



**2023 Florida Swimming Summer Age Group Championships  
July 13-16, 2023**

**Site 1 (North): FAST Falcons Aquatic & Training - Ocala**  
**Site 2 (South): Gulf Coast Swim Team - Ft. Myers**

**MAJOR CHANGES TO 2023 SUMMER FLAGS – PLEASE REVIEW**

- Review Start Times for each site for Thursday
- The **1500M Freestyle** will swim after the conclusion of the Sunday Prelims session, and an additional 10 minute break. Seeding will be fast to slow, alternating heats of girls/boys.\*\*
- **RELAYS** – PLEASE review 400 relay schedule:
  - 200 Freestyle Relay (11-12 and 13-14) – Friday FINALS**
  - 400 Medley Relay – Saturday FINALS
  - 400 Freestyle Relay – Sunday PRELIMS

**2023 Florida Swimming  
Summer Age Group Championships  
July 13-16, 2023**

**Site 1 (North): FAST Falcons Aquatic & Training - Ocala  
Site 2 (South): Gulf Coast Swim Team - Ft. Myers**

OME Opens: 12:01am EST: Wednesday - June 7, 2023

OME Closes: 11:59am EST: Thursday – July 6, 2023

**NEW Qualifier OME Opens:** 12:01am EST: Friday - July 7, 2023

**NEW Qualifier OME Closes:** 12:00pm (noon) EST Monday - July 10, 2023

**COACH MEETING** TUESDAY, 7/11 @ 7PM (SOUTH), 8PM (NORTH) VIA ZOOM

**Sanctioned By:** Florida Swimming of USA Swimming Sanction # **FL #6472-NORTH-2/ #6472-SOUTH-2**  
"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 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 MAAPP is a condition of participation in the conduct of this competition.

**Hosted By:** North: FAST Falcons  
South: Gulf Coast Swim Team

**Location:** North: Florida Aquatics Swimming & Training  
4635 SW 67th Ave Road  
Ocala, FL 34476  
(352)820-4222  
South: Florida Gulf Coast University  
Lee County / FGCU Aquatics Center  
FGCU - E. Lake Parkway  
Fort Myers, FL 33965-6565

**Type of Meet:** 50M Long Course  
10 & U Timed Finals  
11-12, 13-14 Prelims, Consolation and Championship Finals

**Date & Time:** Thursday, July 13- Timed Finals  
South - start @ 12:00p  
North - start @ 4:00p

Friday & Saturday July 14 & 15  
13-14 & 11-12 Prelims, 10&Under Timed Finals 8:30a  
11-12 & 13-14 Finals 5:00p

Sunday July 16-  
13-14 & 11-12 Prelims, 10&Under Timed Finals 8:30a  
11-12 & 13-14 Finals 4:30p

\*Finals start time may be adjusted at the discretion of the meet management based on inclement weather.

