

35th Annual Winter Championships

December 11 – December 14, 2025

Hosted by The City of Plantation and The Plantation Swim Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. FG23253450E035

Condition of Sanction: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: "In granting this approval it is understood and agreed that USA Swimming, FGC Inc., City of Plantation, Plantation Swim Team and Booster Club 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." The competition course has been certified in accordance with 104.2c. The copy of such certification is on file with USA Swimming.

Days & Times: Thursday: Timed Finals - Warm-up: 3:30pm. Race start: 5pm.
Friday, Saturday, and Sunday: Prelims - Warm-up: 7am, Race start: 8:30am.
Finals - Warm-up: 3:30pm. Race start: 5pm.

Location: Plantation Aquatic Complex - 9151 NW 2nd Street • Plantation, Florida 33324

Entry Info: **Entries must be received by Wednesday, December 3.** All teams entering swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manager or Team Unify software. **Email entries to Terrell Woods (terrellwpst@aim.com).** Email confirmation will be sent within 48 hours after receipt of file. If you do not receive an email confirmation, your entries were not received.

Entry Fees: \$12.00 Individual Events
\$20.00 Relays
\$15.00 Individual Surcharge
Once a team or individual entry has been received and processed, there will be no refunds unless FGC RR 1.1(a) applies

Entry Limit: 7 individual events for the meet, plus relays. No more than 3 individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit. The meet will be capped at 1200 athletes. ***Relay only swimmers will be allowed on your roster.***

Eligibility: Open to all current 2025 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming and who have achieved the meet time standards. 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 legal guardian to ensure compliance with this requirement –USA Swimming Rule 202.3.3 The meet 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.

Relays: All relays will be Timed Finals. "A" and "B" Relay Teams only. Over entered relay teams (C) will be scratched and will remain on the over entered team's financial report. **Relay only swimmers will be allowed on your roster. Friday and Saturday, the top 10 seeded relays in 12 & Under, 13/14 and 19 & Under age groups will swim in FINALS. All other relays will swim in PRELIMS.**

All relays will swim in Prelims on SUNDAY.

Seeding: Short Course Yards (SCY) and Long Course Meters (LCM) times only.

Scratch Deadline:

Thursday Events	30 Minutes after conclusion of the Technical Meeting
Friday Events	5:30pm, Thursday
Saturday Events	5:30pm, Friday
Sunday Events	5:30pm, Saturday

Prelims: Friday – 11/12, 13/14, 15 & Over age groups will swim together in Prelims and be separated in Finals. Saturday and Sunday – 13/14, 15 & Over age groups will swim together in Prelims and be separated in Finals. All events will be swum fastest to slowest. See below for “Timed Final” events.

Finals: Finals for 10 & Under, 11/12, and 13/14 will consist of one heat of women and one heat of men, (top 10 swimmers in each event/age group). **15 & Over events will consist of an A Final and a B Final (top 20 swimmers in each event. Only the A Final will score).**

Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing. A “Virtual” scratch book may be kept online. Preliminary results may be maintained at the Announcers’ Table at the East Pool. Scratches must be done individually, by event. “Team scratches” are not accepted. Swimmers who finish the preliminary events in places 11 – 20 for the 10 & Under, 11/12 and 13/14 age groups and places 21 – 30 for the 15 & Over age group are strongly encouraged to scratch if they do not intend to compete in the Final. Swimmers scratched into finals after 30 minutes of the conclusion of prelims will not be penalized.

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.

- “Failure to swim” in final/timed final event where Top 10 Swim in Finals (including relays) will result in the swimmer/relay being fined \$20 cash. Individuals will be unable to continue competing in the meet until the fine is paid. Upon receiving payment of the fine, the swimmer will be eligible to resume competition in the meet.

Distance: - Thursday’s 1000 Free is a timed final event. The 1000 Free will be seeded fastest to slowest by age group. **All 1000 competitors must supply their own counter.**

- Friday’s 500 Free – 11/12 Age Group will be timed finals, with the top 10 seeds swimming in Finals. 13/14, 15 & Over will be a prelim/final event. **All 500 Free competitors must supply their own counter in both the preliminary and final sessions.**

-Saturday’s 400 IM – 11/12 Age Group will be timed finals, with the top 10 seeds swimming in Finals. 13-14, 15 & Over will be a prelim/final event.

