



2026 FG SCY BB Champs February 20 - 22, 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 9 and 11 for specific team assignments to BB South and BB North.
- Format:** These meets will be conducted in SCY. 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, 15-99 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.
- 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.

Eligibility: This meet is open to all swimmers who:

1. Are 7 – older 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 and over old athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is Feb, 23rd 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.

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 SCY BB Champs**
OME Opens: 12:00 AM EDT Jan 19, 2026
OME Closes: 12:00 PM EDT Feb 16, 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.

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.

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

Bonus Entries:

Bonus entries will be permitted according to the table below:

Individual event qualifying times	Bonus events permitted
1	2
2	1
3 or more	0

Entry Fees:

\$15.00 per individual event. *Entry fees for unattached unaffiliated athletes will be doubled*

Athlete Surcharge:

\$20.00 per swimmer

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 competitions 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: SCY, SCM, LCM, nonconforming distance SCY, nonconforming distance SCM, nonconforming distance LCM 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, the results will be separated by age. Finals events will be swum in the following order: 7-10, 11-12, 13-14, 15 and over girls, then 7-10, 11-12, 13-14, 15 and over boys.

Friday evening's 500 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 500 freestyle and 400 IM.

1650 Freestyle:

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

Girls and boys will enter the 1650 freestyle in separate events. They may compete in single-mixed events seeded by time which will be resulted and scored separately.

Positive check-in by 6:30pm on Saturday, February 21st is required in order to compete. 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:

Friday events	6:30pm Thursday
Saturday events	5:30pm Friday
Sunday events	5:30pm Saturday

CHECKED IN – A swimmer is checked in by initialing the swimmer's name by the swimmer, coach or other authorized representative. A swimmer checked in at the close of positive check-in will be seeded.

SCRATCHED – Swimmer has been removed from an event by annotation on the check-in sheet (*normally a single line drawn through the name*). Swimmers that are annotated as scratched at the time check-in closes are permanently removed from that event, unless the scratch is rescinded before scratch deadline.

NOT CHECKED IN – Swimmers who have not checked in or scratched from an event. For seeding purposes, these swimmers will be removed from seeding. If a swimmer has not scratched or checked in and the swimmer subsequently declares their desire to swim, they may swim in open lanes on a first come, first served basis. If there is no open lane, the swimmer shall not swim.

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

Awards:

1st – 8th 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 11th, 13th, or 15th birthday falls between February 23rd and February 27th 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. These "Gap Swimmers" may swim up to seven (7) time trials during the course of the meet. 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 1650 freestyle will be offered on only one day to be determined by the meet referee and may be swum combined with events 95-100.

