



## 2026 FGC LCM BB Champs July 10 - 12, 2026

- Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
- It is understood and agreed that USA Swimming, the facilities, and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Location: Please see team lists on pages 7 and 9 for specific team assignments to BB South and BB North.
- Format: These championships will be conducted in LCM. The 200 Backstroke, 200 Breaststroke, 200 Butterfly, all events 400 yards and longer will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 8 swimmers in each of the following age groups: 7-10, 11-12, 13-14, 15-Over advancing to finals.
- Breaks between events may be inserted at Meet Director and Meet Referee discretion.
- Rules: Current 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.
- All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition
- 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- USA Swimming Rule 202.4.11(D).
- 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.

USA Swimming's mission is to encourage participation and the pursuit of excellence in swimming. Membership is a privilege that may be denied or withdrawn for conduct inconsistent with this mission or the best interests of the sport. Any member, former member, or prospective member is subject to the USA Swimming Code of Conduct. Violations may result in censure, probation, suspension, fines, or permanent expulsion. The Marshal, Meet director or Designee have full authority to issue warnings, order individuals to cease and desist, and—with the concurrence of the Referee—remove anyone behaving in an unsafe manner, using profane or abusive language, or disrupting the orderly conduct of the meet.

**Deck Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**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 its vicinity 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 an order will result in removal from the facility and/or immediate vicinity.

**Disability Athletes:** Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the host ahead of time to allow for preparations.

**Entry:** Entries will be accepted through USA Swimming Online Meet Entry (OME).

Name of meet in OME: *2026 FG LCM BB Champs*  
OME Opens: 12:00 AM EDT Jun 4, 2026  
OME Closes: 12:00 PM EDT Jul 4, 2026

A tutorial on OME entry is available here:  
<https://usaswimming.thecloudtutorialusers.com/main/articles/1658528971765>  
OME Help: Allan Golding email: [allan.c.golding@comcast.net](mailto:allan.c.golding@comcast.net).

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. In the case of a time achieved in a foreign meet sanctioned by another World Aquatics member, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database.

Eligibility:

Unregistered swimmers may not be added to a team’s roster.

This meet is open to all swimmers who:

1. Are 7 & Over years of age on the first day of the meet.
2. Are 2026 registered members of USA Swimming as provided by article 302.
3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
4. Have achieved one or more qualifying times within the qualifying period.

Qualifying time standards are 2024-2028 USA Swimming National Age Group Motivational “BB” times. Bonus time standards are 2024-2028 USA Swimming National Age Group Motivational “B” times. Athletes who have achieved a qualifying time for the 2026 Summer FGC Age Group Championship (7-14 year old athletes) or 2026 Summer FGC Senior Championships (15-Over year old athletes) within the qualifying period may not enter that event in these championships.

Bonus events are available in the 200’s, 100’s and 50’s only. Bonus event time standards are 2024-2028 “B” times. Bonus events will be permitted according to the table below.

The qualifying period is Jul 1, 2024 through the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.

Bonus Entries:

Bonus entries will be permitted according to the table below:

Individual event qualifying times	Bonus events permitted
1	3
2	2
3	1

Entry Fees:

Individual Event: \$15.00 - Relay Event: \$20.00

*Entry fees for unattached unaffiliated athletes will be doubled*

Athlete Surcharge:

\$20.00 per swimmer

Deck Passes: available)

\$10 per coach (amount of swimmers in the meet/amount of coaches passes

passes

1-7 = 2 passes / 8-15 = 3 passes / 16-23 = 4 passes / 24-32 = 6 passes / 33+ = 7

Late Entries:

Late entries will not be accepted.

Deck Entries:

THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT. Deck entries will not be accepted.

Responsibility Clause:

The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2026 FGC Age Group Championship or 2026 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are

unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

**Entry Limit:** Swimmers may swim a maximum of three (3) individual events per day including time trials, and no more than seven (7) for the meet excluding time trials. Swimmers who enter more than three (3) events in one day must scratch events in excess of three (3) events by the scratch deadline for that day's events.