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 course at any time. Violations may result in disqualification from next individual event or expulsion from the meet. A specific warmup plan with assignments may be published by meet management prior to the start of the meet as required. Based on the number of entries, warmups may be divided into multiple warmup groups at the discretion of meet management.

Controlled Warm Up will open 40 minutes prior to the start of each session. Controlled Warm Up will include pace lanes in lanes 1 & 10 (lane 9 in west pool) and one way starts in lanes 2 & 7. Other start lanes may be opened according to demand, at the discretion of meet management. All other lanes will remain general warm up.

Awards: Individual Events: Medals 1st - 3rd
Relays: Medals 1st – 3rd Place Team
Individual High Point: Top 3 in each age group & gender
Team Awards: Women's Top 3, Men's Top 3, and Combined Top 5 Teams

Scoring: Individual: 11-9-8-7-6-5-4-3-2-1
Relays: 22-18-16-14-12-10-8-6-4-2

General Info: Coaches Meeting: Wednesday, December 10 at TBA via Zoom. Details will be emailed to entered teams. Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each coach to be aware of any changes.

Pool/Timing: Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 8-9 lanes. Finals will be held in one 10 lane course (East). Continuous warm-up and warm-down area will be available in both courses. Colorado Timing System will be used. Fly-over starts will possibly be used. The Meet Director reserves the right to change meet warm-up, start times, or drop/move events in order to hold an efficient meet within USA Swimming/FGC guidelines.

Water depth at East pool start varies from 4'5" to 12'00" depending on the lane assignment accordance with 202.3.7 (C). Water Depth at the West pool start varies from 5'0" to 7'0" depending on the lane assignment accordance with 202.3.7 (C). The meet host will ensure the required racing course dimensions.

Information: Updates to meet information as well as heat sheets, timelines, psych sheets, and meet results will be posted on the host website, swimpst.com after entries are processed. Meet results and heat sheets will also be available on Meet Mobile.

Head Referee: Fernando Abad
Meet Director: Terrell Woods (terrellwpst@aim.com)
Administrative Referee: Rodolpho Manrique

MAAP: 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.

Admission: \$5.00 per session – Special all session passes may be offered. Heat sheets will be available online at www.swimpst.com and on Meet Mobile. Parking will be free.

Rules: 2025 USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.

Deck Changing: Changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and 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

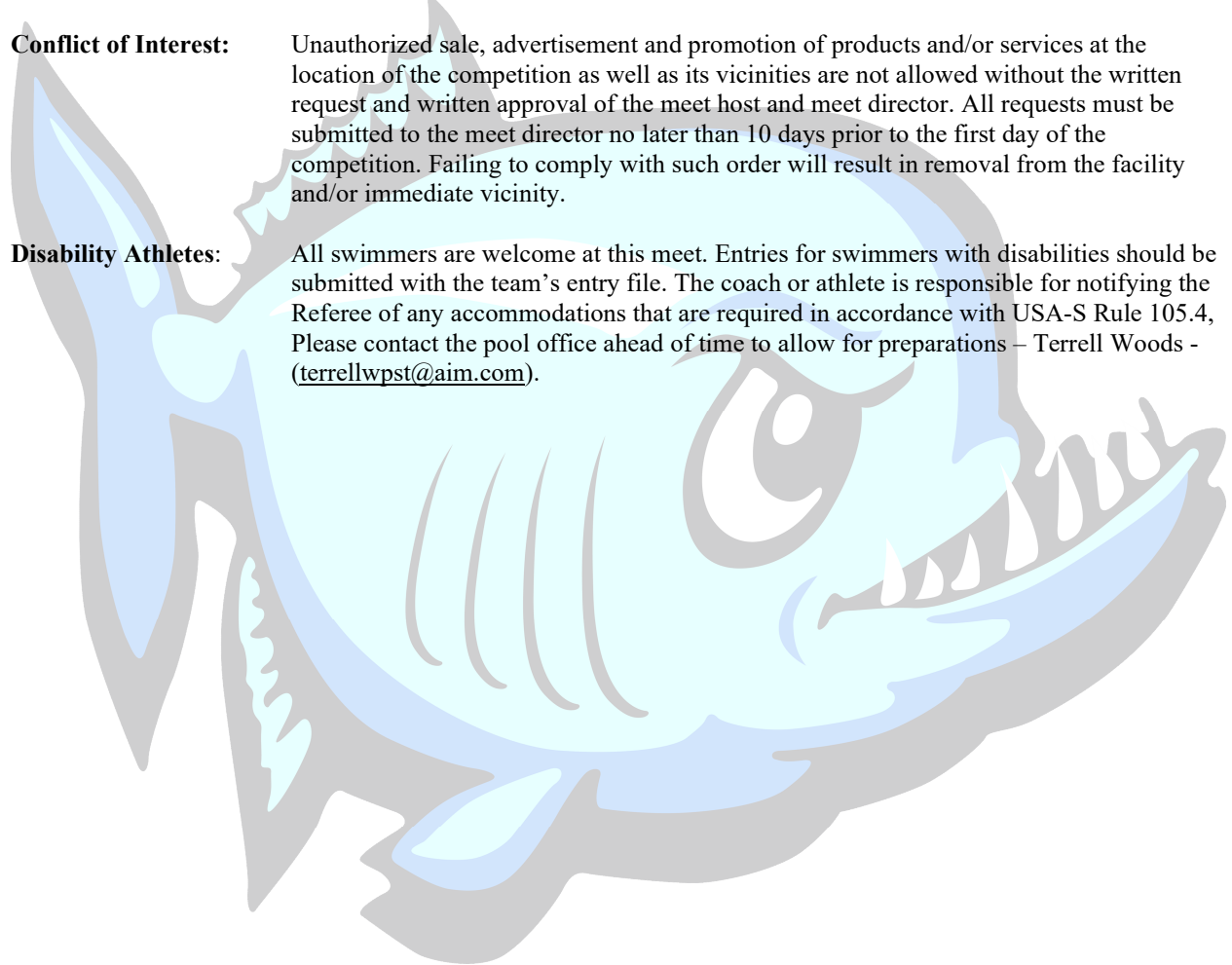
governmental authorities and / or may be barred from the facility during the sanctioned event.