<u>15-O</u>	<u>13-14</u>	<u>11-12</u>	<u>10 & Under</u>	<u>Event</u>	<u>10 & Under</u>	<u>11-12</u>	<u>13-14</u>	<u>15-O</u>
26.30 - 29.49	26.80 - 30.19	28.70 - 31.69	32.40 - 35.99	50 FR SCY	32.00 - 34.59	27.90 - 30.49	24.70 - 27.69	23.50 - 26.29
57.20 - 1:03.79	58.20 - 1:05.89	1:01.60 - 1:09.39	1:11.70 - 1:21.09	100 FR SCY	1:11.70 - 1:18.89	1:00.90 - 1:06.39	53.90 - 1:00.29	50.70 - 57.59
2:05.60 - 2:18.39	2:05.80 - 2:22.69	2:15.30 - 2:30.89	2:35.60 - 3:00.59	200 FR SCY	2:33.40 - 2:50.59	2:13.50 - 2:24.89	1:57.50 - 2:12.29	1:52.60 - 2:06.29
5:31.60 - 6:12.39	5:36.30 - 6:22.79	6:00.20 - 6:45.69	6:45.40 - 7:45.09	500 FR SCY	6:45.40 - 7:33.79	5:57.70 - 6:29.99	5:17.60 - 5:58.19	5:09.90 - 5:42.09
11:22.50 - 12:53.49	11:31.60 - 13:10.29	12:25.40 - 13:58.19		1000 FR SCY		12:27.90 - 13:40.39	10:58.10 - 12:20.99	10:46.40 - 11:56.69
19:12.70 - 21:36.19	19:12.90 - 22:01.19	20:53.90 - 23:19.69		1650 FR SCY		20:53.00 - 22:42.89	18:19.80 - 20:46.99	18:11.00 - 19:54.69
31.00 - 32.69	30.60 - 33.69	33.90 - 35.99	39.10 - 43.29	50 BK SCY	39.10 - 42.89	34.30 - 35.59	28.90 - 31.29	31.79 - 27.59
1:06.00 - 1:09.39	1:06.10 - 1:11.39	1:13.40 - 1:19.79	1:23.20 - 1:33.99	100 BK SCY	1:23.20 - 1:30.09	1:13.30 - 1:15.69	1:01.80 - 1:06.19	1:00.60 - 1:02.69
2:23.20 - 2:30.59	2:23.40 - 2:34.49			200 BK SCY			2:14.70 - 2:23.69	2:13.60 - 2:17.09
36.00 - 38.19	35.40 - 39.09	37.90 - 40.89	43.00 - 48.69	50 BR SCY	43.00 - 47.69	38.20 - 40.09	32.80 - 35.79	36.69 - 31.59
1:15.80 - 1:19.79	1:16.00 - 1:22.29	1:22.40 - 1:29.29	1:34.20 - 1:46.89	100 BR SCY	1:34.20 - 1:42.29	1:22.40 - 1:25.49	1:09.80 - 1:14.79	1:09.10 - 1:11.39
2:44.40 - 2:52.69	2:44.60 - 2:57.39			200 BR SCY			2:32.90 - 2:42.39	2:32.70 - 2:35.19
30.00 - 32.19	30.20 - 33.29	31.80 - 34.29	37.40 - 42.69	50 FL SCY	37.40 - 41.29	31.90 - 34.19	28.20 - 30.79	31.59 - 29.99
1:04.60 - 1:09.09	1:06.00 - 1:11.29	1:13.50 - 1:18.89	1:27.30 - 1:41.39	100 FL SCY	1:27.30 - 1:38.99	1:13.60 - 1:16.09	1:01.30 - 1:05.49	57.00 - 1:02.39
2:23.50 - 2:33.99	2:25.80 - 2:38.99			200 FL SCY			2:15.70 - 2:25.59	2:11.60 - 2:19.49
1:08.00 - 1:12.29	1:08.40 - 1:13.49	1:10.80 - 1:19.09	1:23.40 - 1:33.19	100 IM SCY	1:23.20 - 1:30.09	1:13.30 - 1:15.69	1:03.29	1:00.70 - 1:04.39
