

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 Age Group Championships
March 4-7, 2021**

North: Rosen Aquatic & Fitness Center, Orlando, FL

South: North Shore Pool, St. Petersburg, FL

****IMPORTANT****

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

OME Opens: 12:01am EST: Monday - February 1, 2021

OME Closes: 12:00pm (noon) EST: Monday – March 1, 2021

Sanctioned By: Florida Swimming of USA Swimming Sanction # **FL 5551-NORTH/5551-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:	North: Rosen Aquatic & Fitness Center	South: Tampa Bay Aquatic Club & West Florida Lightning Aquatics
	Location: Rosen Aquatic & Fitness Center 8422 International Drive Orlando, FL 32819	North Shore Pool 901 North Shore Drive, NE St. Petersburg, FL 33701

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.

Type of Meet: 25yd Short Course
11-12 & 13-14: Prelims, Finals (Top 16 swimmers at each site)
10&Under: Timed Finals

- Date & Time:** Thursday, March 4- Timed Finals 5:00p
- Friday & Saturday March 5 & 6-
13-14 Prelims 8:30a
11-12 Prelims/ 10&Under Timed Finals (guaranteed 1 hour of warm-up after 13-14 session)
11-12 & 13-14 Finals 5:30p
- Sunday March 7-
13-14 Prelims 8:30a
11-12 Prelims/ 10&Under Timed Finals (guaranteed 1 hour of warm-up after 13-14 session)
11-12 & 13-14 Finals 5:00p
- 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: 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*: 25 yard, 10 lane competition pool with non-turbulent lane lines. Water depth in the competition pool is 4 feet minimum at start and turn.
- *10 lanes may be used during Preliminary and Time Finals sessions based on timelines and entries.
- Timing Equipment:** Full Video Display Scoreboard & Colorado Automatic Timing Equipment
- Warm-Up:** 13-14: One (1) hour Twenty (20) minutes prior to prelim sessions.
11-12, 10&Under: One (1) hour prior to session.
Finals: One (1) hour Twenty (20) minutes before each final session
- 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 15, 2021 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 22, 2021) 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:

NORTH & SOUTH: 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 Referee (Brett Ewald) at least two weeks prior to the start of the event 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.

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

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:	200 Medley Relay	4:00p Thursday March 4
	5-8:	1000 Freestyle	4:00p Thursday March 4
	9-10:	800 Free Relay	4:00p Thursday March 4
	35-36:	400 IM	8:00a Friday March 5
	41-42	200 Free Relay	8:00a Friday March 5
	39-40 & 43-44	200 Free Relay	** Friday March 5
	69-70	500 Freestyle	8:00a Saturday March 6
	75-76	400 Medley Relay	8:00a Saturday March 6
	67-68 & 71-72	500 Freestyle	** Saturday March 6
	73-74	200 Medley Relay	** Saturday March 6
	77-78	400 Medley Relay	** Saturday March 6
	79-80	1650 Freestyle	8:00a Sunday March 7
	111-112	400 Free Relay	8:00a Sunday March 7
	109-110	400 Free Relay	** Sunday March 7

** 30 minutes before designated start of session

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.

Entry Fees: \$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.

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

Checks Payable To: NORTH: Rosen Aquatic & Fitness Center
Mailing Address: 8422 International Drive Orlando, FL 32819

SOUTH: TBAC
Mailing Address: PO Box 1063 Crystal Beach, FL 34681

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: 12:01am EST: Monday - February 1, 2021

OME CLOSES: 12:00pm (noon) EST: Monday – March 1, 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 (Eva Gronke) PRIOR to submission.

Entry Deadline: Entries are to be completed through USA-S OME online entry, and it must be finished by March 1, 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.

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.

Prelim/Final Events have top 3 heats circle seeded (Top 2 Heats in the 400 IM and 500 Free).

The order of final heats will be A (1st-8th seed) then B (9th-16th seed).

