

**Florida Swimming mandates that all persons on the pool deck or in the facility during a Florida Swimming sanctioned/approved meets must wear a mask at all times and is enforceable by meet management and/or facility.**

## **2021 Florida Swimming**

### **Spring Senior Championships**

**March 11-14, 2021**

*North: Rosen Aquatic & Fitness Center, Orlando, FL*

*South: Long Center Pool, Clearwater, FL*

**\*\*IMPORTANT\*\***

**COVID Protocols for each facility are listed at the conclusion of the Meet Announcement**

**OME OPENS:** 12:01 AM EST Monday - February 8, 2021

**OME CLOSSES:** 12:00 PM (NOON) EST Monday - March 8, 2021

**Sanctioned By:** Florida Swimming of USA Swimming Sanction # **FL 5552-NORTH/5552-SOUTH**  
"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.

**COVID-19:** In applying for this sanction, SITE HOST agrees to comply and enforce all health and safety guidelines of USA Swimming, Florida Swimming and the city of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned

event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Hosted By &  
Location::**

**NORTH:**  
Rosen Aquatic & Fitness Center  
8422 International Drive  
Orlando, FL 32819

**SOUTH:**  
Clearwater Aquatic Team  
1501 N Belcher Road  
Clearwater, FL 33765

**Type of Meet:**

25 yd. Short Course

A-Finals, B-Finals, and C-Bonus Finals – Senior Events

A-Finals, B-Finals – 15-16 year old Events

All age groups will swim combined in preliminary events and will be broken out by age group for finals events. In the Finals Sessions, the order of events shall be A Final, B Final, C Final, if applicable (Fast to Slow). The C Final is limited to those athletes 18 years and younger.

**\*\*Preliminary sessions may be combined or separated. The final decision regarding order of events will be made by Senior Chair, meet hosts, and meet referee following the close of entries.\*\***

Flyover and/or Chase starts may be used at the discretion of the meet referee. No changes in meet operation will occur without concurrence of the Sr. Chair & Committee. Warm up assignments will be made by Sr. Chair or designee if needed.

**Distance Events:**

Swimmers may swim the 1000 free if they have the 1650 cut or they may swim the 1650 if they have the 1000 cut.

Thursday night events will be the 1000 yd. freestyle for Men and Women. Meet management has the option of alternating Women and Men and fighting if it is necessary by swimming 4 F/M heats then starting relays.

In the event of fighting, 400's and above will also be consolidated and swam fast to slow while possibly alternating women and men. The fastest four heats of each swimming in session 1.

Sunday will be the 1650 for Men and Women and will be consolidated by gender. The fastest two heats 1 M/F of 1650 will be swum at the beginning finals. Check in deadline for 1650 will be 8:15 AM Sunday.

**Date & Time:**

Thursday, March 11 - Timed Finals 5:00 PM

Friday & Saturday, March 12 and March 13 - Prelims TBD-AM, Finals 5:00 PM

Sunday, March 14 - Prelims TBD-AM, Finals 4:30 PM

**Spectator Access:**

Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and is a condition of the sanction of this meet.

Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older.

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:**

NORTH: Indoor, 25 yard, 8 lane competition pool with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start and turn.

SOUTH: Indoor, 25-yard, 8 lane competition pool that varies in depth from 12 feet at the start end to 4 feet at the turn end.

**Timing Equipment:**

NORTH: Full Video Display Scoreboard, Colorado Automatic Timing Equipment

SOUTH: Daktronics Timing System, Display Scoreboard

**Warm-up:**

TBD - warmups will be determined based on entries for each site. One hour and fifteen (15) minutes will be guaranteed.

Pace lanes will be maintained during the 500, 1000, and 1650 races.

**Eligibility:**

Open to all currently registered 2021 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed between February 25, 2018 and March 9, 2021, the meet entry deadline.

No conversions of times are acceptable. Late entries will be permitted as stated in meet letter.

**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: [eva@fastswimresults.com](mailto:eva@fastswimresults.com) (Eva Gronke) 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". Over-entries will be automatically dropped when the limit is met for the meet and/or day.