**Seeding:** All events will be seeded fast to slow in the following order: LCM, SCM, SCY, nonconforming distance LCM, nonconforming distance SCM, nonconforming distance SCY except as otherwise noted. Timed final events and preliminary heats for 11-12, 13-14 and 15-Over age groups may be swum combined. If so, results will be separated. Finals events will be swum in the following order: 7-10, 11-12, 13-14, 15-Over girls, then 7-10, 11-12, 13-14, 15-Over boys.

Friday evening's 400 freestyle and 400 IM will be seeded in event order without alternating heats of women and men. Positive check-in is NOT required for the 400 freestyle and 400 IM.

**1500 Freestyle:** Swimmers may qualify for the 1500 freestyle using any of the 1650y/1500m or 1000y/800m qualifying standards. Girls and boys will enter the 1500 freestyle in separate events. They will compete in a single mixed event seeded by time which results will be separated and scored separately.

Scratch deadline is 1 hour after Zoom meeting closes Thursday July 9<sup>th</sup> 2026. Heats will be swum slow to fast with the fastest eight girls in the second last heat and the fastest eight boys in the last heat. The last heat will conclude approximately 10 minutes prior to the start of warm-ups for finals

**Scratches:** Scratches from timed final events and preliminaries will be accepted until the deadline listed below:

1 hour after Zoom meeting closes Thursday July 9<sup>th</sup> 2026

**Relays** Both events will be conducted in follow ages:  
7-10 / 11-12 / 13-14 / 15-Over  
Meet management may combine relays to be swum together and scored separately  
NO relay only swimmers will be permitted to participate. ALL relay swimmers must be entered in an individual event or events in this meet.

**Awards:** 1<sup>st</sup> - 8<sup>th</sup> place

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

**Time Trials:** Time trials for individual events may be conducted at the discretion of the meet referee, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.

Athletes who are 2026 registered members of USA Swimming as provided by article 302 and who are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or who are unattached and awaiting attachment to a USA

Swimming Club registered with Florida Gold Coast Swimming are eligible to enter time trials.

Time Trial entries will close at 10:00 AM each day. Entry fees and surcharges for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the meet. The two event limit may be waived for swimmers whose 11<sup>th</sup>, 13<sup>th</sup>, or 15<sup>th</sup> birthday falls between July 11<sup>th</sup> and July 15<sup>th</sup>, and who are entering time trial events in which their best achieved time is a 2026 FGC Age Group Championship qualifying time in their current age group but is slower than the applicable 2026 FGC Age Group Championship or 2026 FGC Senior Championship qualifying time in their new age group. In no case may any swimmer enter more than three time trial events in one day. Time trials will count toward the swimmer's individual event total for each day, but not the meet total.

If conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session. The order of events in time trials will be that day's events followed by the remaining events in the meet. Alternatively, time trial events may be swum in available open lanes combined with the analogous stroke/distance events in time trials. Time trial events will be open age group, mixed gender. The 1500 freestyle will be offered on only one day to be determined by the meet referee and may be swum combined with events 95-100.

Time Trial Entry Fees:                      Individual Event: \$30.00 - Relay Event: \$40.00  
*Entry fees for unattached unaffiliated athletes will be doubled*

Time Trial Athlete Surcharge:        \$20.00 per swimmer (if not already in the meet)

# **Order of Events**

## **Friday PM Timed Finals**

### **Events**

(7-10) 400 Freestyle  
(11 and over) 400 Freestyle  
(11 and over) 400 Individual Medley

## **Saturday AM Prelims**

### **Events**

(7-10) 200 Medley Relay  
(11-12) 200 Medley Relay  
(13-14) 200 Medley Relay  
(15 and Over) 200 Medley Relay  
(11 and Over) 200 Butterfly  
(7-10) 100 Backstroke  
(11-Over) 100 Backstroke  
(7-10) 50 Freestyle  
(11-Over) 50 Freestyle  
(7-10) 50 Butterfly  
(11-Over) 50 Butterfly  
(7-10) 100 Breaststroke  
(11-Over) 100 Breaststroke  
(7-10) 200 Freestyle  
(11-Over) 200 Freestyle