<b>Identification:</b>	Coaches and Officials shall wear their 2023 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2023 USA-S coach membership on the USA Swimming app. 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, marshalls, officials and meet personnel. Credential tags must be presented to enter the pool deck area.
<b>Pool Specifications:</b>	<p>North: Certified 50 meter, 10 lane pool with continuous non-turbulence lane lines, bottom lane markers and backstroke flags. There is a separate 50 meter outdoor pool for warm ups and warm downs. Water depth at starting end is 9'10".</p> <p>South: Certified outdoor, 8 lane 50 meter pool with Competitor non-turbulent lane lines. Water depth in the competition pool is 6'7" at each end and 7'6" in the middle of the pool. Separate 25 yard warm-up, warm-up down 8 lane pool.</p>
<b>Medical:</b>	North/South: Lifeguards on duty at all times with AED on site.
<b>Timing Equipment:</b>	<p>North: Colorado Timing System Gen 7 Timing with scoreboard. Manual backup.</p> <p>South: Daktronics Automatic Timing, pads, buttons, stop watches</p>
<b>Warm-up:</b>	<p>13-14, 11-12, 10&amp;Under: Up to two (2) hours prior to prelim/timed final sessions, based on space and athlete counts.</p> <p>Finals: One (1) hour Thirty (30) minutes before each final session</p>
<b>Eligibility:</b>	<p>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 July 19, 2021 through the entry deadline, may participate in the Florida Swimming Age Group Championships. On deck registration with USA/Florida Swimming will not be allowed.</p> <p>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.</p> <p>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:</p> <ol style="list-style-type: none"> <li>1. Florida Driver's License</li> <li>2. Florida Vehicle registration</li> <li>3. Notarized statement from the parent/guardian as to the reason for transfer</li> </ol> <p>Petitions must be submitted to Vanessa Brewer no later than two weeks prior to the entry deadline (June 26, 2023 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 July 5, 2023) to the entry deadline for the meet.</p>
<b>Disability Swimming:</b>	<p>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:</p> <p>NORTH &amp; SOUTH: <a href="mailto:admin@floridaswimming.org">admin@floridaswimming.org</a> PRIOR to submission.</p> <p>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 at least two weeks prior to the start of the event to allow for preparation.</p>
<b>Entry Limit:</b>	<p>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 <b>compete on the relay</b> in that age and gender. In order to enter a B Relay, teams must have 6 individual qualifiers. The B relay must have 2 individual qualifiers <b>compete on the relay</b> in that age and gender. No relay may compete with more than 2 relay only swimmers. Over-entries will be automatically dropped when the limit is met for the meet and/or day. There are no time standards for relays. Do not enter NT.</p> <p>Over-entries will be automatically dropped when the limit is met for the meet and/or day. No conversions of times are acceptable.</p>

**Bonus Events:**

The "Bonus Event" rule will be in effect for this meet. The formula is as follows:

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	1
4 or more	0

Swimmers qualified in one or more events may swim up to two (2) bonus events of distances up to and including 200's during the course of the meet, subject to the meet rules on limitations on number of swims. There are no Bonus swim time standards.

**Distance:**

Swimmers may swim the 800 free if they have the 1500 cut or they may swim the 1500 if they have the 800 cut.

**\*\*The 1500 Freestyle will swim after the conclusion of the Sunday Prelims session, and an additional 10 minute break. Seeding will be fast to slow, alternating heats of girls/boys.\*\***

**Proof of Times:**

Times achieved between July 19, 2021 and the entry deadline for swimmers listed in the USA-S National TIMES DataBase with qualifying times will be permitted to swim individual events. Swimmers with qualifying times who are not listed in this database 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**

Event#			
1-4	200 Medley Relay	North 4:00p; South 11:00a	Thursday July 13 <sup>th</sup>
5-8	800 Freestyle	North 4:00p; South 11:00a	Thursday July 13 <sup>th</sup>
9-10	800 Free Relay	North 4:00p; South 11:00a	Thursday July 13 <sup>th</sup>
33-34	400 IM	8:30a	Friday July 14 <sup>th</sup>
35-40	200 Free Relay	8:30a	Friday July 14 <sup>th</sup>
63-68	400 Freestyle	8:30a	Saturday July 15 <sup>th</sup>
69-70	200 Medley Relay	8:30a	Saturday July 15 <sup>th</sup>
71-74	400 Medley Relay	8:30a	Saturday July 15 <sup>th</sup>
107-108	1500 Freestyle	5:00p	Saturday July 15 <sup>th</sup>
103-106	400 Free Relay	8:30a	Sunday July 16 <sup>th</sup>

**Fines:**

**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.

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:** \$10.00 per individual event  
\$15.00 per relay  
\$15.00 facility fee per swimmer  
\$1.00 per swimmer LSC Swimmer Support.  
\$3.00 per swimmer Online Heat Sheet Fee  
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.

**Checks payable to:** North: South:  
FAST Southwest Florida Swim Club, Inc.

**Mailing Address:** North: South:  
Florida Aquatics Swimming & Training GCST  
Attn: Kevin Milak 20560 Rookery Dr.  
4635 SW 67th Ave Road Estero, FL 33928  
Ocala, FL 34474

**Entries:** **ENTRY PROCEDURES - READ CAREFULLY**

1. **On-Line Meet Entry (OME)** - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) accessed through SWIMS. Coach members must be assigned Club OME Access as a staff role to access OME for the club.

