

2020 Florida Swimming
Spring Age Group Championships

March 5 – March 8, 2020

OME OPENS: 12:01 AM EST Friday - January 10, 2020

OME CLOSSES: 12:00 PM (NOON) EST Monday - March 2, 2020

Sanctioned By: Florida Swimming of USA Swimming Sanction # 5023
"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming 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."

Conditions of Sanction:

- 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.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
- 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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.
- 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.

Hosted By: YMCA of Central Florida

Location: **Rosen YMCA Aquatic Center**
8422 International Drive
Orlando, FL 32819
(407) 363-1911

Type of Meet: 25 yd. Short Course
10 & U Timed Finals Session (Following Preliminary Session)
11-12, 13-14 Prelims, Consolation and Championship Finals
Flyover starts may be used at the discretion of the meet referee. Two pools may be used during preliminary and timed finals sessions.

Date & Time: Thursday, February March 5 - Timed Finals 5:00 PM
Friday & Saturday, March 6 and March 7 - Prelims 9:00 AM, Finals 5:00 PM
10 & Under Timed Finals Session – A minimum of 1 hour after the conclusion of prelims
Sunday, March 8 - Prelims 9:00 AM, Finals 4:30 PM
10 & Under Timed Finals Session – A minimum of 1 hour after the conclusion of prelims

Spectator Access (NEW): Per YMCA access control policy and in support of USA Swimming SafeSport best practices, all visiting event spectators will be required to present a government issued ID (driver's license or passport) and will be subject to a sex offender background check before being allowed access into the YMCA.

This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

Pool Specifications: Two certified indoor, 25 yard, 8 lane competition pools with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start and turn. Water depth at the competition starting end(s) is a minimum of five (5) feet.

Timing Equipment: Full Video Display Scoreboard.
Colorado Automatic Timing Equipment

Warm-up: One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelim sessions.
One (1) hour Twenty (20) minutes before each final session.
Pace lanes will be maintained during the 500, 1000, and 1650 races.

Eligibility: All current Florida Swimming athletes who have been registered with the LSC for 120 days prior to the first day of the Florida Age Group Championship Meet, and who have achieved the current Age Group Championship time standards as listed, from January 1, 2019 through the entry deadline, may participate in the Florida Swimming Age Group Championships. On deck registration with USA/Florida Swimming will not be allowed.

Former FL swimmers who are not registered/ re-registered by the 120 day point prior to the Age Group Championship Meet are eligible provided they did not register for any other team outside the LSC during the 120 days prior to the Age Group Championship Meet. They must be re-registered prior to the entry deadline for FLAGS.

In order to accommodate swimmers who transfer into the Florida LSC within the 120 day window, transfer swimmers may apply for an exemption of the 120 day rule provided they petition the Age Group Chairman and provide proof of permanent residence within LSC boundaries by the athlete and their parent/guardian. Proof of residence requires copies of all of the following documents:

1. Florida Driver's License
2. Florida Vehicle registration
3. Notarized statement from the parent/guardian as to the reason for transfer

Petitions must be submitted to Vanessa Brewer no later than two weeks prior to the entry deadline (February 17, 2020 at 11:59 pm) for the Age Group Championship Meet. The petitioner will be notified of the decision no less than one week prior (by February 24, 2020) to the entry deadline for the meet.

**Disability
Swimming:**

Florida Swimming encourages the participation of USA Swimming members with disabilities in this meet. The swimmer's disability must meet the definition of a disability as outlined in USA-Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved the included qualifying times for this meet. Entries for swimmers with disabilities should be submitted via OME, with an e-mail to: meet.support@sportstiming.com (Billy & Victoria Culbertson) PRIOR to submission.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-Swimming Rule 105.4.

Any athlete with a disability will be accommodated to the best of meet management's ability. Please contact the Meet Director () at least two weeks prior to the start of the event to allow for preparation.

Entry Limit:

Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". In order to enter an A Relay, teams must have 2 individual qualifiers in that age and gender. In order to enter a B Relay, teams must have 6 individual qualifiers in that age and gender. Over-entries will be automatically dropped when the limit is met for the meet and/or day. No conversions of times are acceptable. Deck entries will not be permitted.

Proof of Times: Times achieved between January 1, 2019 and the entry deadline for swimmers listed in the USA-S National TIMES Data Base with qualifying times will be permitted to swim individual events. Swimmers with qualifying times who are not listed in this data base must provide proof of time with their OME Age Group Championship entry, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time. No conversions of times are acceptable for entries. All individual entered times must be provable and be faster than or equal to the qualifying time. Override times that cannot be proven by the Entry Coordinator during the entry process will be seeded in the meet, however, will not be allowed to compete unless time is proven with the Meet Referee at least 1 hour prior to that event's session beginning.