2:20.70 - 2:34.29	2:20.90 - 2:39.49	2:31.70 - 2:50.69	2:55.00 - 3:18.79	200 IM SCY	2:55.00 - 3:15.99	2:30.90 - 2:45.79	2:15.90 - 2:26.69	2:10.80 - 2:20.19
5:00.30 - 5:29.69	5:00.50 - 5:39.69	5:22.50 - 6:03.69		400 IM SCY		5:19.80 - 5:50.09	4:40.80 - 5:13.59	4:40.60 - 4:59.19
<u>15 - O</u>	<u>13 & 14</u>	<u>11 & 12</u>	<u>10 & Under</u>	<u>Events</u>	<u>10 & Under</u>	<u>11&12</u>	<u>13 & 14</u>	<u>15 - O</u>
30.20 - 33.49	30.60 - 34.59	32.60 - 35.89	36.60 - 40.89	50 FR LCM	36.50 - 39.79	32.10 - 34.79	28.30 - 31.79	27.00 - 30.59
1:05.60 - 1:18.39	1:06.20 - 1:15.39	1:11.00 - 1:19.49	1:21.90 - 1:32.99	100 FR LCM	1:21.90 - 1:30.59	1:09.90 - 1:16.19	1:02.00 - 1:09.79	57.60 - 1:06.69
2:19.40 - 2:49.19	2:23.90 - 2:42.79	2:34.10 - 2:53.09	2:56.30 - 3:25.69 -	200 FR LCM	2:56.30 - 3:14.99	2:32.50 - 2:46.39	2:14.80 - 2:32.29	2:07.90 - 2:25.39
4:53.80 - 5:55.19	5:01.60 - 5:41.79	5:22.30 - 6:04.79	6:07.60 - 7:01.69	400 FR LCM	6:07.60 - 6:52.49	5:21.90 - 5:53.89	4:46.70 - 5:23.49	4:31.10 - 5:10.19
10:13.40 - 12:17.79	10:21.00 - 11:50.79	11:17.20 - 12:42.89		800 FR LCM		11:18.60 - 12:22.99	9:56.30 - 11:09.19	9:41.90 - 10:44.39
19:43.10 - 23:33.49	19:48.10 - 22:43.49	21:37.40 - 24:14.99		1500 FR LCM		21:37.40 - 24:00.99	18:58.90 - 21:25.69	18:30.00 - 20:33.39
35.30 - 38.29	36.20 - 39.49	39.00 - 41.59	45.00 - 49.69	50 BK LCM	45.00 49.29	39.50 - 41.09	33.60 - 36.69	32.60 - 35.09
1:14.50 - 1:20.69	1:22.70 - 1:23.29	1:22.70 - 1:39.69	1:35.50 - 1:48.09	100 BK LCM	1:35.50 - 1:44.49	1:22.60 - 1:29.59	1:12.30 - 1:17.69	1:09.20 - 1:13.69
2:40.80 - 2:53.39	2:45.60 - 3:13.29			200 BK LCM			2:36.60 - 2:48.79	2:29.30 - 2:39.99
39.20 - 42.89	40.20 - 44.39	43.00 - 46.19	49.00 - 55.49	50 BR LCM	49.00- 54.39	43.60 - 45.89	37.70 - 40.89	36.00 - 38.79
2:25.70 - 1:31.59	1:35.40 - 1:34.99	1:35.40 - 1:42.19	1:48.20 - 2:03.89	100 BR LCM	1:48.20 - 1:59.19	1:34.40 - 1:39.59	1:21.30 - 1:27.09	1:17.20 - 1:23.09
3:05.40 - 3:17.29	3:01.90 - 3:09.79			200 BR LCM			2:56.80 - 3:08.29	2:49.40 - 3:00.59
33.20 - 36.19	33.90 - 37.09	35.90 - 38.79	42.20 - 48.09	50 FL LCM	42.20 - 46.39	36.10 - 38.69	37.70 - 34.59	30.20 - 33.09

