



Developmental Sizzler

Friday, May 29, 2026

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction No. FG22261490D029**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Sunrise Swimming, 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.

Hosted by: Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise

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; drivers will be towed from this residential area.

Date & Time: **Friday, May 29: warm up at 5pm; meet starts at 5:30pm.**

*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: This meet will be conducted in short course yards. All events are timed finals.

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.

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. Water depth at the start varies from 5'6" to 7'6" depending on lane assignment. The copy of such certification is on file with USA Swimming.

Eligibility: Open to all current USA Swimming registered athletes in good standing affiliated with a Florida Gold Coast Swimming registered club.
All USA Registrations must be done prior to the start of the competition.

Entries: All entries must be received by **Friday, May 22, 2026.**

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:** 4 Individual events and the relay
- Meet Cap:** The meet will be capped at **150 athletes** on a first come first served basis.
- Deck Entries:** Late entries and deck entries WILL NOT be accepted. The FGC deck seed policy will NOT be in effect.
- Entry Fees:** \$20 flat fee per swimmer
- **Entry fees are made payable to Sunrise Swimming Booster Club**. Entry fees will be doubled if not entered electronically. (note: one check per team). Please 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 unless FGC RR 1.1(a) applies.
- Seeding:** Eligible entries shall be seeded Short course yards only, slowest to fastest.
- Awards:** Individual Events: Ribbons 1st-8th place.
Relay Events: 1st-3rd place
- Scoring:** This meet will not be scored.
- Admission:** Admission - \$3. Heat sheets - \$2. **CASH ONLY**
- Head Referee:** **Shawn Jorgensen**
- Meet Director:** **Christi Wathen**
- Admin Official:** **Tara Santos**
- Information** Call the Sunrise Swimming office 954 747-4635
- Warm-Up Procedure:** NO equipment permitted. Swimmers must enter feet first
5-5:20pm: all lanes general warm up; push off only, no racing starts, circle swim only
5:20-5:30pm: Teams may practice racing starts in their lanes
- 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.
- Concession:** Concession stand is available during the meet.
- Please note:** We have 9-12yo events for this meet, to introduce these swimmers to competition. **Coaches, please only enter your developmental athletes in these races.**

We will be using a girls and boys bullpen and ask each team to have 1-2 coaches in the area to organize your swimmers. Sunrise parents will be taking the children to the blocks. **** No parents allowed in the bullpen area****

ORDER OF EVENTS
 Friday, May 29, 2026
 Warm up: 5pm Start: 5:30pm

GIRLS #	EVENT	BOYS #
1	6&U 25 FLY	2
3	7-8 25 FLY	4
5	9-12 25 FLY	6
7	6&U 25 BACK	8
9	7-8 25 BACK	10
11	9-12 25 BK	12
13	6&U 25 BREAST	14
15	7-8 25 BREAST	16
17	9-12 25 BR	18
19	6&U 25 FREE	20
21	7-8 25 FREE	22
23	9-12 25 FR	24
25	8&U 100 MIXED FREE RELAY	
26	9-12yo 100 MIXED FREE RELAY	

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