Image Authorization: All participants agree to be filmed and photographed by the official photographer (s) and network (s) of USA Swimming under conditions authorized by USA Swimming, allow event organizers the right to use names, pictures, likeness, biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

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.

Conflict of Interest: 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.

Disability Athletes: All swimmers are welcome at this meet. Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athlete is responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4, Please contact the pool office ahead of time to allow for preparations – Terrell Woods - (terrellwpst@aim.com).



Thursday Timed Finals - Girls Pool TBA, Boys Pool TBA – Warm Up 3:30pm, Start 5pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev#
1	NT	NT	12 & Under 200 Medley Relay	NT	NT	2
3	NT	NT	13/14 200 Medley Relay	NT	NT	4
5	NT	NT	19 & Under 200 Medley Relay	NT	NT	6
			5 Min. Break			
7	11:44.19	12:53.79	11/12 1000 Free	12:37.89	11:25.89	8
9	10:56.09	12:09.49	13/14 1000 Free	11:23.99	10:17.69	10
11	10:32.39	11:53.99	15 & Over 1000 Free	11:01.59	9:54.79	12
			5 Min. Break			
13	NT	NT	12 & Under 200 Free Relay	NT	NT	14
15	NT	NT	13/14 200 Free Relay	NT	NT	16
17	NT	NT	19 & Under 200 Free Relay	NT	NT	18

Friday Timed Final/Prelims - Girls Pool TBA, Boys Pool TBA – Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
19A	39.49	34.29	11/12 50 Back	35.09	39.99	20A
19B	36.59	31.49	13/14 50 Back	29.49	34.39	20B
19C	36.99	31.59	15 & Over 50 Back	29.09	34.09	20C
21A	3:02.59	2:40.39	11/12 200 IM	2:37.79	3:03.89	22A
21B	2:50.99	2:28.49	13/14 200 IM	2:18.79	2:40.39	22B
21C	2:41.89	2:22.49	15 & Over 200 IM	2:10.79	2:28.19	22C
23A	1:23.89	1:14.49	11/12 100 Fly	1:14.59	1:24.39	24A
23B	1:15.49	1:06.59	13/14 100 Fly	1:01.89	1:10.39	24B
23C	1:12.89	1:04.59	15 & Over 100 Fly	58.59	1:05.39	24C
25	5:37.09	6:17.99	11/12 500 Free *	6:12.59	5:29.89	26
27A	5:01.79	5:38.29	13/14 500 Free	5:33.89	5:02.69	28A
27B	4:55.29	5:31.59	15 & Over 500 Free	5:09.89	4:38.39	28B
29A	3:25.09	3:00.39	11/12 200 Breast	2:57.39	3:25.09	30A
29B	3:10.79	2:46.29	13/14 200 Breast	2:34.69	2:59.49	30B
29C	3:11.39	2:47.69	15 & Over 200 Breast	2:33.09	2:55.79	30C
31A	34.39	30.39	11/12 50 Free	29.39	33.49	32A
31B	30.89	26.99	13/14 50 Free	25.99	29.49	32B
31C	31.39	27.89	15 & Over 50 Free	24.79	28.19	32C
			5 Min Break			
33	NT	NT	12 & Under 400 Medley Relay*	NT	NT	34
35	NT	NT	13/14 400 Medley Relay*	NT	NT	36
37	NT	NT	19 & Under 400 Medley Relay*	NT	NT	38