**Bonus Events:**

The "Bonus Event" Rule will be in effect for this meet. The formula is as follows: Swimmers qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitations on number of swims and qualifying bonus standards must be met. Each bonus swim entered must be a provable time. NT entries will not be accepted. In the OME system, select "Enter as Bonus" to enter bonus events. No Bonus Events for 1000 and 1650.

**Positive Check-In**

Events: 1-4	1000 Free	4:15 PM -Thursday, March 11
Events: 5-6	800 Free Relay	4:45 PM -Thursday, March 11
Events: 7-8	200 Free Relay	7:50 AM -Friday, March 12
Events: 25-28	400 IM	8:15 AM -Friday, March 12
Events: 29-30	400 Med Relay	8:15 AM -Friday, March 12
Events: 31-32	200 Med Relay	7:50 AM -Saturday, March 13
Events: 49-52	500 Free	8:15 AM - Saturday, March 13
Events: 53-54	400 Free Relay	8:15 AM - Saturday, March 13
Events: 75-78	1650 Free	8:15 AM -Sunday, March 14

**Note: There will be a scratch box for swimmers/coaches to declare scratches, located at the Clerk of Course Table.**

**Courtesy Check-In – Available until 5:30 p.m. the night prior to the event.**

**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 deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the clerk of course, 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 or 24 finalists as announced must swim in that final's event; or must notify the clerk of course 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.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

- NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starters stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.
- NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.
- NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 17-24 who do not wish to swim in finals are strongly urged to scratch.

**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.  
OME is set up with zero entry fee charges to allow all teams to pay by check.

**Refunds:**

Once a team or individual entry has been received and processed, there will be no refunds.

**Checks payable to:**

CHECKS MUST BE RECEIVED BY START OF THE MEET

NORTH: Rosen Aquatic & Fitness Center

Mailing Address: 8422 International Drive Orlando, FL 32819

SOUTH: Clearwater Aquatic Team

Mailing Address: 1501 N. Belcher Rd., Ste. 229 Clearwater, FL 33765

**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.**

**OME OPENS: 12:01 AM EST Monday, February 8, 2021**  
**OME CLOSES: 12:00 PM (NOON) EST Monday - March 8, 2021**

**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:** [eva@fastswimresults.com](mailto:eva@fastswimresults.com) (Eva Gronke)

**Entry Deadline:**

Entries are to be completed through USA-S OME online entry, and it must be finished by March 8, 2021 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.

**Proof of Time:**

Swimmers listed in the National Data Base with qualifying times achieved within the qualifying period (February 25, 2018 to March 8, 2021) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times. No conversions will be allowed. The swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

**Seeding:**

All swimmers must enter with times achieved within the two year qualifying period. Nonconforming times will be seeded after short course yard qualifying times.

Seeding is as follows:

1. Short Course Yards
2. Long Course Meters

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

**Officials:**

**NORTH:**

Meet Referee: Mike Brewer ([brewmike29@gmail.com](mailto:brewmike29@gmail.com))  
Admin Referee: Quinn Sampson  
Administrative Official:  
Chief Judge: TBD  
Head Marshall:  
Meet Manager:

**SOUTH:**

Meet Referee: John Jansen ([swimarea3@gmail.com](mailto:swimarea3@gmail.com))  
Admin Referee: Gary Sanderson  
Administrative Official:  
Chief Judge: Dorene Sprague  
Head Marshall:  
Meet Manager:

**Scoring:**

Prelim/Finals: Final results and scores from both North & South will be combined and scored as follows.

Timed Finals Events: All results from both the North & South will be combined and scored as follows.

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:**

Final results and scores from both North & South will be combined and the following awards will be distributed.  
Team: Championship and Runner-Up Trophy  
Individual: High Point Plaque for each age group and gender  
1-3 Medals, 4-8 Ribbons  
Relays: 1-3 Medals

<b>Team Representative:</b>	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.
<b>Identification:</b>	Coaches and Officials shall wear their 2021 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2021 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.
<b>Camera Zones:</b>	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.
<b>For Information:</b>	FL Senior Chair: Peter Banks (pbanks4583@gmail.com) FL Swimming Office: Vanessa Brewer, (352)242-5145 or <a href="mailto:vanessa.brewer@floridaswimming.org">vanessa.brewer@floridaswimming.org</a>
<b>Rules:</b>	Current USA Swimming Technical Rules will govern the meet.

