & CREDENTIALS

All coaches must be current USA Swimming members and check in upon arrival. Credentials must be presented upon request. Deck access restricted to credentialed personnel.

OFFICIALS & HOSPITALITY

Certified officials are welcome and encouraged to assist. Hospitality will be provided for coaches and officials.

MEET OFFICIALS

Meet Director: Scott Fortier - Cat5aqpcb@gmail.com

Meet Referee: Jim Works - Jkworks@comcast.net

Administrative Official: Erika Goines - Erika.k.goines@gmail.com

WARM-UPS

Two (2) warm-up sessions will be conducted each day:

Session 1: 7:00 AM - 7:40 AM

Session 2: 7:40 AM - 8:20 AM

Competition begins at 8:30 AM.

Southeastern Swimming warm-up procedures and safety guidelines will be strictly enforced.

SAFETY

Southeastern Swimming Safety Guidelines enforced. Deck changes prohibited. Drone operation is not permitted over the venue.

INCLEMENT WEATHER POLICY

Meet management reserves the right to delay, suspend, or modify the meet format in the event of unsafe weather conditions.

MAAPP

All applicable adults participating in this meet are subject to the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).

PHOTOGRAPHY & VIDEO

Use of audio or visual recording devices is not permitted in locker rooms or changing areas. Drone operation is prohibited.

TIMING

Fully automatic timing will be used. All times achieved will be submitted to USA Swimming.

ORDER OF EVENTS

SATURDAY - June 13, 2026

Girls Age Group Event Boys
1 13 & Over 200 Backstroke 2
3 13 & Over 200 Breaststroke 4
5 12 & Under 50 Backstroke 6
7 13 & Over 50 Backstroke 8
9 12 & Under 50 Breaststroke 10
11 13 & Over 50 Breaststroke 12
13 12 & Under 100 Butterfly 14
15 13 & Over 100 Butterfly 16
17 12 & Under 100 Freestyle 18
19 13 & Over 100 Freestyle 20
21 12 & Under 200 IM 22
23 13 & Over 200 IM 24
25 12 & Under 400 Freestyle 26
27 13 & Over 400 Freestyle 28

SUNDAY - June 14, 2026

Girls Age Group Event Boys
29 13 & Over 200 Butterfly 30
31 12 & Under 200 Freestyle 32
33 13 & Over 200 Freestyle 34
35 12 & Under 50 Butterfly 36
37 13 & Over 50 Butterfly 38
39 12 & Under 50 Freestyle 40
41 13 & Over 50 Freestyle 42
43 12 & Under 100 Backstroke 44
45 13 & Over 100 Backstroke 46
47 12 & Under 100 Breaststroke 48
49 13 & Over 100 Breaststroke 50
51 13 & Over 400 IM 52