*- Timed Final, top ten seeds swim with Finals

Friday Finals Order of Events – East Pool – Warm Up 3:30pm, Start 5pm

Female Ev #	Event Title	Male Ev #
19A	11/12 50 Back	20A
19B	13/14 50 Back	20B
19C	15 & Over 50 Back	20C
21A	11/12 200 IM	22A
21B	13/14 200 IM	22B
21C	15 & Over 200 IM	22C
23A	11/12 100 Fly	23A
23B	13/14 100 Fly	23B
23C	15 & Over 100 Fly	23C
25	11/12 500 Free *	26
27A	13/14 500 Free	28A
27B	15 & Over 500 Free	28B
29A	11/12 200 Breast	30A
29B	13/14 200 Breast	30B
29C	15 & Over 200 Breast	30C
31A	11/12 50 Free	32A
31B	13/14 50 Free	32B
31C	15 & Over 50 Free	32C
	5 Min Break	
33	12 & Under 400 Medley Relay*	34
35	13/14 400 Medley Relay*	36
37	19 & Under 400 Medley Relay*	38

*- Timed Final, top ten seeds swim with Finals

Saturday Timed Final/Prelims - 10 & Under and 11/12 - TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
39	1:36.79	1:23.79	10 & Under 100 Back	1:24.09	1:35.69	40
41	3:01.99	2:37.79	11/12 200 Back	2:38.29	3:01.79	42
45	49.09	42.99	10 & Under 50 Breast	44.89	51.19	46
47	43.09	38.49	11/12 50 Breast	38.89	43.99	48
51	1:23.19	1:13.39	10 & Under 100 Free	1:14.19	1:24.39	52
53	1:14.89	1:05.09	11/12 100 Free	1:03.89	1:12.49	54
57	3:21.59	2:58.19	10 & Under 200 IM ^	3:01.69	3:24.89	58
59	6:28.39	5:41.09	11/12 400 IM *	5:41.79	6:27.49	60
63	42.49	37.69	10 & Under 50 Fly	38.19	42.89	64
65	36.79	32.89	11/12 50 Fly	33.69	37.89	66
69	3:02.39	2:40.39	10 & Under 200 Free ^	2:39.39	2:59.89	70
			5 Min. Break			
71			12 & Under 4 x 100 IM Relay*			72

^ - Timed Final, all heats swim with Prelims

* - Timed Final, top ten seeds swim with Finals

Saturday Timed Final/Prelims - 13/14 and 15 & Over - TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
43A	2:45.59	2:24.29	13/14 200 Back	2:15.79	2:36.79	44A
43B	2:46.19	2:27.19	15 & Over 200 Back	2:13.59	2:30.99	44B
49A	42.09	36.29	13/14 50 Breast	33.39	38.59	50A
49B	41.29	35.59	15 & Over 50 Breast	32.79	36.99	50B
55A	1:06.79	58.69	13/14 100 Free	56.89	1:05.29	56A
55B	1:07.19	59.79	15 & Over 100 Free	53.79	1:00.99	56B
61A	6:00.39	5:15.89	13/14 400 IM	4:55.69	5:40.39	62A
61B	5:42.39	5:02.29	15 & Over 400 IM	4:44.79	5:17.49	62B
67A	35.69	31.39	13/14 50 Fly	28.89	33.19	68A
67B	35.39	31.09	15 & Over 50 Fly	28.09	30.89	68B
			5 Min. Break			
73	NT	NT	13/14 4 x 100 IM Relay*	NT	NT	74
75	NT	NT	19 & Under 4 x 100 IM Relay *	NT	NT	76

