



CAT 5 AQUATICS LONG COURSE OPEN

Date:	April 11-12, 2026
Location:	Panama City Beach Aquatics Center - Panama City Beach, Florida
Sanctioned By:	USA Swimming, Inc. - through Southeastern Swimming, Inc.
Sanction #:	26SECAT54-11
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 April 11, 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 Friday, April 3, 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 - April 11, 2026

Girls	Age Group	Event	Boys
1	13 & Over	200 Backstroke	2
3	12 & Under	50 Backstroke	4
5	13 & Over	50 Freestyle	6
7	12 & Under	50 Freestyle	8
9	13 & Over	200 Butterfly	10
11	12 & Under	100 Butterfly	12
13	13 & Over	100 Breaststroke	14
15	12 & Under	100 Breaststroke	16
17	13 & Over	200 Freestyle	18
19	12 & Under	200 Freestyle	20

SUNDAY - April 12, 2026

Girls	Age Group	Event	Boys
21	12 & Under	50 Butterfly	22
23	13 & Over	100 Butterfly	24
25	12 & Under	200 IM	26
27	13 & Over	200 IM	28
29	12 & Under	100 Freestyle	30
31	13 & Over	100 Freestyle	32
33	12 & Under	50 Breaststroke	34
35	13 & Over	200 Breaststroke	36
37	12 & Under	100 Backstroke	38
39	13 & Over	100 Backstroke	40

COACH WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I certify that I am a current USA Swimming member in good standing and properly credentialed to coach at the Cat 5 Aquatics Long Course Open (April 11-12, 2026).

I agree to abide by all USA Swimming Rules and Regulations, Southeastern Swimming policies including MAAPP, and all meet procedures outlined in the official meet announcement.

I acknowledge responsibility for the supervision and conduct of swimmers entered by my club and will ensure compliance with all safety procedures.

In consideration of participation, I release and hold harmless Cat 5 Aquatics, Southeastern Swimming, Inc., USA Swimming, the Panama City Beach Aquatics Center, and all associated officials and volunteers from any liability for injuries or damages sustained during this meet or while traveling to and from the meet.

Submission of this signed waiver is REQUIRED for all coaches attending this meet.

Coach Name (Printed): _____

USA Swimming ID #: _____

Club Name: _____

Phone Number: _____

Email Address: _____

Signature: _____

Date: _____