Officials:

Combined Meet Referee: Brett Ewald

North:

Meet Referee: Bart Smith

Admin Referee: Quinn Sampson

Assistant Admin Referee:

Administrative Official:

Chief Judge: TBD
Head Marshall:
Meet Manager:

South:

Meet Referee: Adrienne Cardwell
Admin Referee: Eva Gronke
Assistant Admin Referee:
Administrative Official:
Chief Judge: TBD
Head Marshall:
Meet Manager:

**Combined
Scoring:**

Prelim/Finals Events: Finals results from both the North and South will be combined and scored as follows.

Timed Finals Events: All results from both the North and 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

**Combined
Awards:**

Final results and scores from both North & South will be combined and the following awards will be distributed.

Team: High Point 1st - 3rd

Team Sportsmanship Award

Individual: High Point Award for each age group and gender

Individual Events: 1-3 Medals, 4-8 Ribbons

Relay Events: 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 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.

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@TampaMantas.com)
FL Swimming Office: Vanessa Brewer, (352)242-5145 or
vanessa.brewer@floridaswimming.org

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

Order of Events

Breaks may be added at the discretion of the Meet Referee

Thursday 3/4/21 – 5:00p Start

Event #	Event
1-2	13-14 200 Medley Relay
3-4	11-12 200 Medley Relay
5-6	13-14 1000 Freestyle
7-8	11-12 1000 Freestyle
9-10	13-14 800 Freestyle Relay
Events 1-10: Are Timed Finals & Positive Check-In Events	

Friday 3/5/21 – Prelim Session – 8:30a Start

Event #	Events
11-12	13-14 200 Freestyle
17-18	13-14 200 Breaststroke
23-24	13-14 100 Butterfly
29-30	13-14 50 Breaststroke
35-36	13-14 400 IM
41-42	13-14 200 Freestyle Relay
Events 35-36: Are Positive Check-In Events	
Events 41-42: Are Timed Finals & Positive Check-In Events	

Friday 3/5/21 – Prelim/Timed Final Session – One hour after conclusion of 13-14 session - Start

Event #	Events
13-14	11-12 200 Freestyle
15-16	10&Under 200 Freestyle
19-20	11-12 200 Breaststroke
21-22	10&Under 100 Breaststroke
25-26	11-12 100 Butterfly
27-28	10&Under 50 Butterfly
31-32	11-12 50 Breaststroke
33-34	10&Under 100 IM
37-38	11-12 100 IM
39-40	10&Under 200 Freestyle Relay
43-44	11-12 200 Freestyle Relay
Events 39-40 & 43-44: Are Timed Finals & Positive Check-In Events	

Friday 3/5/21 – Finals Session – 5:30p Start

Event #	Events
11-12	13-14 200 Freestyle
13-14	11-12 200 Freestyle
17-18	13-14 200 Breaststroke
19-20	11-12 200 Breaststroke
23-24	13-14 100 Butterfly
25-26	11-12 100 Butterfly
29-30	13-14 50 Breaststroke
31-32	11-12 50 Breaststroke
35-36	13-14 400 IM
37-38	11-12 100 IM

Saturday 3/6/21 – Prelim Session – 8:30a Start

Event #	Events
45-46	13-14 50 Freestyle
51-52	13-14 200 IM
57-58	13-14 100 Backstroke
63-64	13-14 50 Butterfly
69-70	13-14 500 Freestyle
75-76	13-14 400 Medley Relay
Events 69-70: Are Positive Check-In Events	
Events 75-76: Are Timed Finals & Positive Check-In Events	

Saturday 3/6/21 – Prelim/Timed Final Session – One hour after conclusion of 13-14 session - Start

Event #	Events
47-48	11-12 50 Freestyle
49-50	10&Under 50 Freestyle
53-54	11-12 200 IM
55-56	10&Under 100 Butterfly
59-60	11-12 100 Backstroke
61-62	10&Under 50 Backstroke
65-66	11-12 50 Butterfly
67-68	10&Under 500 Freestyle
71-72	11-12 500 Freestyle
73-74	10&Under 200 Medley Relay
77-78	11-12 400 Medley Relay
Events 71-72: Are Positive Check-In Events	
Events 67-68, 73-74, 77-78: Are Timed Finals & Positive Check-In Events	