1:11.20 - 1:24.29	1:12.90 - 1:20.99	1:22.80 - 1:30.49	1:39.00 - 1:55.39	100 FL LCM	1:39.00 - 1:52.89	1:22.60 - 1:27.29	1:09.70 - 1:14.59	1:03.70 - 1:11.29
2:41.00 - 2:57.49	2:45.60 - 3:15.99			200 FL LCM			2:36.20 - 2:46.79	2:23.80 - 2:39.49
2:41.00 - 2:57.49	2:53.10 - 3:03.09	2:53.10 - 3:30.59	3:19.40 - 3:38.89	200 IM LCM	3:19.40 - 3:43.69	2:53.90 - 3:08.99	2:34.80 - 2:49.79	2:27.20 - 2:43.59
5:42.40 - 6:15.79	6:09.10 - 6:28.19	6:09.10 - 5:37.69		400 IM LCM		6:08.70 - 6:46.59	5:22.60 - 4:52.79	5:17.50 - 5:47.99

Order of Events

<u>Event #</u>	<u>Friday PM Timed Finals</u>	<u>Event #</u>
1	(7-10) 500 Freestyle	2
3	(11-over) 500 Freestyle	4
5	(11-over) 400 Individual Medley	6
<u>Event #</u>	<u>Saturday Prelims</u>	<u>Event #</u>
7	(13-over) 200 Butterfly	8
9	(7-10) 100 Backstroke	10
11	(11-over) 100 Backstroke	12
13	(7-10) 100 Individual Medley	14
15	(11-over) 100 Individual Medley	16
17	(7-10) 50 Freestyle	18
19	(11-over) 50 Freestyle	20
21	(7-10) 50 Butterfly	22
23	(11-over) 50 Butterfly	24
25	(7-10) 100 Breaststroke	26
27	(11-over) 100 Breaststroke	28
29	(7-10) 200 Freestyle	30
31	(11-over) 200 Freestyle	32
<u>Event #</u>	<u>Saturday Finals</u>	<u>Event #</u>
9	(7-10) 100 Backstroke	10
11	(11-over) 100 Backstroke	12
13	(7-10) 100 Individual Medley	14
15	(11-over) 100 Individual Medley	16
17	(7-10) 50 Freestyle	18
19	(11-over) 50 Freestyle	20
21	(7-10) 50 Butterfly	22
23	(11-over) 50 Butterfly	24
25	(7-10) 100 Breaststroke	26
27	(11-over) 100 Breaststroke	28
29	(7-10) 200 Freestyle	30
31	(11-over) 200 Freestyle	32
<u>Event #</u>	<u>Sunday Prelims</u>	<u>Event #</u>
33	(13-over) 200 Breaststroke	34
35	(7-10) 100 Freestyle	36
37	(11-over) 100 Freestyle	38
39	(13-over) 200 Backstroke	40
41	(7-10) 100 Butterfly	42
43	(11-over) 100 Butterfly	44
45	(7-10) 50 Breaststroke	46
47	(11-over) 50 Breaststroke	48
49	(7-10) 50 Backstroke	50
51	(11-over) 50 Backstroke	52
53	(7-10) 200 Individual Medley	54
55	(11-over) 200 Individual Medley	56
<u>Event #</u>	<u>Sunday Distance</u>	<u>Event#</u>
55	(11-over) 1650 Freestyle	56
<u>Event #</u>	<u>Sunday Finals</u>	<u>Event #</u>
35	(7-10) 100 Freestyle	36
37	(11-over) 100 Freestyle	38
41	(7-10) 100 Butterfly	42
43	(11-over) 100 Butterfly	44
45	(7-10) 50 Breaststroke	46
47	(11-over) 50 Breaststroke	48
49	(7-10) 50 Backstroke	50
51	(11-over) 50 Backstroke	52
53	(7-over) 200 Individual Medley	54



FGC BB South

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

Sanction Number: FG272605112021.1

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, Feb 20	N/A	N/A	4:00 pm	5:30 pm
Saturday, Feb 21	7:00 am	8:30 am	5:00 pm	6:00 pm
Sunday, Feb 22	7:00 am	8:30 am	5:00 pm	6:00 pm

Pool/Timing: 25 Yard x 50 meter heated outdoor pool with 18 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 4'0" to 8'0" depending upon lane assignment. Colorado Timing Systems® electronic timing system with touch pads will be used for this meet. The meet host will ensure the required racing course dimensions.

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

Meet Director: Chris Anderson

Head Referee: Jose Carrion

Admin Official: Rodolfo Manrique

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

Information: Swim Office at (954)538-3721 - SofloMeets@swim4soflo.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.



FGC BB North

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

Sanction Number: FG17260512B020.1

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, Feb 20	N/A	N/A	3:30 pm	5:00 pm
Saturday, Feb 21	7:00 am	8:30 am	5:00 pm	6:00 pm
Sunday, Feb 22	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, 10 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 competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 4'6 to 12'0 depending on lane assignment accordance with 202.3.7 (C).

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: Tom Ward

Admin Official: Jon Reid

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

Information: Email Allan Williams at: 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.