



FLORIDA GOLD COAST SWIMMING SENIOR CHAMPIONSHIPS

March 12th -15th 2026
Academic Village Swimming Pool
South Florida Aquatic Club
OME Opens February 12th 12:00 AM
OME Closes March 5th Noon

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.
Sanction No. FG2R2607112022

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.

Date	Prelims Warm-up	Prelims Start	Finals Warm-up *	Finals Start *
Thursday, Mar 12			2:00pm	3:40pm
Friday, Mar 13	7:00am	8:30am	4:00pm	5:30pm
Saturday, Mar 14	7:00am	8:30am	4:00pm	5:30pm
Sunday, Mar 15	7:00am	8:30am	4:00pm	5:30pm

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.

The pool parking lot is for athletes that drive themselves to the pool, coaches, volunteers, and officials only.

Athletes that do not drive themselves must be dropped off at the pool. Individuals dropping off swimmers may not leave their vehicles and congregate in the parking lot or by the pool gate.

The pool deck and parking lot will be monitored by security.
There will be a zoom technical meeting Wednesday, March 11th at 6:00PM

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 competition course has been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming.

Format: These championships will be conducted in SCY. The 1650 yard freestyle and all relays will be timed final events. All other events will be conducted as preliminaries and finals with the top 30 swimmers from preliminaries advancing to finals.

Medical: Medical Supervision: Eligibility: Academic Village is staffed by Red Cross Certified Lifeguards whose training includes, but are not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training.

Rules: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet.

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.

Athletes who are 18&Over MUST complete APT training prior to the start of the meet, otherwise their times will not be loaded into SWIMS.

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.

The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at the Academic Village site. 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.

Unauthorized sales, advertisement, and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without 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 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.

Image Authorization: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming and the meet host 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.

Eligibility: This meet is open to all athletes who:

1. Will be 15 years of age or over on the first day of the meet, with exception of relay only swimmers, who must be 13 years of age or older.
2. Are 2026 registered premium athlete 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.
5. Up to 100 athletes registered in LSCs other than Florida Gold Coast Swimming may be accepted on a first come first served basis. Foreign athletes that have achieved the meet qualifying time standards and with proper travel credentials who have been invited by USA Swimming will also be eligible to enter this category.
6. The qualifying period shall be Mar 21, 2024, through the entry deadline.

Disability Athletes: Any athlete with a disability will be accommodated in accordance with Article 105 to the best ability of the Host and meet staff. Qualifying times may be waived or modified at the discretion of the meet referee for such swimmers. Please contact the meet host ahead of time to allow for preparation.

Entry: Entries will only be accepted via OME.

Entry Opens: 12:00AM EST Feb 12th 2026
Entry Closes: 12:00 PM EST Mar 5th 2026

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day and a total of nine (9) individual events during the meet.

Teams are limited to no more than two entries per relay event. Unregistered swimmers may not be added to a team's roster. Relay-only swimmers may not be added to a team's roster.

FOR USA SWIMMING MEMBERS:

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. Override times may be used to enter relays and do not require proof. Override times for all other events not proven through SWIMS by the scratch deadline for the event in question will be scratched.

FOR INVITED INTERNATIONAL ATHLETES:

Entry times must be achieved in competition sanctioned, approved, or observed by the World Aquatics member the Club represents. Proof of time may be requested at any time by the Host or meet staff. All times should be listed as override times in OME.

Entry Chair: Christopher Anderson

Deck Passes: Deck passes for team coaches with current coaching credentials with USA Swimming will be available based on the following formula:

1-7 Swimmers; 2 deck passes
8-15 Swimmers; 3 deck passes
16-23 Swimmers; 4 deck passes
24- 32 Swimmers; 6 deck passes
Over 32 Swimmers; 7 deck passes

Please complete the included form (at the back of the meet letter) and submit alongside your entry.

The cost to replace a lost or missing deck pass will be \$50 at the venue.

Entry Fees: \$15.00 per individual event

Relay Fees: \$20.00 per relay

Surcharge: \$20.00 per swimmer

Coach deck pass: \$0.00 per pass

All teams must pay via cash or check made out to "SOFLO Swimming" upon arrival at the meet. All payments must be made before the team's first swim.

Late Entries: Entries will not be accepted after the entry deadline.

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. 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.

Seeding: All preliminary heats and timed finals events will be seeded in order of SCY, then SCM, then LCM, the alternate distance SCY, then alternate distance SCM, and then alternate distance LCM.

Heats will be ordered slowest to fastest except as otherwise noted in this meet announcement.

Finals will be swum in event order. The order of the final heats will be C then B then A. C final will be reserved for athletes in the 15-16 age group.

Distance: Swimmers may qualify for the 1650 freestyle using any of the 1650y / 1500m or 1000y / 800m qualifying standards.

Women and men will enter and compete the 1650 freestyle through separate events.

Relays: Positive check-in by the scratch deadline for Thursday's 1650 free is required to compete. Heats will be swum slowest to fastest alternating women and men, with the 2 fastest heats (top 10 women followed by top 10 men) taking place after the men's 4x50 medley relay and before the women's 4x50 freestyle relay.

A team may enter no more than two relays in each relay event. Positive check-in is not required. All relays are timed finals and will be seeded and swum fast to slow. The women's 4x50 medley relay (Event #3) will not start earlier than 5:20PM on Thursday night. For the 4x100 medley relay (Events #17 & #18) and the 4x100 freestyle relay (Events #31 & #32) the top 10 seeded women's and men's heats will compete at the end of finals on Friday and Saturday.