Saturday 3/6/20 – Final Session – 5:30p Start

Event #	Events
45-46	13-14 50 Freestyle
47-48	11-12 50 Freestyle
51-52	13-14 200 IM
53-54	11-12 200 IM
57-58	13-14 100 Backstroke
59-60	11-12 100 Backstroke
63-64	13-14 50 Butterfly
65-66	11-12 50 Butterfly
69-70	13-14 500 Freestyle
71-72	11-12 500 Freestyle

Sunday 3/7/21 – Prelim Session – 8:30a Start

Event #	Events
79-80	13-14 1650 Freestyle
85-86	13-14 50 Backstroke
91-92	13-14 200 Butterfly
97-98	13-14 100 Freestyle
103-104	13-14 100 Breaststroke
107-108	13-14 200 Backstroke
111-112	13-14 400 Freestyle Relay
Events 79-80: Are Positive Check-In Events, The top 8 swimmers in each gender will compete at the start of the Finals session. All remaining swimmers will swim at the conclusion of this preliminary session.	
Events 111-112: Are Timed Finals & Positive Check-In Events	

Sunday 3/7/21 – Prelim/Timed Finals Session – One hour after conclusion of 13-14 session - Start

Event #	Events
81-82	11-12 50 Backstroke
83-84	10&Under 100 Backstroke
87-88	11-12 200 Butterfly
89-90	10&Under 100 Freestyle
93-94	11-12 100 Freestyle
95-96	10&Under 50 Breaststroke
99-100	11-12 100 Breaststroke
101-102	10&Under 200 IM
105-106	11-12 200 Backstroke
109-110	11-12 400 Freestyle Relay
Events 109-110: Are Timed Finals & Positive Check-In Events	

Sunday 3/7/21 – Finals Session – 5:00p Start

Event #	Events
79-80	13-14 1650 Freestyle
81-82	11-12 50 Backstroke
85-86	13-14 50 Backstroke
87-88	11-12 200 Butterfly
91-92	13-14 200 Butterfly
93-94	11-12 100 Freestyle
97-98	13-14 100 Freestyle
99-100	11-12 100 Breaststroke
103-104	13-14 100 Breaststroke
105-106	11-12 200 Backstroke
107-108	13-14 200 Backstroke

2021 Age Group Championships Time Standards-Short Course Yards

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	**	**	50 Back	38.09	33.49	32.49	**	**
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	**	**	2:18.79	2:16.59	200 Back	x	**	**	2:16.99	2:11.89
41.99	37.19	35.39	**	**	50 Breast	43.49	38.09	36.29	**	**
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	**	**	2:40.99	2:39.19	200 Breast	x	**	**	2:35.29	2:31.59
35.99	31.09	29.89	**	**	50 Fly	36.69	31.99	30.79	**	**
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	**	**	2:23.39	2:19.49	200 Fly	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

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

2021 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	**	**	50 Back	43.69	37.99	37.19	**	**
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	**	**	2:38.49	2:35.39	200 Back	x	**	**	2:35.99	2:33.59
48.09	42.09	41.09	**	**	50 Breast	49.49	43.09	41.79	**	**
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	**	**	3:02.99	3:01.29	200 Breast	x	**	**	2:58.49	2:54.19
39.79	34.29	33.39	**	**	50 Fly	40.99	35.89	33.99	**	**
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	**	**	2:44.89	2:38.89	200 Fly	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

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

USA SWIMMING & FLORIDA SWIMMING COVID-19 SUPPLEMENT

NORTH FLAGS – 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 FLAGS – NORTH SHORE POOL (ST. PETERSBURG)

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 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.
- Social distancing and wearing of face masks will always be required by participants and spectators. Failure to comply will result in removal from the facility; designated social distance volunteer marshals will assist in supervising social distancing in the assigned spectator and athlete seating areas.
- Pool deck and facility will be limited to only the swimmers in the current session.
- 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. One person per shower stall. We strongly encourage changing home. Showers will not be permitted in the locker rooms.
- A limited number of spectators will be allowed inside the facility. Spectator areas are separate from athlete/coaches areas.