## Warm-Up Schedule

**\*\* TBD - warmups will be determined based on entries for each site. \*\***

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

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

Training equipment is not allowed during warmup.

General Warm-up until the last 40 minutes prior to meet start unless otherwise specified by meet management.

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

**\*\*Prelim sessions may be combined or separated. Order of events will be decided following the close of entries.\*\***

**Thursday, 3/11/2021 – Start at 5 p.m.**

Ev #	Event
1-2	15-16 1000 Free
3-4	Senior 1000 Free
5-6	Senior 800 Free Relay

Events 1-6 are positive check-in events with 1-4 deck seeded; all are swum on Thursday and are Timed Finals.

**Friday, 3/12/21 – Prelims\*\*/Finals start at 5 p.m.**

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

Events 7-8 & 25-30: are positive check-in events.

Events 7-8 & 29-30: are Timed Finals in Prelims.

Events 25-28: Heats for the 400 IM are deck seeded and will be swum fastest to slowest.

**Saturday, 3/13/2021 - Prelims\*\*/Finals start at 5 p.m.**

Ev #	Event
31-32	Senior 200 Medley Relay
33-34	15-16 50 Free
35-36	Senior 50 Free
37-38	15-16 200 IM
39-40	Senior 200 IM
41-42	15-16 100 Back
43-44	Senior 100 Back
45-46	15-16 50 Fly
47-48	Senior 50 Fly
49-50	15-16 500 Free
51-52	Senior 500 Free
53-54	Senior 400 Free Relay

Events 31-32 & 49-54: are positive check-in events.

Events 31-32 & 53-54: are Timed Finals in Prelims.

Events 49-52: Heats for the 500 Free are deck seeded and will be swum fastest to slowest.

**Sunday, 3/13/2021 - Prelims\*\*/Finals start at 4:30 p.m.**

Ev #	Event
55-56	15-16 50 Back
57-58	Senior 50 Back
59-60	15-16 200 Fly
61-62	Senior 200 Fly
63-64	15-16 100 Free
65-66	Senior 100 Free
67-68	15-16 100 Breast
69-70	Senior 100 Breast
71-72	15-16 200 Back
73-74	Senior 200 Back
75-76	15-16 1650 Free
77-78	Senior 1650 Free

Events 75-78: are positive check-in events and deck seeded; the fastest 1 heat by gender will swim during finals prior to Event 55.

**2021 FLORIDA SWIMMING SENIOR CHAMPIONSHIP TIME STANDARDS**

WOMEN					MEN			
LC		SC			SC		LC	
15-16	SENIOR	15-16	SENIOR		15-16	SENIOR	15-16	SENIOR
29.29	29.29	25.99	25.89	<b>50 Free</b>	23.79	22.69	27.49	26.69
1:03.59	1:03.59	56.59	55.49	<b>100 Free</b>	51.69	49.69	1:00.59	56.79
2:16.39	2:16.19	2:01.19	2:00.69	<b>200 Free</b>	1:52.99	1:47.39	2:10.69	2:02.79
4:46.99	4:46.99	5:23.39	5:14.79	<b>400/500 Free</b>	5:05.69	4:54.79	4:35.09	4:26.19
9:51.89	9:51.89	11:01.09	11:01.09	<b>800/1000 Free</b>	10:28.19	10:28.19	9:43.59	9:17.89
19:18.99	19:18.99	18:38.39	18:38.39	<b>1500/1650 Free</b>	18:08.39	17:39.99	18:44.99	18:39.79
34.59	34.59	30.59	30.59	<b>50 Back</b>	27.89	27.89	32.59	31.59
1:12.59	1:12.59	1:03.79	1:04.39	<b>100 Back</b>	59.09	59.09	1:10.39	1:06.99
2:37.79	2:37.79	2:18.99	2:18.99	<b>200 Back</b>	2:12.09	2:10.79	2:32.09	2:31.09
40.19	40.19	35.09	35.09	<b>50 Breast</b>	31.69	31.69	37.19	36.59
1:25.19	1:25.19	1:14.49	1:13.79	<b>100 Breast</b>	1:06.79	1:06.39	1:19.19	1:19.19
3:03.49	3:03.29	2:41.39	2:39.09	<b>200 Breast</b>	2:25.99	2:25.19	2:51.59	2:52.39
32.39	32.39	28.79	28.79	<b>50 Fly</b>	26.99	26.99	30.89	29.79
1:10.79	1:10.69	1:02.39	1:02.39	<b>100 Fly</b>	55.99	54.79	1:06.99	1:02.89
2:42.59	2:42.59	2:21.99	2:18.39	<b>200 Fly</b>	2:12.19	2:10.89	2:30.89	2:30.89
2:38.19	2:39.09	2:19.59	2:18.59	<b>200 IM</b>	2:08.49	2:05.59	2:28.39	2:24.09
5:35.99	5:33.69	4:53.69	4:49.49	<b>400 IM</b>	4:45.29	4:30.49	5:31.99	5:22.39