Positive Check-In	Events: 1-4	1000 Free	4:00 PM -Thursday, March 5
	Events: 5-6	800 Free Relay	4:00 PM -Thursday, March 5
	Events: 29-30	400 IM	8:30 AM -Friday, March 6
	Events: 31-34	400 Med Relay	8:30 AM -Friday, March 6
	Events: 65-68	500 Free	8:30 AM - Saturday, March 7
	Events: 69-72	400 Free Relay	8:30 AM - Saturday, March 7
	Events: 81-82	500 Free	30min prior to session-Sat,Mar 8
	Events: 83-84	1650 Free	8:30 AM -Sunday, March 8

FINES **Late entries will be accepted up to 24 hours of OME closing and will be charged a \$100 processing + 2x the entry fee.**

Clubs with swimmers that fail to swim in Finals on Sunday night without Scratching will incur a \$100 club fine per event.

Scratch Penalty: Preliminary and Timed Final events:

No penalty for scratching on the blocks in prelims with the exception of individual positive check-in deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the Admin Ref, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

1. Any swimmer who competes in a preliminary heat and qualifies as one of the original 16 finalists must swim in that final's event; or must notify the Admin Ref that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers.
2. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.
3. Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.
4. A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Deck Registration: Deck Registration will not be permitted.

Entry Fee: \$6.00 per individual event
\$10.00 per relay
\$15.00 facility fee per swimmer
\$1.00 per swimmer LSC Swimmer Support.
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

Checks payable to: YMCA of Central Florida

Mailing Address: Rosen YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819

Entries: **ENTRY PROCEDURES - READ CAREFULLY**
SEE "OME" INSTRUCTIONS FOR MORE INFORMATION – POSTED ON FLORIDASWIMMING.ORG

On-Line Meet Entry (OME) - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team". **Paper, FAX, and Email entries will not be accepted.**

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Late entries will be accepted up to 24 hours of OME closing and will be charged a \$100 processing + 2x the entry fee.

OME HELP: Billy & Victoria Culbertson meet.support@sportstiming.com. 843.628.5486

Entry Deadline: Entries are to be completed through USA-S OME online entry, and it must be finished by March 2, 2020 by 12:00 pm (NOON). No faxed entries accepted. You may enter your swimmers prior to the entry deadline and close out those entries, to ensure the entries are accepted and still add to your entries based on swims from Last Chance Meets prior to the entry deadline.

Seeding: Non-conforming times will be seeded after short course yard qualifying times. Seeding is as follows:

1. Short Course Yards
2. Long Course Meters
3. Short Course Meters

All events will be seeded and swum in the preliminaries fastest heats to slowest heats, unless otherwise noted in this meet letter. All 10 & Unders will be swum slowest heats to fastest heats.

All evening Finals events will be swum championship heat followed by consolation heat.

Officials: Meet Referee:
Admin Referee:
Assistant Admin Referee:
Administrative Official: Billy and Victoria Culbertson
Chief Judge:
National Evaluator(s):
Head Marshall:
Meet Manager:
All officials interested in officiating the meet should contact Chief Judge:

National Officials Certification: This meet is seeking designation as an Officials' Qualifying Meet for N2 and N3 certification from USA Swimming.

Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Team: High Point 1st - 3rd
Team Sportsmanship Award
Individual: High Point Award for each age group and gender
1-3 Medals, 4-8 Ribbons
Relays: 1-3 Medals, 4-8 Ribbons

Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.

Identification: Coaches and Officials shall wear their 2020 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2020 USA-S coach membership on Deck Pass.

USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area. Deck changing is prohibited.

Camera Zones: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

For Information: FL Age Group Chair: Ryan Gober (ryan@swimgtsa.com)
FL Swimming Office: Vanessa Brewer, (352)242-5145 or vanessa.brewer@floridaswimming.org

Rules: Current USA Swimming Technical Rules will govern the meet.

Warm-Up Schedule

***** NO EQUIPMENT PERMITTED *****

*** EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL.

Thursday PM:

3:00-4:20p: General Warm-Up

4:20-4:50p: Controlled Warm-Up

Friday-Sunday Prelims:

7:00-8:20: Assigned Warm-Ups

8:20-8:50: Controlled Warm-Up

Friday-Sunday 10&Under Session:

30 Minutes: General Warm-up

20 Minutes: Controlled Warm-up

Friday & Saturday Finals Session:

3:30-4:20p: General Warm-Up

4:20-4:50p: Controlled Warm-Up

Sunday Finals Session

3:00-3:50p: General Warm-Up

3:50-4:30p: Controlled Warm-Up

Controlled warm up is:

1. Pace 50 and 100 circle swimming - push off
2. Racing starts (one length from start end only)
3. Racing starts (one length from opp.end)
4. Swimming and pulling, push off
5. Swimming and pulling, push off
6. Racing starts (one length from opp.end)
7. Racing starts (one length from start end only)
8. Pace 50 and 100 circle swimming - push off

Order of Events

Thursday, 3/5/2020 – Start at 5 p.m.

