

## **BRST Terrapin Invite**



### **May 22 + 23, 2026 Boca Raton High School Aquatic Complex Boca Raton Swim Team**

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction # FG13261422B046

**Cond. of Sanction:** In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Boca Raton Swim Team and 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.

**Hosted by:** Boca Raton Swim Team.

**Location:** Boca Raton High School Aquatic Complex 1501 NE 15th Ct Boca Raton FL 33486

**Entries:** Entries are due Sunday, May 17<sup>th</sup> - All teams entering swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manger or Team Unify software.

Email entries to Allan Williams (Allan.e.williams@gmail.com). Electronic mail confirmation will be sent after receipt of file. If you do not receive an email confirmation, your entries were not received.

Entries will be capped at 200 athletes for the meet. To reserve space in the meet, please email Allan Williams (Allan.e.williams@gmail.com) with the number of swimmers you would like to bring.

All teams will pay via check or cash to "Boca Raton Swim Team" upon arrival to the meet. One check per team. Payment will be accepted at the Clerk of Course. All entry fees must be paid before the start of your team's first event.

**Entry Limit:** Swimmers may enter no more than four (4) individual events on Friday, and no more than three (3) individual events on Saturday.

**Relays:** Unlimited Relays

**800 Free:** We will swim a maximum of eight (8) heats. All 800 Free swimmers must provide their own timer and counter.

**Entry Fees:** \$30.00 per swimmer meet surcharge.

**Seeding:** All events will be seeded LCM, fastest to slowest. SCY and SCM entry times can be converted to LCM.

**Scoring:** This meet will not be scored.

**Meet Referee:** Tom Ward

**Meet Director:** Allan Williams

**Eligibility:** Open to all 2026 USA Swimming registered athletes training with Boca Raton Swim Team and any other teams invited by the host. No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302. On-deck registration will NOT be permitted.

**Pool & Timing:** Competition Course— 8 lane, 50 meter course. Continuous warm-up and warm-down area will be available. Water depth from 20ft to 5ft.

**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 their 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:** 2026 USA Swimming and FGC Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the Referee, will be in effect.

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.

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.

**Medical Supervision:** Red Cross Certified Lifeguards who's training includes, but are not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

**Deck Changes:** 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 is prohibited.

**Disability Athletes:** BRST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. The swimmer's disability must abide by the definition of a disability as outlined in USA Swimming Rules and Regulations. Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Entries for swimmers with disabilities should enter on TM-file or by Team Unify and email Allan Williams (Allan.e.williams@gmail.com) prior to submitting entry. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accommodated to the best of Meet Management's ability. Please contact the pool office ahead of time (minimum of two weeks prior to start of event), to allow for preparation (561) 252-3724 or email Allan Williams at Allan.e.williams@gmail.com

**Spectators:** Spectators will be charged a \$5 entrance fee (**cash only**) per day. Multi day passes maybe offered. Spectators will be allowed in a designated area.

Pool Opens for Warm Up Friday, Session 1 at 3:30pm and Saturday, Session 2 at 6:30am.

**Competition Course**

LANE First 60 minutes (General Warm-up) / 20 minutes (Controlled Warm-up). Competition course closes ten minutes before racing starts.

1 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)

2 Swimming and pulling only (push off) / Racing start, one way only

3 Swimming and pulling only (push off) / Swimming and pulling only (push off)

4 Swimming and pulling only (push off) / Swimming and pulling only (push off)

5 Swimming and pulling only (push off) / Swimming and pulling only (push off)

6 Swimming and pulling only (push off) / Swimming and pulling only (push off)

7 Swimming and pulling only (push off) / Racing start, one way only

8 Swimming and pulling only (push off) / Push off 50's or 100's pace (circle swimming)

No racing starts in warm-up or warm-down lanes during the meet. Enter the water feet first during warm-up, except for designated sprint lanes during Controlled Warm-up. No equipment allowed in competition course.

**Session 1 – Friday - LCM – Warm up at 3:30pm. Race Start at 5pm.**

Event #	Event
1	Mixed Open 50 Fly
2	Mixed Open 50 Back
3	Mixed Open 50 Breast
4	Mixed Open 50 Free

**Session 2 – Saturday - LCM – Warm up at 6:30am. The 800 will start at 7:30am.**

The Mixed Open 200 Free will start no later than 9:30am

Event #	Event
5	Mixed Open 800 Free
~ 15 Min Break ~	
6	Mixed Open 200 Free
7	Mixed Open 100 Breast
8	Mixed Open 200 Back
9	Mixed Open 100 Fly
10	Mixed Open 400 IM
11	Mixed Open 100 Free
12	Mixed Open 200 Breast
13	Mixed Open 100 Back
14	Mixed Open 200 Fly
15	Mixed Open 200 IM
~ 5 Min Break ~	
17	Open Women 200 Free Relay
18	Open Men 200 Free Relay