



HOLIDAY CHAMPS

December 5-7, 2025

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction #**FG23253390D075**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Sunrise Swimming, Sunrise Swimming Booster Club and the City of Sunrise shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

Sponsored by: The City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club.

Location: ***Sunrise Civic Center
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.***

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex.

Parking: Parking is free. Please do NOT park on the south side of Josh Lee Blvd or in areas blocked; drivers will be towed. **There is now a parking garage on the west side of campus.**

Date & Time: **Friday, December 5, 2025**
Session I - Timed Finals - Warm-up at 4:00 pm. Meet starts at 5:00 pm.

Saturday, December 6, 2025
Session II – Preliminaries - Warm-up 7:30am. Meet starts at 9:00am
Session III – Finals – Warm-up 4:00pm. Meet starts at 5:00pm.

Sunday, December 7, 2025
Session IV – Preliminaries - Warm-up 7:30am. Meet starts at 9:00am
Session V – Finals – Warm-up 4:00pm. Meet starts at 5:00pm.

*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

Closed Deck: Spectators will only be permitted in designated areas of the pool deck (south side of the pool), unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside the roped-off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the meet.

Format: This meet will be conducted in short course yards. All events 400yds and longer and all relay events will be timed finals. All other individual events are prelims and finals events with the fastest eight swimmers in prelims advancing to finals.

Pool/Timing: Competition is in the Sunrise Civic Center Pool 50 meters x 25 yards heated outdoor pool. 8 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available.

Daktronics Timing System® will be used. The meet host will ensure the required racing course dimensions.

Eligibility: Open to all current 7 and older USA Swimming registered athletes in good standing and athletes registered with other World Aquatics member federations invited by USA Swimming and **who have achieved the time standard in the event.** NT will NOT be accepted for any individual event entries.

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

Entries: All entries must be received by **Wednesday, November 26, 2025. 8pm EST**
PLEASE enter electronically (HY3/CL or SDIF format only).
E-mail entries to: sunmeetentries@gmail.com. Confirmation of electronic entries will be sent via email. Coaches are responsible for reviewing their team's entries at this time and notifying host of any issues within 24 hours. **Submission of entries signifies that all swimmers are in good standing with USA Swimming**. Questions, please contact Christi Wathen at 975-747-4635

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

Entry Limit: Friday night: 2 events. Saturday: 3 events plus 1 relay. Sunday: 3 events plus 1 relay.
Teams may enter **'A' & 'B' RELAY ONLY**

Meet Cap: The meet will be capped at **450** athletes on a first-come first-served basis.

Deck Entries: THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT. No deck entries.

Entry Fees: \$ 10 per individual event
\$ 16 per relay
\$ 15 per swimmer surcharge
***Entry fees are made payable to "Sunrise Swimming Booster Club" (note: one check per team). Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**

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

Psych Sheet: Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error.

Seeding: Entries will be seeded short course yards only.
Prelims: all events will be swum together as Open: combined and swum multi-age, but will be scored separately for finals in the following age groups: 7-10, 11-12, 13-14, and 15&over. Prelims swims will be **fast to slow**.
Finals: A single Championship final heat (top 8 swimmers) will be swum for all distances 200 and shorter for the following age groups: 7-10, 11-12, 13-14, and 15&over.
7-10: will NOT swim the 200 fly, 200 back, 200 breast, 400 IM or 1650 free. All other 7-10 events are prelims/finals.

Scratches: Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event, and further declare their final intention within 30 minutes of their last individual preliminary event.

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.

Distance Events: The 400 IM and 500 free are timed finals and will be swum together alternating girls/boys, fastest to slowest.
The 1650 free is positive check in. It is a timed final event and will be swum together alternating girls/boys, fastest to slowest in Sunday's prelims. Check-in closes at 10:30am Sunday morning. 7-10 athletes will NOT swim the 400 IM or 1650 free.

Swimmers must provide their own counters for the 500 and 1650 free. They must provide their own timers for the 1650 free.

Awards: Individual events: Medals 1st thru 3rd place, ribbons: 4th thru 8th place
Relays: Medals 1st place team
Individual High Point: Top 2 in each age group and sex
Team Awards: Women, Men and Combined Top 2 teams

Scoring: Individual events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

Admission: \$5.00 **CASH ONLY** per person for all sessions. Heat sheets will NOT be sold at the gate. Heat sheets will be available free of charge online at sunriseswimming.com and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.

Head Referee: Shawn Jorgensen

Meet Director: Alec Wathen – alecfw1024@gmail.com - (954) 747-4635

Admin Official: Tara Santos

Meet Marshall: City of Sunrise Lifeguard Staff

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

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches/officials/volunteers will be available.

Information: Call the Sunrise Swimming office (954) 747-4635.

Warm Up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
The first 70 minutes of each morning session (7:30am-8:40am) and evening session (4-4:40pm) will be General Warm Up – all lanes. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work. The last 20 minutes of each session will be 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 Racing Starts, 25 yards one length

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

Lane 8 Swimming and Pulling, Push Off

1. Pace lanes – last 10-15 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 (counter clockwise only).

Friday, December 5, 2025
Session 1
Warm-up: 4:00 pm. Start: 5:00 pm

Girls Event #	Qualifying Time	Age Group	Event	Qualifying Time	Boys Event #
1	8:25.39	7-10	500 free	8:16.69	2
	7:08.79	11-12		6:57.29	
	6:47.79	13-14		6:26.59	
	6:40.59	15&over		6:10.59	
3	6:24.19	11-12	400 IM	6:13.09	4
	6:03.59	13-14		5:41.49	
	5:55.89	15&over		5:26.99	

Saturday, December 6, 2025
Session 2: Preliminaries
Warm up: 7:30am. Start 9am.