Ev #	Event
1-2	13-14 1000 Free
3-4	11-12 1000 Free
5-6	13-14 800 Free Relay

Events 1-6: are deck seeded events and are Timed Finals.

Friday, 3/6/20 – Prelims start at 9 a.m./Finals start at 5 p.m.

Ev #	Event
7-8	11-12 200 Free Relay
9-10	13-14 200 Free Relay
11-12	11-12 200 Free
13-14	13-14 200 Free
15-16	11-12 200 Breast***
17-18	13-14 200 Breast
19-20	11-12 100 Fly
21-22	13-14 100 Fly
23-24	11-12 50 Breast
25-26	13-14 50 Breast***
27-28	11-12 100 IM
29-30	13-14 400 IM
31-32	11-12 400 Medley Relay
33-34	13-14 400 Medley Relay

Events 7-10: are Timed Finals, competed at the start of prelims
 There will be a 5 minute break after Events 9 & 10
 Events 31-34: are positive check-in events. They are Timed Finals, the top 16 teams in each event will swim at the conclusion of finals, while all other relays will compete at the end of prelims
 Events 29-30: are positive check-in events.
 ***: To Compete in these events swimmers must have the standard for the correlating 100 event.

Friday, 3/6/20 – Timed Finals Session (Start no earlier than 1 hour after the conclusion of prelims)

Ev #	Event
35-36	10 & Under 200 Free Relay
37-38	10 & Under 200 Free
39-40	10 & Under 100 Breast
41-42	10 & Under 50 Fly
43-44	10 & Under 100 IM

Breaks in this session may be added at the discretion of the meet referee.

Saturday, 3/7/2020 - Prelims start at 9 a.m./Finals start at 5 p.m.

Ev #	Event
45-46	11-12 200 Medley Relay
47-48	13-14 200 Medley Relay
49-50	11-12 50 Free
51-52	13-14 50 Free
53-54	11-12 200 IM
55-56	13-14 200 IM
57-58	11-12 100 Back
59-60	13-14 100 Back
61-62	11-12 50 Fly
63-64	13-14 50 Fly***
65-66	11-12 500 Free
67-68	13-14 500 Free
69-70	11-12 400 Free Relay
71-72	13-14 400 Free Relay

Events 45-48: are Timed Finals, competed at the start of prelims
 There will be a 5 minute break after Events 47 & 48
 Events 69-72: are positive check-in events. They are Timed Finals, the top 16 teams in each event will swim at the conclusion of finals, while all other relays will compete at the end of prelims
 Events 65-68: are positive check-in events.
 ***: To Compete in these events swimmers must have the standard for the correlating 100 event.

Saturday, 3/7/20 – Timed Finals Session (Start no earlier than 1 hour after the conclusion of prelims)

Ev #	Event
73-74	10 & Under 200 Medley Relay
75-76	10 & Under 100 Fly
77-78	10 & Under 50 Free
79-80	10 & Under 50 Back
81-82	10 & Under 500 Free

Events 81-82: are positive check in events

Breaks in this session may be added at the discretion of the meet referee.

Sunday, 3/8/20 - Prelims start at 9 a.m./Finals start at 4:30 p.m.

Ev #	Event
83-84	13-14 1650 Free
85-86	11-12 50 Back
87-88	13-14 50 Back***
89-90	11-12 200 Fly***
91-92	13-14 200 Fly
93-94	11-12 100 Free
95-96	13-14 100 Free
97-98	11-12 100 Breast
99-100	13-14 100 Breast
101-102	11-12 200 Back***
103-104	13-14 200 Back

Events 83-84: are positive check-in events; the fastest 1 heat by gender will swim during finals. All remaining heats will swim at the conclusion of prelims.

***: To Compete in these events swimmers must have the standard for the correlating 100 event.

Sunday, 3/8/20 – Timed Finals Session (Start no earlier than 1 hour after the conclusion of prelims)

Ev #	Event
105-106	10 & Under 100 Free
107-108	10 & Under 50 Breast
109-110	10 & Under 200 IM
111-112	10 & Under 100 Back

Breaks in this session may be added at the discretion of the meet referee.