### 2020 FLORIDA SWIMMING SENIOR CHAMPIONSHIP BONUS TIME STANDARDS

WOMEN					MEN			
LC		SC			SC		LC	
15-16	SENIOR	15-16	SENIOR		15-16	SENIOR	15-16	SENIOR
30.49	30.49	27.19	27.09	<b>50 Free</b>	24.99	23.89	28.69	27.89
1:05.99	1:05.99	58.99	57.89	<b>100 Free</b>	54.09	52.09	1:02.99	59.19
2:21.19	2:20.99	2:05.99	2:05.49	<b>200 Free</b>	1:57.79	1:52.19	2:15.49	2:07.59
4:56.99	4:56.99	5:33.39	5:24.79	<b>400/500 Free</b>	5:15.69	5:04.79	4:45.09	4:36.19
---	---	---	---	<b>800/1000 Free</b>	---	---	---	---
---	---	---	---	<b>1500/1650 Free</b>	---	---	---	---
**	**	**	**	<b>50 Back</b>	**	**	**	**
1:14.99	1:14.99	1:06.19	1:06.79	<b>100 Back</b>	1:00.49	1:00.49	1:12.79	1:09.39
2:42.59	2:42.59	2:23.79	2:23.79	<b>200 Back</b>	2:16.89	2:15.59	2:36.89	2:35.89
**	**	**	**	<b>50 Breast</b>	**	**	**	**
1:27.59	1:27.69	1:16.89	1:16.19	<b>100 Breast</b>	1:09.19	1:08.79	1:21.59	1:17.99
3:08.29	3:08.09	2:46.19	2:43.89	<b>200 Breast</b>	2:30.79	2:29.99	2:56.39	2:52.29
**	**	**	**	<b>50 Fly</b>	**	**	**	**
1:13.19	1:13.09	1:04.79	1:04.79	<b>100 Fly</b>	58.39	57.19	1:09.39	1:05.29
2:47.39	2:47.39	2:26.79	2:23.19	<b>200 Fly</b>	2:16.99	2:15.69	2:35.69	2:35.69
2:42.99	2:43.89	2:24.39	2:23.39	<b>200 IM</b>	2:13.29	2:10.39	2:38.69	2:28.89
5:45.59	5:43.29	5:03.29	4:59.09	<b>400 IM</b>	4:54.89	4:40.09	5:40.99	5:31.99

\*\* Must have corresponding 100 time standard to swim this event.



# USA SWIMMING & FLORIDA SWIMMING COVID-19 SUPPLEMENT

## NORTH SENIOR CHAMPIONSHIPS – ROSEN AQUATIC & FITNESS CENTER (ORLANDO)

### 1. SOCIAL DISTANCING PROTOCOLS

- Temperature checks will be mandatory to enter the facility. Individuals should not come to the facility if they have a fever or have felt ill in the last 24 hours. If you feel ill, please get tested and report positive tests to your coach ASAP. Please take your temperature before you walk in/leave house. A staff member may ask and record the information.
- We will have one entry and one exit to the facility. Walkways will also be one way according to the posted signs. Please social distance (6 feet apart) as you move through the facility.
- Teams will be assigned specific seating areas. (A seating diagram will be provided once all entries have been received)
- Teams will be assigned designated warmup lanes for pre-session warmup, and swimmers will maintain social distance in their lanes with no congregating at the ends of the lane.
- Swimmers should bring their own gear. There is no community equipment available (i.e. kickboards).
- Coaches will supervise social distancing in the pool; designated social distance volunteer marshals will assist in supervising social distancing in the assigned spectator and athlete seating areas.
- The locker rooms will be available for athletes to use the restroom and change. There will be a limited number of individuals allowed at any one time. One person per shower stall. We strongly encourage changing/showering at home.
- Individuals not following the social distancing guidelines will be asked to leave the facility.