* - Timed Final, top ten seeds swim with Finals

Saturday Finals Order of Events - East Pool - Warm Up 3:30pm, Start 5pm

Female Ev #	Event Title	Male Ev #
39	10 & Under 100 Back	40
41	11/12 200 Back	42
43A	13/14 200 Back	44A
43B	15 & Over 200 Back	44B
45	10 & Under 50 Breast	46
47	11/12 50 Breast	48
49A	13/14 50 Breast	50A
49B	15 & Over 50 Breast	50B
51	10 & Under 100 Free	52
53	11/12 100 Free	54
55A	13/14 100 Free	56A
55B	15 & Over 100 Free	56B
59	11/12 400 IM *	60
61A	13/14 400 IM	62A
61B	15 & Over 400 IM	62B
63	10 & Under 50 Fly	64
65	11/12 50 Fly	66
67A	13/14 50 Fly	68A
67B	15 & Over 50 Fly	68B
	5 Min. Break	
71	12 & Under 4 x 100 IM Relay *	72
73	13/14 4 x 100 IM Relay *	74
75	19 & Under 4 x 100 IM Relay *	76

* - Timed Final, top ten seeds swim with Finals

Sunday Timed Final/Prelims - 10 & Under and 11/12 - TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
77	44.49	38.99	10 & Under 50 Back	39.79	45.29	78
79	1:25.29	1:14.69	11/12 100 Back	1:14.79	1:26.39	80
83	1:40.79	1:27.29	10 & Under 100 Fly	1:28.79	1:40.09	84
85	3:03.29	2:40.39	11/12 200 Fly	2:40.69	3:01.59	86
89	1:48.49	1:34.39	10 & Under 100 Breast	1:36.19	1:50.69	90
91	1:35.79	1:23.69	11/12 100 Breast	1:23.29	1:35.69	92
95	37.29	32.89	10 & Under 50 Free	33.39	37.69	96
97	2:41.59	2:22.19	11/12 200 Free	2:18.79	2:37.79	98
101	NT	1:23.39	10 & Under 100 IM	1:24.39	NT	102
103	NT	1:15.09	11/12 100 IM	1:13.09	NT	104
			5 Min Break			
107	NT	NT	12 & Under 400 Free Relay ^	NT	NT	108

^ - Timed Final, All Heats swim with Prelims

Sunday Timed Final/Prelims - 13/14 and 15 & Over TBA Pool - Warm Up 7am, Start 8:30am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
81A	1:17.19	1:07.09	13/14 100 Back	1:03.09	1:12.89	82A
81B	1:18.49	1:08.89	15 & Over 100 Back	1:00.59	1:10.29	82B
87A	2:45.59	2:27.79	13/14 200 Fly	2:17.49	2:36.59	88A
87B	2:40.39	2:23.49	15 & Over 200 Fly	2:11.59	2:29.99	88B
93A	1:28.19	1:16.59	13/14 100 Breast	1:10.79	1:21.29	94A
93B	1:28.79	1:16.89	15 & Over 100 Breast	1:09.09	1:18.49	94B
99A	2:23.89	2:06.49	13/14 50 200 Free	2:03.89	2:21.99	100A
99B	2:22.49	2:07.29	15 & Over 200 Free	1:54.79	2:11.59	100B
105A	NT	1:10.19	13/14 100 100 IM	1:05.39	NT	106A
105B	NT	1:07.99	15 & Over 100 IM	1:01.99	NT	106B
			5 Min. Break			
109	NT	NT	13/14 400 Free Relay ^	NT	NT	110
111	NT	NT	19 & Under 400 Free Relay ^	NT	NT	112

^ - Timed Final, All Heats swim with Prelims

Sunday Finals Order of Events - East Pool - Warm Up 3:30pm, Start 5pm

Female Ev #	Event Title	Male Ev #
77	10 & Under 50 Back	78
79	11/12 100 Back	80
81A	13/14 100 Back	82A
81B	15 & Over 100 Back	82B
83	10 & Under 100 Fly	84
85	11/12 200 Fly	86
87A	13/14 200 Fly	88A
87B	15 & Over 200 Fly	88B
89	10 & Under 100 Breast	90
91	11/12 100 Breast	92
93A	13/14 100 Breast	94A
93B	15 & Over 100 Breast	94B
95	10 & Under 50 Free	96
97	11/12 200 Free	97
99A	13/14 200 Free	100A
99B	15 & Over 200 Free	106B
101	10 & Under 100 IM	102
103	11/12 100 IM	104
105A	13/14 100 IM	106A
105B	15 & Over 100 IM	106B