**Paper or Fax entries will not be accepted.**

**OME OPENS: 12:01 AM EST Wednesday – June 7, 2023**

**OME CLOSES: 12:00 PM (NOON) EST Thursday -- July 6, 2023**

2. **Late Entries:** Access to the LATE ENTRY OME will be accepted up to 24 hours after publication of the Psych Sheet.

Late Entry fees will be twice the standard entry fee and a one-time fee of \$100 per team will be charged for late entries.

**NO ENTRIES WILL BE ACCEPTED AFTER THE LATE ENTRY CLOSES.**

**New Qualifying period is July 7<sup>th</sup>-9<sup>th</sup>, 2023**

**NEW Qualifier OME Opens:** 12:01am EST: Friday - July 7, 2023

**NEW Qualifier OME Closes:** 12:00pm (noon) EST Monday - July 10, 2023

3. Swimmers who achieve a FLAGS Qualifying time for the first time between July 7-9<sup>th</sup> and were NOT previously entered. complete the entry via the New Qualifier **OME** by Monday, July 10<sup>th</sup> at 12:00PM (Noon).
4. Swimmers who are initially entered into FLAGS through OME prior to July 7<sup>th</sup> and achieve additional FLAGS Qualifying time standards between July 7-9<sup>th</sup>, email your updated events with proof of time to:  
[flome.entries@gmail.com](mailto:flome.entries@gmail.com)

**Seeding:** Non-conforming times will be seeded after long course meter qualifying times. Seeding is as follows:

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

*All events will be seeded and swum in the preliminaries slowest heats to fastest 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:** **North:**

Meet Referee: Eva Gronke  
Admin Referee: Dorene Sprague  
Administrative Official: TBA  
Chief Judge: Brett Ewald

**South:**

Meet Referee: Gary Sanderson (gary.sanderson@me.com)  
Admin Referee: Mark McCaw  
Asst. Admin Referee: Jen Seluk  
Chief Judge: Mike Krajewski

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

Any questions can be directed to Brett Ewald ([brettewald@gmail.com](mailto:brettewald@gmail.com))

**Scoring:** North & South Meets will be scored separately as followed:

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:** The following awards will be handed out at both North & South

Team: High Point 1st - 3<sup>rd</sup>

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.

**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: John Bruenning ([JBruenning@Sarasotasharks.org](mailto:JBruenning@Sarasotasharks.org))  
FL Swimming Office: Vanessa Brewer, (352)242-5145 or [vanessa.brewer@floridaswimming.org](mailto:vanessa.brewer@floridaswimming.org)

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

**Spectator Fees:** \$5 per session or \$25 all sessions pass for the meet

Volunteer timers will be FREE.

Children 10 years and younger attending the meet as non-swimmers will be FREE.

**SOUTH - ONLY** If FGCU has a Lightning Alert during the meet, the deck must be cleared and **EVERYONE MUST GO TO THEIR VEHICLE**. No one may remain in the facility until the "All Clear" is given. Updates will be given on Twitter @gcst\_fl and [www.gcst.org](http://www.gcst.org).

Lightning widget - <https://www.fgcu.edu/studentlife/campusrec/operatinghours#LightningStatus>

## Order of Events

\*\*Breaks may be added at the discretion of the Meet Referee\*\*

### Thursday 7/13/23 – South 12:00p, North 4:00p Start

Event #	Event
1-2	13-14 200 Medley Relay
3-4	11-12 200 Medley Relay
5-6	13-14 800 Freestyle
7-8	11-12 800 Freestyle
9-10	13-14 800 Freestyle Relay
Events 1-10: -Are Timed Finals -Positive Check-In Events -Will be swum fastest to slowest	