## **Saturday PM Finals**

### **Events**

(7-10) 100 Backstroke  
(11-Over) 100 Backstroke  
(7-10) 50 Freestyle  
(11-Over) 50 Freestyle  
(7-10) 50 Butterfly  
(11-Over) 50 Butterfly  
(7-10) 100 Breaststroke  
(11-Over) 100 Breaststroke  
(7-10) 200 Freestyle  
(11-Over) 200 Freestyle

## **Sunday AM Prelims**

### **Events**

(7-10) 200 Free Relay  
(11-12) 200 Free Relay  
(13-14) 200 Free Relay  
(15 and Over) 200 Free Relay  
(11 and Over) 200 Breaststroke  
(7-10) 100 Freestyle  
(11-Over) 100 Freestyle  
(11 and Over) 200 Backstroke  
(7-10) 100 Butterfly  
(11-Over) 100 Butterfly  
(7-10) 50 Breaststroke  
(11-Over) 50 Breaststroke  
(7-10) 50 Backstroke  
(11-Over) 50 Backstroke  
(13 & Over) 200 Individual Medley

## **Sunday PM Distance**

### **Events**

(11-over) 1500 Freestyle

## **Sunday PM Finals**

### **Events**

(7-10) 100 Freestyle  
(11-Over) 100 Freestyle  
(7-10) 100 Butterfly  
(11-Over) 100 Butterfly  
(7-10) 50 Breaststroke  
(11-Over) 50 Breaststroke  
(7-10) 50 Backstroke  
(11-Over) 50 Backstroke  
(13 & Over) 200 Individual Medley



### FGC BB South

AZFL ASC BISC BMHG BRVO CANE CFK CCPR CM DSC EA FESC FKSC FIU GRSC HSC MACM MCDA MIA MS  
NMST OSC RANS SF SFLS SGST SOFL SRT SWAT SWS WAC YSF

Sanction Number: FG37261911D056

Hosted by: South Florida Aquatic Club and Comets Swim Team Booster Club

Location: Academic Village Swimming Pool. 17191 Sheridan Street, Pembroke Pines, FL. Enter from 172nd and free parking is located at the West end of the swimming pool.

Directions: Coming from the North: Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side. (2nd Entrance)

Coming from the South: Take SR-826 South to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172nd Ave. Academic Village is on the RIGHT hand side. (2nd Entrance)

**Date & Time:**

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Jul 10	N/A	N/A	4:00 pm	5:30 pm
Saturday, Jul 11	7:00 am	8:30 am	4:00 pm	5:00 pm
Sunday, Jul 12	7:00 am	8:30 am	4:00 pm	5:00 pm

Pool/Timing: 25 Yard x 50 meter heated outdoor pool with 10 short-course racing lanes with separate warm-up and swim-down lanes available. Minimum water depth in accordance with Article 103.2.3 at the start end of pool varies from 7'6" to 8'0" depending upon lane assignment. Colorado Timing Systems® electronic timing system with touch pads will be used for this meet. The timing system will comply with USA Swimming timing rules set forth in rule 102.24.3. The meet host will ensure the required racing dimensions.

Meet Specs: 7 racing lanes. 1 buffer lane. 1 warm-up warm down lane available

Medical Supervision: Academic Village is staffed by 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.

Meet Director: Jay Baxter

Head Referee: TBA

Admin Official:

Admission: Friday: \$5.00 Saturday and Sunday: \$10.00 per day – Zelle or cash.

Information:

Warm up: The host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed prior to the start of the meet and monitored by the Meet Referee (or his/her special designees). Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from the next individual event or expulsion from the meet.



