



## SoFlo & Speedo Back to School Developmental

**August 23<sup>rd</sup> 2025**  
**Pembroke Pines, FL**

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming.  
Sanction No. **FG222523512071**

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	Session Name	Warmup	Start
Saturday 23 August	Session I – Dev.	9:00am	10:00am
Saturday 23 August	Session II – 1000	TBA	TBA
Saturday 23 August	Session III – TTs	TBA	TBA

Sessions II and III will open for warmup 75 minutes before the announced start time or immediately at the end of the preceding session, whichever is later. If the start of warmup is delayed, the meet will begin no sooner than 1 hour after the beginning of warmups. Breaks between events & combining events may be implemented by the meet director & meet referee at their discretion.

In the event of inclement weather, a meet committee will be convened to address issues of timeline and event completion.

**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 open to athletes and their families. This area is open for families to congregate with the athletes and to the setup of personal tents.

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.

**Pool/Timing:** 25 Yard x 50 meter heated outdoor pool with 10 short course racing lanes with a separate warm-up and swim-down lane 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 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:**

The meet will be conducted in a maximum of 10 SCY racing lanes, and a minimum of 6. Number of lanes used may vary by session. Session III will be conducted as a time trial format, allowing for the combination of events to run the minimum possible heats to accommodate all entered swims.

**Rules:**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the Referee, will be in effect.

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.

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 sale, 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. Are 2025 registered athlete members of USA Swimming as provided by article 302.

**Disability Athletes:**

Swimmers with a disability are welcome to enter this meet. Athletes requiring accommodations or modifications in line with the 2025 USA Swimming Rulebook are asked to submit requests no more than one week prior to the beginning of the meet. The meet host and officiating team will make all available efforts to provide these changes for the promotion of all athletes within the Florida Gold Coast.

<b>Entry:</b>	Session I – Athletes may swim in 4 individual events and 1 relay.
	Session II – Athletes may swim in 1 individual event.
	Session III – Athletes may swim in 2 individual events.
	Athletes may not participate in more than 2 sessions.
<b>Entry Fees:</b>	\$10.00 per individual event
<b>Surcharge:</b>	\$15.00 per swimmer
<b>Entries Deadline:</b>	Entries will NOT be accepted after 11:59pm Saturday August 16 <sup>th</sup> 2025. No late entries or deck entries will be accepted. The FGC deck entry policy will NOT be in effect.
<b>Entry Guidelines:</b>	Entries will be accepted using any seed time swam by the athlete, as well as extracted, unsanctioned times, and coach's estimates. Please use this freedom responsibly and use times your athlete may realistically achieve in order to permit easy flow of meet.
<b>Refunds:</b>	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.
<b>Seeding:</b>	Athletes will be seeded fastest to slowest.
<b>Distance:</b>	Athletes in Session II must provide own counters and timers.
<b>Awards:</b>	Awards for Session1Only, Ribbons 8 & Under, 9 & 10, 11 & 12 Places 1-10 and Medals for Relay 1st-3 <sup>rd</sup> Place. Heat winner Awards for All 8 & Under Events In session 1.
<b>Staff:</b>	Meet Referee: Jose Carrion Administrative Official: Natasha Dmitrova Meet Director: Jessica Rodriguez
<b>Medical Resources:</b>	Medical resources and lifeguards will be provided by the City of Pembroke Pines.
<b>Admission:</b>	\$ 5.00 for the entire day Admission allows spectators to enter the pool deck only within the barricaded areas.
<b>Information</b>	Swim Office at (954) 538-3721 - <a href="mailto:SoFloMeets@swim4SoFlo.com">SoFloMeets@swim4SoFlo.com</a>
<b>Warm Up</b>	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.  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.

# Event List

Session I – Developmental		EVENTS
1	8U Mixed	25 Fly
2	8U Mixed	25 Back
3	8U Mixed	25 Breast
4	8U Mixed	25 Free
5	12U Mixed	50 Fly
6	12U Mixed	50 Back
7	12U Mixed	100 Free
8	12U Mixed	50 Breast
9	12U Mixed	50 Free
10	12U Mixed	100 IM
11	12U Mixed	100 Free Relay
Session 2 – 1000		EVENTS
100	13&Over	1000 Free
Session 3 - TTs		EVENTS
101	13&Over	50 Fly
102	13&Over	50 Back
103	13&Over	50 Breast
104	13&Over	50 Free
105	Open	100 Fly
106	Open	100 Back
107	Open	100 Breast
108	13&Over	100 Free
109	13&Over	100 IM
110	Open	200 Fly
111	Open	200 Back
112	Open	200 Breast
113	Open	200 Free
114	Open	200 IM
115	Open	400 IM
116	Open	500 Free