10 & U Girls	11 Girls	12 Girls	13 Girls	14 Girls		10 & U Boys	11 Boys	12 Boys	13 Boys	14 Boys
31.69	28.19	27.39	26.29	25.79	50 Free	31.89	28.29	27.39	24.89	24.59
1:10.19	1:00.49	59.49	56.79	55.79	100 Free	1:10.79	1:00.99	59.09	54.59	53.09
2:32.69	2:12.99	2:09.49	2:02.39	2:00.09	200 Free	2:31.89	2:14.69	2:09.69	1:58.79	1:54.39
6:37.39	5:48.19	5:42.89	5:28.29	5:22.59	500 Free	6:37.39	5:57.09	5:43.69	5:14.29	5:06.89
x	12:01.99	11:52.89	11:17.99	11:06.99	1000 Free	x	12:17.99	12:01.49	10:59.99	10:42.49
x	x	x	18:59.99	18:44.99	1650 Free	x	x	x	18:29.99	18:14.99
37.59	32.99	32.09	x	x	50 Back	38.09	33.49	32.49	x	x
1:21.19	1:10.19	1:08.59	1:04.39	1:03.69	100 Back	1:21.29	1:11.89	1:08.89	1:02.69	1:00.29
x	x	x	2:18.79	2:16.59	200 Back	x	x	x	2:16.99	2:11.89
41.99	37.19	35.39	x	x	50 Breast	43.49	38.09	36.29	x	x
1:33.39	1:20.29	1:18.49	1:14.19	1:13.29	100 Breast	1:34.69	1:22.09	1:19.69	1:12.09	1:08.79
x	x	x	2:40.99	2:39.19	200 Breast	x	x	x	2:35.29	2:31.59
35.99	31.09	29.89	x	x	50 Fly	36.69	31.99	30.79	x	x
1:23.99	1:10.49	1:07.69	1:03.29	1:01.89	100 Fly	1:25.59	1:11.69	1:09.69	1:02.69	58.99
x	x	x	2:23.39	2:19.49	200 Fly	x	x	x	2:20.29	2:15.09
1:19.99	1:10.99	1:09.19	x	x	100 IM	1:22.29	1:11.49	1:09.59	x	x
2:53.39	2:31.99	2:28.29	2:20.19	2:18.79	200 IM	2:55.29	2:34.69	2:28.69	2:15.99	2:09.39
x	x	x	4:57.69	4:54.09	400 IM	x	x	x	4:53.79	4:39.49

2020 Age Group Championships Time Standards-Long Course Meters

10 & U Girls	11 Girls	12 Girls	13 Girls	14 Girls		10 & U Boys	11 Boys	12 Boys	13 Boys	14 Boys
35.39	31.59	30.89	29.59	29.09	50 Free	35.99	31.89	30.99	28.69	27.99
1:18.09	1:08.79	1:07.29	1:03.79	1:02.79	100 Free	1:18.99	1:08.99	1:06.79	1:01.69	1:00.49
2:50.99	2:28.39	2:24.39	2:18.39	2:16.19	200 Free	2:52.39	2:27.99	2:25.19	2:14.29	2:11.59
5:57.99	5:11.99	5:02.59	4:51.29	4:46.79	400 Free	6:00.29	5:13.99	5:07.49	4:41.19	4:36.39
x	10:51.99	10:37.19	10:07.49	9:59.89	800 Free	x	11:05.99	10:51.49	9:59.99	9:51.59
x	x	x	19:39.99	19:24.99	1500 Free	x	x	x	19:05.89	18:50.99
42.89	37.29	36.49	x	x	50 Back	43.69	37.99	37.19	x	x
1:33.39	1:20.59	1:18.69	1:14.09	1:12.89	100 Back	1:33.49	1:21.49	1:19.39	1:12.69	1:11.39
x	x	x	2:38.49	2:35.39	200 Back	x	x	x	2:35.99	2:33.59
48.09	42.09	41.09	x	x	50 Breast	49.49	43.09	41.79	x	x
1:44.99	1:31.69	1:29.39	1:25.49	1:23.99	100 Breast	1:47.99	1:34.59	1:31.99	1:21.29	1:20.89
x	x	x	3:02.99	3:01.29	200 Breast	x	x	x	2:58.49	2:54.19
39.79	34.29	33.39	x	x	50 Fly	40.99	35.89	33.99	x	x
1:35.99	1:18.59	1:16.49	1:11.59	1:10.59	100 Fly	1:36.49	1:20.99	1:17.99	1:09.79	1:06.79
x	x	x	2:44.89	2:38.89	200 Fly	x	x	x	2:39.99	2:32.89
3:16.09	2:51.69	2:46.99	2:38.99	2:37.39	200 IM	3:18.89	2:54.29	2:49.09	2:36.99	2:32.19
x	x	x	5:38.09	5:36.39	400 IM	x	x	x	5:31.99	5:24.79