### FGC BB North

BR ESC FAA FAST HAFL HAT JDST LHPY LLL MART NPB PAQ PCS POMP PST SAS SCS SFTL SUN TSA TSU  
WASC WOW

Sanction Number: FG17261912B055

Hosted by: Boca Raton Aquatics and Boca Raton Swim Team

Location: Boca Raton High School Aquatic Center - 1501 NW 15th Court Boca Raton FL

Directions: From I-95 or Turnpike exit onto Glades Road. While on Glades Road head towards Jog Rd. then turn north on Jog Rd straight on Jog Rd for about 1.5 mile on the east side of Jog Rd.

**Date & Time:**

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Jul 10	N/A	N/A	3:30 pm	5:00 pm
Saturday, Jul 11	7:00 am	8:30 am	5:00 pm	6:00 pm
Sunday, Jul 12	7:00 am	8:30 am	5:00 pm	6:00 pm

Pool/Timing: 50 meters x 25 yards heated outdoor pool with 10 long-course racing lanes, 8 lanes for competition. 1 buffer lane and 1 separate warm-up warm-down lane. Colorado timing System will be used. Fly-over starts will possibly be used. The meet host will ensure the required racing dimensions. Water depth at the start varies from 4'6 to 12'0 depending on lane assignment accordance with 202.3.7 (C).

Meet Specs: 8 racing lanes. 1 buffer lane. 1 warm-up warm down lane available

Medical Supervision: Part Time American Red Cross Certified Lifeguards. Training includes, but are not limited to, CPR, AED, and First Aid.

Meet Director: Allan Williams

Head Referee: TBA

Admin Official:

Admission: Friday: \$5.00 Saturday and Sunday: \$10.00 per day – Zelle or cash.

Information: Email Allan Williams at: [allan.e.williams@gmail.com](mailto:allan.e.williams@gmail.com)

Warm up: The host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed prior to the start of the meet and monitored by the Meet Referee (or his/her special designees). Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

## 2026-2027 Age Group Champs Time Standards

10 & UNDER						
GIRLS			EVENT	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
36.59	35.69	32.39	50 FR	36.49	35.19	31.99
1:21.89	1:18.99	1:11.69	100 FR	1:21.89	1:18.99	1:11.69
2:56.29	2:51.99	2:35.59	200 FR	2:54.79	2:48.99	2:33.39
6:07.59	5:55.79	6:45.39	400/500 FR	6:07.59	5:55.79	6:45.39
44.99	42.99	39.09	50 BA	44.99	42.99	39.09
1:35.49	1:31.49	1:23.19	100 BA	1:35.49	1:31.49	1:23.19
48.99	47.29	42.99	50 BR	48.99	47.29	42.99
1:48.19	1:43.59	1:34.19	100 BR	1:48.19	1:43.59	1:34.19
42.19	41.09	37.39	50 FL	42.19	41.09	37.39
1:38.99	1:36.29	1:27.29	100 FL	1:38.99	1:36.29	1:27.29
---	1:29.89	1:23.39	100 IM	---	1:29.89	1:23.39
3:19.39	3:12.89	2:54.99	200 IM	3:19.39	3:12.89	2:54.99

11 & 12						
GIRLS			EVENTS	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
32.59	31.79	28.69	50 FR	32.09	30.89	27.89
1:10.99	1:08.29	1:01.59	100 FR	1:09.89	1:07.29	1:00.89
2:34.09	2:29.49	2:15.29	200 FR	2:32.49	2:27.49	2:13.49
5:22.29	5:15.19	6:00.19	400/500 FR	5:21.89	5:12.99	5:57.69
11:17.19	10:52.39	12:25.39	800/1000 FR	11:18.59	10:54.59	12:27.89
21:37.39	20:46.59	20:53.89	1500/1650 FR	21:37.39	20:45.69	20:52.99
38.99	37.29	33.89	50 BA	39.49	37.69	34.29
1:22.69	1:21.49	1:13.39	100 BA	1:22.59	1:20.59	1:13.29
42.99	41.79	37.89	50 BR	43.59	41.99	38.19
1:35.39	1:30.89	1:22.39	100 BR	1:34.39	1:30.59	1:22.39
35.89	35.19	31.79	50 FL	36.09	35.39	31.89
1:22.79	1:20.99	1:13.49	100 FL	1:22.59	1:20.89	1:13.59
---	1:18.29	1:10.79	100 IM	---	1:16.39	1:09.09
2:53.09	2:47.59	2:31.69	200 IM	2:53.89	2:46.69	2:30.89
6:09.09	5:56.29	5:22.49	400 IM	6:08.69	5:53.39	5:19.79