2. SPECTATOR PROTOCOLS

- There WILL be a limited number of spectators allowed in the venue at any time during the meet to ensure social distancing. Parents may come into the facility and sit in the bleachers on an event by event basis to watch their swimmer and must exit promptly after their child swims. No spectators will be permitted to STAY in the bleachers.
- 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. Local guidelines must be adhered to for approval.

4. 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.

FLAGS SITE ASSIGNMENTS

NORTH		SOUTH	
Area Tallahassee Aquatic Club	ATAC	Academy Aquatic Club	AAC
Beaches Aquatic Club	BAC	Ave Angels Swim Club	AASC
Blue Dolphins	BD	Berkeley Barracudas	BERK
Brevard Swim Club	BRSC	Blue Wave Swimming	BW
Bolles School Sharks	BSS	Clearwater Aquatic Team	CAT
Central Brevard Swimming	CBS	Charlotte County Swimming	CCS
Cocoa Beach Tsunami Swimmers	CBTS	Carrollwood Village Swim Team	CVST
Central Florida Marlins	CFM	Florida Elite Swimming	FE
Episcopal AmberJax	EAJ	Gulf Coast Swim Team	GCST
Flagler Fluid Swim Team	FFST	Greater Tampa Swim Association	GTSA
Fast Lane Aquatics	FSLA	Highlands Hurricanes Swim Team	HHST
Gator Swim Club	GSC	Hardee Swim Association	HSA
Silver Hawk Aquatics	HAWK	Lakeland Area Swimming	LAS
Haines City Tritons	HCTY	Lakewood Ranch Swim Association	LRSA
Highlander Aquatic Club	HIGH	Lake Wales Blue Marlins	LWBM
Hydro4 Swimming	H4S	Swim Energy Aquatics	NRG
Isle Swim Club	ISC	North Tampa Aquatics	NTA
Kissimmee Swim Association	KSA	Pipeline Swimming	PS
Loggerhead Aquatics	LA	Palm Harbor YMCA Piranhas	PYP
Windermere Laker Aquatics	LAKR	Radiant Aquatics	RAD
Longwood Aquatics	LWA	Indian River Aquatics	RATS
Makos Aquatics Club of Gainesville	MACG	Sun Coast Swim Team	SCST
Swim Melbourne	MELB	Saint Edwards Aquatics	SEA
Montverde Academy	MVAC	Sea Dragon Aquatics	SDA
Nocatee Bluetide Swim Team	NBT	Sky Family YMCA	SKY
North Florida Swimming Inc.	NFS	Saint Petersburg Aquatics	SPA
Patriot Aquatics	PA	Sarasota Tsunami Swim Team	SRQ
Planet Swim Aquatics	PSA	Swim Tampa Aquatics	STA
ROCOA of Brevard	ROCO	Swim Florida	SWIM
Seminole Aquatics	SA	Sarasota Sharks	SYS
Saint Augustine Swim Team	SAST	Treasure Coast Aquatics	TCA
Stone Crabs Swim Team	SC	Treasure Coast Conquistadores	TCSC
Swim Jax	SJAX	T2 Aquatics	T2
South Lake Aquatic Club	SLAC	Tampa Bay Aquatics Club	TBAC
Spartan Aquatics	SPAC	Tampa Bay Aquatics	TBAY
Southwest Stars Swim Club	STAR	Tampa Elite Aquatics – Manta Rays	TEAM
Tekmasters Swim Club	TMSC	Riptide Aquatics	TIDE
Trinity Prep Aquatics	TPA	Team Velocity	TV
Titusville Swim Team	TST	Tampa YMCA Swimming	TYS
Titan Swim Team	TTS	West Coast Aquatics	WCA
United Swim Club	USC	West Florida Lightning Aquatics	WFLA
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		