



2026 Speedo SoFlo Open

January 16-18, 2026

Academic Village Pool, Pembroke Pines, Florida

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG242601612014**

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	Session	Warm-up	Meet Start
Friday, January 16 th	1	4:00 pm	5:30 pm
Saturday, January 17 th	2	7:00 am	8:30 am
Saturday, January 17 th	3	(*) TBA	(*) TBA
Sunday, January 18 th	4	7:00 am	8:30 am
Sunday, January 18 th	5	(*) TBA	(*) TBA

(*) Afternoon sessions will start approximately one and a quarter (1¼) hours following the conclusion of the morning session, but no earlier than 12:00 noon.

The starting times for the afternoon sessions will be announced not later than on Tuesday, January 13th 2026.

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* type and conducted in SCY.
- Individual events for **12&U** will be multi-age with the age brackets **10&U** and **11-12**.
- **12&U** swimmers will swim together but will be scored separately according to age bracket.
- Individual events for **13&O** will be multi-age with the age brackets of **13-14** and **15&O**.
- **13&O** swimmers will swim together but will be scored separately according to age bracket.
- Time Breaks between events may be inserted at meet management and meet referee discretion.

Pool/Timing:

25 yard by 50 meter heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down lanes available. Colorado 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 6'7" to 8'6" depending on lane assignment.

An additional 8 lane competition course is available at the discretion of the meet host. Colorado 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 6'7" to 8'6" depending on lane assignment.

Rules:

Current USA Swimming and Florida Gold Coast Rules, including the *Minor Athlete Abuse Prevention Policy* (MAPP) will govern this meet.

Any instruction and provisions required by the State of Florida, Broward County, and the City of Pembroke Pines will be enforced by meet staff.

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.

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

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Camera Free: 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.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA swimming as an athlete, or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.

Coaches - Current 2026 coaching credentials will be required for access to the restricted areas of the deck.

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.

Eligibility: Open to all current 2026 USA swimming athletes registered in Florida Gold Coast Swimming and affiliated with a Florida Gold Coast Swimming registered club. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

The host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes: All swimmers are welcome at this meet. Athletes requiring accommodations are asked to submit requests for accommodations or modifications as per the 2025 USA Swimming rulebook to soflomeets@swim4soflo.com no later than one week prior to the beginning of the meet. The meet host and meet referee will make every possible effort to make these changes to promote the participation of all athletes in the Florida Gold Coast.

Entries: Entries and reservations will be accepted in the order received, until either the meet is full OR 11:59 pm on Friday January 9th 2026.

PLEASE enter electronically, NO MAILED entries. For electronic entries (**CL or SDIF format only!!**)

E-mail entries to soflomeets@swim4soflo.com.

Confirmation for electronic entries will be sent via e-mail.

NOTE: Swimmers without registration numbers or birth dates will not be entered.
***** Entry Fees will be Double if not entered electronically.**

Enter with yard times only. Coach's estimate times are acceptable.

For the rest of events, please avoid entering with NT if possible.

Meet Cap: The meet will accept 300 13&Over swimmers. The 12&Under sessions are restricted by the four-hour rule in accordance to USA Swimming regulations. When one of these caps is met, that age group is considered closed to entries. Entries will continue be accepted for the other age group following the outlined protocol until the relevant cap is met.

Late/Deck Entries: Late and/or Deck entries **WILL NOT** be accepted. The FGC Deck seed Policy will not be in effect and all entries must be received by the deadlines specified above.

Entry Fees: \$ 8 per individual event
\$ 12 per relay

Facility Surcharge: \$ 12 per swimmer

***Entry fees are made payable to "SOFLO Swimming" (note: one check per team)
If meet fees are paid by credit card there will be a 2% surcharge**

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part unless FG 1.17.v applies.

Entry Limit: Swimmers may swim a maximum of four (4) individual events and one (1) Relay event per day.

Over-entries will be scratched by the administrative referee at the scratch deadline for the over-entered event(s).

Seeding: All events will be seeded fast to slow by entry time in SCY.

Scratch Deadline: All scratches will be accepted electronically via email to soflomeets@swim4soflo.com, and confirmations of it will send back via email. No scratch boxes will be available. Scratches will be accepted until the deadlines listed below.

Scratch Deadline

Friday January 16 th events	5:00pm Thursday January 15 th
Saturday January 17 th events	5:00pm Friday January 16 th
Sunday January 18 th events	30 minutes after the start of session #3

Scoring:

Individual events:	11, 9, 8, 7, 6, 5, 4, 3, 2, 1
Relay events:	22, 18, 16, 14, 12, 10, 8, 6, 4, 2

Awards: Individual high point for female and male 10&U, 11-12, 13-14, 15&O.
Top 3 combined team score.

12 & under swimmers only:

Individual Events:	Medals - 1 st , Ribbons 2 nd – 10 th
Relay Events:	Ribbons - 1 st – 3 rd

500 Free/400 IM: The 500 Free and 400 IM will be swum alternating heats of Girls and Boys in each age Group. **No Positive Check-In will be required for these events.**

Warm-up: 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.

Depending upon the number of swimmers entered, teams may be assigned to specific warm-up times and lanes Saturday and Sunday morning. Teams assigned to an early warm-up on one day will be assigned to a late warm-up period on the other day. More detailed warm up procedures will be distributed to registered coaches prior to the competition

Meet Director: Christopher Anderson Jr

Co-Meet Directors: Luis Soler (Facility) – Natasha Dmitrova (Volunteers)

Meet Referee: Hector Acevedo

Admin. Referee: David Barber

Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

Admission: \$ 5.00 per session.

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

Heat Sheets will be available free of charge online on Meet Mobile. Printed Heat sheets will be available for coaches in the swim office.

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

Order of Events

Girls=Odd / Boys=Even

Session #1

Friday Jan 16th, 2026 @ 5:30 P.M

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1-2	12 & Under	200 Free
3-4	13 & Over	100 IM
5-6	12 & Under	200 IM
7-8	13 & Over	400 IM

Session #2

Saturday Jan 17th, 2026 @ 8:30am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
9-10	13 & Over	200 Medley Relay
11-12	13 & Over	200 Breast
13-14	13 & Over	100 Back
15-16	13 & Over	50 Breast
17-18	13 & Over	100 Fly
19-20	13 & Over	50 Free
21-22	13 & Over	200 IM
23-24	13 & Over	500 Free

Session #3 Saturday, Jan 17th 2026 – 75 Min. after completion of Session #2

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
25-26	12 & Under	200 Medley Relay
27-28	12 & Under	200 Breast
29-30	12 & Under	100 Back
31-32	12 & Under	50 Breast
33-34	12 & Under	100 Fly
35-36	12 & Under	50 Free
37-38	12 & Under	500 Free

Session #4 **Sunday Jan 18th, 2026 @ 8:30am**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
39-40	13 & Over	200 Free Relay
41-42	13 & Over	200 Free
43-44	13 & Over	50 Back
45-46	13 & Over	200 Fly
47-48	13 & Over	100 Breast
49-50	13 & Over	200 Back
51-52	13 & Over	50 Fly
53-54	13 & Over	100 Free

Session #5 **Sunday, Jan 18th, 2026 – 75 Min. after completion of Session #4**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
55-56	12 & Under	200 Free Relay
57-58	12 & Under	50 Back
59-60	12 & Under	200 Fly
61-62	12 & Under	100 Breast
63-64	12 & Under	200 Back
65-66	12 & Under	50 Fly
67-68	12 & Under	100 Free
69-70	12 & Under	100 IM