Girls Event #	Qualifying Time	Age Group	Event	Qualifying Time	Boys Event #
7	3:18.99	7-10	200 free	3:06.69	8
	2:40.39	11-12		2:34.59	
	2:32.09	13-14		2:22.99	
	2:29.39	15&over		2:16.49	
9	1:41.99	7-10	100 back	1:39.79	10
	1:24.79	11-12		1:22.19	
	1:16.69	13-14		1:11.49	
	1:14.69	15&over		1:08.09	
11	47.39	7-10	50 fly	45.69	12
	36.49	11-12		37.09	
	33.99	13-14		32.99	
	32.99	15&over		31.99	
13	1:58.09	7-10	100 breast	1:53.39	14
	1:34.09	11-12		1:31.39	
	1:27.99	13-14		1:21.29	
	1:25.89	15&over		1:16.49	
15	38.89	7-10	50 free	38.09	16
	33.59	11-12		32.59	
	32.59	13-14		29.89	
	31.79	15&over		28.39	
17	2:59.99	11-12	200 fly	2:53.19	18
	2:48.99	13-14		2:38.19	
	2:45.29	15&over		2:31.29	
19	1:42.59	7-10	100 IM	1:38.79	20
	1:24.09	11-12		1:20.89	
	1:21.99	13-14		1:14.99	
	1:19.99	15&over		1:10.99	

Saturday, December 6, 2025
Session 3: Finals
Warm up 4:00pm. Start 5:00pm

Girls Event #	Age Group / Event	Boys Event #
5	200 Medley Relay	6
	7-10	
	11-12	
	13-14	
	15&over	
7	7-10 200 free	8
	11-12 200 free	
	13-14 200 free	
	15&over 200 free	
9	7-10 100 back	10
	11-12 100 back	
	13-14 100 back	
	15&over 100 back	
11	7-10 50 fly	12
	11-12 50 fly	
	13-14 50 fly	
	15&over 50 fly	
13	7-10 100 breast	14
	11-12 100 breast	
	13-14 100 breast	
	15&over 100 breast	
15	7-10 50 free	16
	11-12 50 free	
	13-14 50 free	
	15&over 50 free	
17	11-12 200 fly	18
	13-14 200 fly	
	15&over 200 fly	
19	7-10 100 IM	20
	11-12 100 IM	
	13-14 100 IM	
	15&over 100 IM	

Sunday, December 7, 2025
Session 4: Preliminaries
Warm up 7:30am. Start 9am.

Girls Event #	Qualifying Time	Age Group	Event	Qualifying Time	Boys Event #
23	3:38.49	7-10	200 IM	3:35.49	24
	3:00.19	11-12		2:57.29	
	2:49.79	13-14		2:39.99	
	2:46.79	15&over		2:31.69	
25	1:29.59	7-10	100 free	1:27.79	26
	1:13.59	11-12		1:10.99	
	1:10.59	13-14		1:05.59	
	1:08.89	15&over		1:02.39	
27	46.99	7-10	50 back	47.49	28
	38.09	11-12		37.89	
	35.99	13-14		33.99	
	33.99	15&over		31.99	
29	3:20.89	11-12	200 breast	3:14.09	30
	3:10.89	13-14		2:56.59	
	3:05.99	15&over		2:48.19	
31	1:53.99	7-10	100 fly	1:51.39	32
	1:24.39	11-12		1:22.89	
	1:16.39	13-14		1:11.19	
	1:14.69	15&over		1:07.49	
33	53.19	7-10	50 breast	52.09	34
	42.99	11-12		42.89	
	40.99	13-14		38.99	
	38.99	15&over		35.99	
35	2:56.59	11-12	200 back	2:51.99	36
	2:46.79	13-14		2:36.29	
	2:42.99	15&over		2:27.99	
37	24:53.99	11-12	1650 free	24:21.89	38
	23:23.49	13-14		22:18.89	
	23:05.19	15&over		21:35.39	

Sunday, December 7, 2025
Session 5: Finals
Warm up 4:00pm. Start 5:00pm

Girls Event #	Age Group / Event	Boys Event #
21	200 Free Relay	22
	7-10	
	11-12	
	13-14	
	15&over	
23	7-10 200 IM	24
	11-12 200 IM	
	13-14 200 IM	
	15&over 200 IM	
25	7-10 100 free	26
	11-12 100 free	
	13-14 100 free	
	15&over 100 free	
27	7-10 50 back	28
	11-12 50 back	
	13-14 50 back	
	15&over 50 back	
29	11-12 200 breast	30
	13-14 200 breast	
	15&over 200 breast	
31	7-10 100 fly	32
	11-12 100 fly	
	13-14 100 fly	
	15&over 100 fly	
33	7-10 50 breast	34
	11-12 50 breast	
	13-14 50 breast	
	15&over 50 breast	
35	11-12 200 back	36
	13-14 200 back	
	15&over 200 back	

Rules:

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.

Medical supervision / care is available to athletes participating in the meet, and is provided by the City of Sunrise Lifeguard staff who are Red Cross certified and trained in CPR, First Aid, and AED in accordance with USA Swimming Rule 202.4.11(N). In addition, the fire station is on the Civic Center campus.

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.

Changing, in part or whole, 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 strictly 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 – coachchristiw@aol.com Christi Wathen 954-747-4635

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