13 & 14						
GIRLS			EVENTS	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
30.59	29.59	26.79	50 FR	28.29	27.29	24.69
1:06.19	1:04.29	58.19	100 FR	1:01.99	59.59	53.89
2:23.89	2:18.99	2:05.79	200 FR	2:14.79	2:09.79	1:57.49
5:01.59	4:54.29	5:36.29	400/500 FR	4:46.69	4:37.89	5:17.59
10:20.99	10:05.29	11:31.59	800/1000 FR	9:56.29	9:35.99	10:58.09
19:48.09	19:06.19	19:12.89	1500/1650 FR	18:58.89	18:13.39	18:19.79
36.19	34.29	30.59	50 BA	33.59	31.99	28.89
1:14.59	1:13.09	1:06.09	100 BA	1:12.29	1:08.19	1:01.79
2:45.59	2:38.49	2:23.39	200 BA	2:36.59	2:28.79	2:14.69
40.19	39.09	35.39	50 BR	37.69	36.19	32.79
1:27.69	1:23.99	1:15.99	100 BR	1:21.29	1:17.09	1:09.79
3:09.79	3:01.89	2:44.59	200 BR	2:56.79	2:48.89	2:32.89
33.89	33.39	30.19	50 FL	31.99	31.19	28.19
1:14.79	1:12.89	1:05.99	100 FL	1:09.69	1:07.69	1:01.29
2:45.69	2:41.09	2:25.79	200 FL	2:36.19	2:29.99	2:15.69
---	1:15.99	1:08.39	100 IM	---	1:10.29	1:03.29
2:42.19	2:35.59	2:20.89	200 IM	2:34.79	2:31.29	2:15.89
5:42.89	5:31.99	5:00.49	400 IM	5:22.59	5:10.29	4:40.79

## Florida Gold Coast Senior Championships Time Standards

<b>Women</b>				<b>Men</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>EVENT</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
30.19	29.39	26.29	50 Free	23.49	26.19	26.99
1:05.59	1:03.99	57.19	100 Free	50.69	55.99	57.59
2:19.39	2:16.19	2:05.59	200 Free	1:52.59	2:04.69	2:07.89
4:53.79	4:37.39	5:31.59	400/500 Free	5:09.89	4:24.69	4:31.09
10:13.39	10:00.39	11:22.49	800/1000 Free	10:46.39	9:29.09	9:41.89
19:43.09	19:19.09	19:12.69	1500/1650 Free	18:10.99	18:05.99	18:29.99
35.29	33.39	30.99	50 Back	27.59	30.09	32.59
1:14.49	1:13.29	1:05.99	100 Back	1:00.59	1:07.89	1:09.19
2:40.79	2:38.39	2:23.19	200 Back	2:13.59	2:26.89	2:29.29
39.19	38.69	35.99	50 Breast	31.59	34.69	35.99
1:25.69	1:23.69	1:15.79	100 Breast	1:09.09	1:15.19	1:17.19
3:05.39	3:01.39	2:44.39	200 Breast	2:32.69	2:45.39	2:49.39
33.19	32.89	29.99	50 Fly	26.09	29.89	30.19
1:11.19	1:09.79	1:04.59	100 Fly	56.99	1:02.29	1:03.69
2:38.29	2:35.49	2:23.49	200 Fly	2:11.59	2:20.99	2:23.79
N/A	1:16.29	1:07.99	100 IM	1:00.69	1:06.89	N/A
2:40.99	2:37.79	2:20.69	200 IM	2:10.79	2:23.99	2:27.19
5:42.39	5:35.99	5:00.29	400 IM	4:40.59	5:11.09	5:17.49