### 2. SPECTATOR PROTOCOLS

- Depending on the number swimmers, there may be a limited number of spectators allowed in the venue at any time during the meet to ensure social distancing.
- Spectators will be required to maintain 6 feet of social distance from all individuals not living in the same home and be required to wear masks at all times, without exception. Those unable to comply with the published safety protocols for any reason should plan to watch the event from outside the venue.
- Spectator areas are separate from athlete/coaches areas and may be standing room only, (i.e. no bleachers or seats available for spectators).
- Tents and chairs are acceptable outside the facility as long as they are socially distanced from neighboring tents and chairs.
- Spectators willing to serve as volunteer timers on pool deck should contact the meet director via email.

### 3. PERSONNEL EXPECTATIONS

- We have a very large, semi-open air venue and are able to break it into several distinct sections that also allow for 6 feet of social distancing. We expect to limit the maximum personnel (including swimmers, coaches and officials) inside the venue to 400 at any one time.
- All attendees will be required to agree to a COVID-19 waiver as well as agree to all safety protocols. Individuals not following safety protocols will be asked to leave the facility.

### 4. SAFE SPORT CONSIDERATIONS

- All USA Swimming Safe Sport requirements and standards will remain in place at all times in conjunction with these additional COVID-19 requirements.
- Parents will be able to communicate directly with their children in common walkways or outside the facility if required.

### 5. COMPLIANCE ATTESTATION

- In applying for this sanctioned event, the Host, the Rosen Aquatic and Fitness Center, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Orange County.

### 6. MODIFICATIONS TO SAFETY PROTOCOLS

- In the event of new government, health department or venue guidance, these safety protocols may be modified at any time to ensure the safety of all personnel.

# USA SWIMMING & FLORIDA SWIMMING COVID-19 SUPPLEMENT

## SOUTH SENIOR CHAMPS – LONG CENTER (CLEARWATER)

### 1. SOCIAL DISTANCING PROTOCOLS

- We will have one entry and one exit; please social distance (6 feet apart) as you move through the facility.
- Teams will be assigned designated warmup lanes for pre-session warmup.
- Coaches will supervise social distancing in the pool; designated social distance volunteer marshals will assist in supervising social distancing in the assigned spectator and athlete seating areas.
- Individuals should not come to the facility if they have a fever or have felt ill in the last 24 hours. If you feel ill, please get tested and report positive tests to your coach ASAP. Please take your temperature before you walk in/leave house. A staff member may ask and record the information.
- The locker rooms will be available for athletes to use the restroom and change. There will be a limited number of individuals allowed at any one time.
- A limited number of spectators will be allowed inside the facility. Spectator areas are separate from athlete/coaches areas.
- Individuals not following the social distancing guidelines will be asked to leave the facility.

### 2. SPECTATOR PROTOCOLS

- Parents and spectators can observe the meet from the spectator bleachers during their child's swimming events, spectators must exit between events. Parents can enter on the west end of the building and exit on the east end of the building. Only 30 people are allowed in the viewing area upstairs at one time. Please be courteous to others and exit quickly after your swimmers' event is complete so others will be able to do the same.
- Spectators will be required to maintain 6 feet of social distance from all individuals not living in the same home. Spectators will be required to wear masks at all times, without exception. Those unable to comply with the published safety protocols for any reason should plan to watch the event from outside the venue.
- Tents and chairs are acceptable outside the fence, but county social distancing requirements must be adhered to at all times.

### 3. PERSONNEL EXPECTATIONS

- We have a very large, open-air venue and are able to break it into several distinct sections that also allow for 6 feet of social distancing. We expect to limit the maximum personnel inside the venue to 300 at any one time.

