

2026 FRIENDSHIP MEET

2/6/2026 to 2/8/2026

POMPANO PIRANHAS INC

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG242603709004**

Hosted by: POMPANO PIRANHAS INC

Location: Pompano Beach Aquatic Center,
820 NE 18th Ave. Pompano Beach, FL 33061. (not a mailing address)

Directions: From the North or South: Take I-95 or the Turnpike towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to end of street to NE 8th Street. Turn Right onto to NE 8th Street and follow the 2 road to the Aquatic Center. The pool is on the left-hand side.

Date and Time:	<u>Session</u>	<u>Date</u>	<u>Warm-up</u>	<u>Meet Start</u>
	1	2/6/2026	3:30 PM	5:00 PM
	2	2/7/2026	7:30 AM	9:00 AM
	3	2/7/2026	TBA	TBA
	4	2/8/2026	7:30 AM	9:00 AM
	5	2/8/2026	TBA	TBA

*The meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming Rules (USAS 102.7.1-3 and FGC RR 1.16(a)) and with FGC Meet Sanction Committee approval.

Format: All events will be Timed Finals Events and conducted in SCY. All individual events will be multi-age. 12&Under will swim together but will be scored separately with the age category of 10 & Under and 11-12. 13 & over will swim together but will be scored separately with the age category of 13-14 and 15 & over. Long distances events the 500 free and 400 IM will be swam as Open event and score separately by the corresponding age category.

Pool/Timing: 50 meters by 25yards heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down 5 lanes available. Datktronics timing System will be used. Fly-over starts will possibly be used. The host will ensure the required racing course dimensions. Water depth at the start varies from 5' to 7' depending on lane assignment.

Eligibility: Open to all current USA Swimming registered athletes in good standing and athletes registered with other World Aquatics member federations invited by USA Swimming.

Medical**Supervision:**

PBAC staff is 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 in accordance with USA Swimming Rule 202.4.11(N).

All USA Registrations must be done prior to the start of the competition.

Entries:

All entries must be received by Tuesday, January 27, 2026 at 12:00 PM.

PLEASE enter electronically (HY3/CL or SDIF format only).

E-mail entries to: meet@pompanopiranhas.com. Confirmation of electronic entries will be sent via e-mail. ** Submission of entries signifies that all swimmers are in good standing with USA Swimming **. Questions, please contact POMPANO PIRANHAS INC at: (954)-401-0045

Swimmers without registration number or birth dates will not be entered.

Entry Limit:

Individual events: Four (4) individual events per swimmer per session seven (7) in total.

Meet Cap:

The meet will be capped at 600 athletes (300 per session) on a first comes first basis.

Notwithstanding the above meet cap, the meet will be closed, and no further entries will be accepted if a session containing events for 12&U athletes, including multi-aged events, reaches four hours in length using a 30 second heat interval.

Deck Entries:

Late entries and deck entries will not be accepted. The FGC deck entry policy will not be in effect.

Entry Fees:

\$8.00 per individual \$20.00 per Swimmer Surcharge

Entry fees are due before the start of the meet if you're paying by check please use one check per team payable to POMPANO PIRANHAS INC. You can mail it to: Jesse Vassallo 305 N Pompano Beach Blvd #1101 Pompano Beach Fl 33062 or on site the first day of the meet.

For payment by Zelle use meet@pompanopiranhas.com please make sure to put your teams name on the memo portion to be properly credited.

Refunds:

Once the team or individual entry has been received and processed, there will be no refunds unless FGC RR 1.16(a) applies.

Seeding:

All events will be seeded slowest to fastest, with the exception of the 500 free and the 400IM

Distance Events: The 400 IM and the 500 Free will be swam fast->slow, alternating heats of girls/women with boys/men. Positive Checking is required before 4:45pm the day of the event. Both distances events will be swam as Open Event but score separately by the corresponding age category.

Awards: Individual Events: Medals – 1st, 2nd, 3rd Ribbons – 4th, 8th
High Point ward for 1st, 2nd, 3rd female and male 10&U, 11-12, 13-14, 15&O.

Scoring: Individual: 9-7-6-5-4-3-2-1
No team score will be kept

Admission: \$5.00 per session. Heat sheets: \$3.00.

Head Referee: Joshua Blanco

Meet Director: Jesse Vassallo

Admin Official: Bethsabee Vassallo

Information: For more information contact:Jesse Vassallo
Email: jvassallo@pompanopiranhas.com Phone: 787 315 1529

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
7:30 a.m. to 8:30 a.m. General Warm Up ; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
8:30 a.m. – 8:50 a.m. Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Swimming and Pulling, Push Off
Lane 8 Swimming and Pulling, Push Off
Lane 9 Racing Starts, 25 yards One Length
Lane 10 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 20 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
 2. Practice Racing Starts – Last 20 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
 3. General Lanes - Circle swimming only (counterclockwise only).
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ORDER OF EVENTS

FRIDAY					
SESSION 1 5:00PM					
Girls / Womens		Event	Age Group		Boys / Men
1		400 IM	OPEN		2
3		500 FREE	OPEN		4
SATURDAY					
SESSION 2 9:00AM					
Girls / Womens		Event	Age Group		Boys / Men
5		200 FREE	12 & Under		6
7		50 BACK	12 & Under		8
9		100 FLY	12 & Under		10
11		50 FREE	12 & Under		12
13		50 BREAST	12 & Under		14
15		100 IM	12 & Under		16
SESSION 3 TBA					
17		200 FREE	13 & Over		18
19		100 BACK	13 & Over		20
21		200 FLY	13 & Over		22
23		50 FREE	13 & Over		24
25		100 BREAST	13 & Over		26
27		50 FLY	13 & Over		28
SUNDAY					
SESSION 4 9:00AM					
Girls / Womens		Event	Age Group		Boys / Men
29		200 IM	12 & Under		30
31		100 BACK	12 & Under		32
33		50 FLY	12 & Under		34
35		100 FREE	12 & Under		36
37		100 BREAST	12 & Under		38
SESSION 5 TBA					
39		200 IM	13 & Over		40
41		200 BACK	13 & Over		42
43		100 FLY	13 & Over		44
45		200 BREAST	13 & Over		46
47		50 BACK	13 & Over		48
49		100 FREE	13 & Over		50
51		50 BREAST	13 & Over		52

Rules:

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast Swimming and POMPAÑO PIRANHAS INC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Current USA Swimming Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

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

Lifeguard's, certified EMT

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.

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.

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.

Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – Jesse Vassallo Email: jvassallo@pompanopiranhas.com Phone: 787 315 1529

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.

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.

Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its 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.