Scratches: Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Positive Check-in and Scratch Deadlines

Thursday events	Conclusion of technical meeting on March 11th
Friday events	6:30 PM Thursday, March 12th
Saturday events	6:30 PM Friday, March 13th
Sunday events	6:30 PM Saturday, March 14th

These Championships will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:

1. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
2. Any swimmer qualifying for a championship final in an individual event who fails to compete in said final shall be barred from their next individual event. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

Scoring: The top 20 places from finals will be scored as follows:

Individual: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1
Relays: 48,42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2

Officials: Meet Referee: **Felix Gonzalez**

Administrative Referee: **Rodolfo Manrique**

Admission: \$ 5.00 per session.

Admission allows spectators to enter the pool deck only within the barricaded areas.

Information: Swim Office at (954) 538-3721 - SoFloMeets@swim4SoFlo.com

Warm up:

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment is permitted in the competition pool at any time. (fins, snorkels, hand paddles, resistance equipment, etc.) Violations may result in disqualification from next individual event or expulsion from the meet.

Warm-ups may be conducted as two 45-minute sessions. If so, teams will be notified of their warm-up assignments prior to the start of the meet.

First 2/3 rd s of warm-up session	General Warm-up Swimming and Pulling Only, Push Off No Racing Starts No Sprinting or Pace
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Last 1/3 rd of warm-up session	Controlled Warm-up
	Lane 1 Pace, 50 and 100 Circle Swim, Push Off
	Lane 2 Racing Starts, 25 yards One Length.
	Lane 3-8 Swimming and Pulling, Push Off
	Lane 9 Racing Starts, 25 yards One Length.
	Lane 10 Pace, 50 and 100 Circle Swim, Push Off

Additional sprint lanes may be opened as necessary.

Time Trials

Time trials for individual events may be conducted at the discretion of the meet referee for athletes properly entered in one or more individual event in these championships, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time trials will be offered after a 15 minute break at the conclusion of Sessions 1, 2, and 4.

The entry and payment procedures for time trials will be presented at the technical meeting, but will close at 10:00 AM on Friday and Saturday, with a 4:40PM close on Thursday. Entry fees for time trials will be the same as the meet entry fees. Please complete the included form (at the back of the meet letter) and submit alongside your entry.

Each swimmer is limited to a maximum of two time trials during the course of the meet and 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 events offered in time trials per day will be as follows:

Thursday - Session 2 events, Session 4 events, Session 6 events in meet order (excluding 400im, 500free, 1000free, 1650free)

Friday - Session 1 events (1650free), Session 4 events, Session 6 events, Session 2 events

Saturday - 1000free, Session 6 events, Session 2 events, Session 4 events

ORDER OF EVENTS

Session 1 - Thursday		
Women's #	Event	Men's #
1	1650 Free	2
3	4x50 Medley Relay	4
1	1650 Free (Fastest Heats)	2
5	4x50 Freestyle Relay	6

Session 2 - Friday		
7	50 backstroke	8
9	200 freestyle	10
11	100 breaststroke	12
13	100 butterfly	14
15	400 Individual Medley	16
17	4x100 Medley Relay (*)	18

(*) to be swam in Finals

Session 4 - Saturday		
19	50 butterfly	20
21	200 Individual Medley	22
23	50 Freestyle	24
25	200 backstroke	26
27	50 breaststroke	28
29	500 freestyle	30
31	4x100 Freestyle Relay (*)	32

(*) to be swam in Finals

Session 6 - Sunday		
33	100 Backstroke	34
35	200 Breaststroke	36
37	100 Freestyle	38
39	200 Butterfly	40
41	100 Individual Medley	42

Florida Gold Coast Senior Championships Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
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
2:03.09	1:59.89	1:48.99	4x50 Free	1:36.09	1:43.49	1:46.59
4:36.89	4:30.19	4:06.69	4x100 Free	4:42.69	4:05.59	4:12.69
2:17.19	2:14.39	2:00.59	4x50 Medley	1:46.89	1:57.69	2:00.49
5:06.29	4:59.99	4:30.89	4x100 Medley	4:05.89	4:30.99	4:37.49

2026 FG SCY Senior Championships
Hosted by South Florida Aquatics
March 12th – 15th, 2026
Time Trials Request

- Time Trial entries will close **@4:40PM for Thursday March 12th, @10:00AM for Friday and Saturday**. Entry fees for time trials will be the same as the meet entry fees.
- **Payment will be accepted only in cash with exact amount**, at the Admin resolution desk before the start of the corresponding session.
- Each swimmer is limited to a **maximum of two (2) Time Trials during the meet** and time trials entries will count toward the swimmer’s individual event total for each day.
- Each swimmer must provide their own Timer.
- The events offered in time trials per day will be as follows:
 - **Thursday** - Session 2 events, Session 4 events, Session 6 events in meet order (excluding 400IM, 500FR, 1000FR, 1650FR)
 - **Friday** - Session 1 events (1650FR), Session 4 events, Session 6 events, Session 2 events
 - **Saturday** – 1000FR, Session 6 events, Session 2 events, Session 4 events.

Athlete Last Name: _____ Athlete First Name: _____

Event # _____ Description: _____ TEAM: _____

Event # _____ Description: _____ Gender: M / F

PAID: _____ USD