### 4. SAFE SPORT CONSIDERATIONS

- All USA-Swimming Safe Sport requirements and standards will remain in place at all times in conjunction with these additional COVID-19 requirements.
- Parents will be able to communicate directly with their children outside the facility.

### 5. COMPLIANCE ATTESTATION

- In applying for this sanctioned event, the Host, Clearwater Aquatic Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and the county of Pineallas..

### 5. MODIFICATIONS TO SAFETY PROTOCOLS

- In the event of new government, health department or venue guidance, these safety protocols may be modified at any time to ensure the safety of all personnel.

## SENIOR CHAMPS SITE ASSIGNMENTS

### North

Area Tallahassee Aquatic Club	ATAC
Beaches Aquatic Club	BAC
Blue Dolphins	BD
Brevard Swim Club	BRSC
Bolles School Sharks	BSS
Central Brevard Swimming	CBS
Cocoa Beach Tsunami Swimmers	CBTS
Central Florida Marlins	CFM
Episcopal AmberJax	EAJ
Flagler Fluid Swim Team	FFST
University of Florida	FLOR
Fast Lane Aquatics	FSLA
Gator Swim Club	GSC
Silver Hawk Aquatics	HAWK
Haines City Tritons	HCTY
Highlander Aquatic Club	HIGH
Hydro4 Swimming	H4S
Isle Swim Club	ISC
Kissimmee Swim Association	KSA
Loggerhead Aquatics	LA
Windermere Laker Aquatics	LAKR
Longwood Aquatics	LWA
Makos Aquatics Club of Gainesville	MACG
Swim Melbourne	MELB
Montverde Academy	MVAC
Nocatee Bluetide Swim Team	NBT
North Florida Swimming Inc.	NFS
Patriot Aquatics	PA
Pipeline Swimming	PS
Planet Swim Aquatics	PSA
ROCOA of Brevard	ROCO
Seminole Aquatics	SA
Saint Augustine Swim Team	SAST
Stone Crabs Swim Team	SC
Swim Jax	SJAX
South Lake Aquatic Club	SLAC
Spartan Aquatics	SPAC
Southwest Stars Swim Club	STAR
Tekmasters Swim Club	TMSC
Trinity Prep Aquatics	TPA
Titusville Swim Team	TST
Titan Swim Team	TTS
United Swim Club	USC
USRP Racers	USRP
War Eagle Aquatic Club	WEAC
Wahoo's of Jax	WOJ
West Volusia Swim Club	WVKW
YMCA of Florida's First Coast	YFFC

### South

Academy Aquatic Club	AAC
Ave Angels Swim Club	AASC
Berkeley Barracudas	BERK
Blue Wave Swimming	BW
Clearwater Aquatic Team	CAT
Charlotte County Swimming	CCS
Carrollwood Village Swim Team	CVST
Florida Elite Swimming	FE
Gulf Coast Swim Team	GCST
Greater Tampa Swim Association	GTSA
Highlands Hurricanes Swim Team	HHST
Hardee Swim Association	HSA
Indian River State College	IRSC
Lakeland Area Swimming	LAS
Lakewood Ranch Swim Association	LRSA
Lake Wales Blue Marlins	LWBM
Swim Energy Aquatics	NRG
North Tampa Aquatics	NTA
Palm Harbor YMCA Piranhas	PYP
Radiant Aquatics	RAD
Indian River Aquatics	RATS
Sun Coast Swim Team	SCST
Saint Edwards Aquatics	SEA
Sea Dragon Aquatics	SDA
Sky Family YMCA	SKY
Saint Petersburg Aquatics	SPA
Sarasota Tsunami Swim Team	SRQ
Swim Tampa Aquatics	STA
Swim Florida	SWIM
Sarasota Sharks	SYS
Treasure Coast Aquatics	TCA
Treasure Coast Conquistadores	TCSC
T2 Aquatics	T2
Tampa Bay Aquatics Club	TBAC
Tampa Bay Aquatics	TBAY
Tampa Elite Aquatics – Manta Rays	TEAM
Riptide Aquatics	TIDE
Team Velocity	TV
Tampa YMCA Swimming	TYS
West Coast Aquatics	WCA
West Florida Lightning Aquatics	WFLA