### Friday 7/14/23 – 13-14 & 11-12 Prelims, 10&Under Timed Finals - 8:30a

Event #	Events
11-12	13-14 200 Freestyle
13-14	11-12 200 Freestyle
15-16	10&Under 200 Freestyle
17-18	13-14 200 Breaststroke
19-20	11-12 200 Breaststroke***
21-22	10&Under 100 Breaststroke
23-24	13-14 100 Butterfly
25-26	11-12 100 Butterfly
27-28	10&Under 50 Butterfly
29-30	13-14 50 Breaststroke***
31-32	11-12 50 Breaststroke
33-34	13-14 400 IM
35-36	10&Under 200 Freestyle Relay
Events 33-34: Are Positive Check-In Events Events 35-36: Are Timed Finals & Positive Check-In Events  <b>*** To Compete in these events swimmers must have the standard for the correlating 100 event.</b>	

**Friday 7/14/23 – Finals Session – 5:00 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
33-34	13-14 400 IM
37-38	11-12 200 Freestyle Relay
39-40	13-14 200 Freestyle Relay
	Events 37-40: Timed Finals, Positive Check-In Events, all teams will compete at the end of Finals

**Saturday 7/15/23 – 13-14 & 11-12 Prelims, 10&Under Timed Finals - 8:30a**

Event #	Events
41-42	13-14 50 Freestyle
43-44	11-12 50 Freestyle
45-46	10&Under 50 Freestyle
47-48	13-14 200 IM
49-50	11-12 200 IM
51-52	10&Under 100 Butterfly
53-54	13-14 100 Backstroke
55-56	11-12 100 Backstroke
57-58	10&Under 50 Backstroke
59-60	13-14 50 Butterfly***
61-62	11-12 50 Butterfly
63-64	10&Under 400 Freestyle
65-66	13-14 400 Freestyle
67-68	11-12 400 Freestyle
69-70	10&Under 200 Medley Relay
<p>Events 63-64 &amp; 69-70: Are Timed Finals &amp; Positive Check-In Events  Events 65-68: Are Positive Check-In Events  *** To Compete in these events swimmers must have the standard for the correlating 100 event.</p>	



**Saturday 7/15/23 – Final Session – 5:00 Start**

Event #	Events
41-42	13-14 50 Freestyle
43-44	11-12 50 Freestyle
47-48	13-14 200 IM
49-50	11-12 200 IM
53-54	13-14 100 Backstroke
55-56	11-12 100 Backstroke
59-60	13-14 50 Butterfly
61-62	11-12 50 Butterfly
65-66	13-14 400 Freestyle
67-68	11-12 400 Freestyle
71-72	13-14 400 Medley Relay
73-74	11-12 400 Medley Relay
	Events 71-74: Timed Finals, Positive Check-In Events, all teams will compete at the end of Finals

**Sunday 7/16/23 – 13-14 & 11-12 Prelims, 10&Under Timed Finals - 8:30a**

Event #	Events
75-76	13-14 50 Backstroke***
77-78	11-12 50 Backstroke
79-80	10&Under 100 Backstroke
81-82	13-14 200 Butterfly
83-84	11-12 200 Butterfly***
85-86	10&Under 200 IM
87-88	13-14 100 Freestyle
89-90	11-12 100 Freestyle
91-92	10&Under 100 Freestyle
93-94	13-14 100 Breaststroke
95-96	11-12 100 Breaststroke
97-98	13-14 200 Backstroke
99-100	11-12 200 Backstroke***
101-102	10&Under 50 Breaststroke
103-104	13-14 400 Freestyle Relay
105-106	11-12 400 Freestyle Relay
107-108	13-14 1500 Freestyle
Events 103-106: Timed Finals, Positive Check-In Events, all teams will compete at the end of Prelims	
Events 107-108: Timed Finals, Positive Check-In Events; 1500 Freestyle will be swum after the conclusion of the Prelims session and a 10 minute break. All swimmers will swim fastest heats to slowest heats alternating genders.	
*** To Compete in these events swimmers must have the standard for the correlating 100 event.	

**Sunday 7/16/23 – Finals Session – 4:30 Start**

Event #	Events
75-76	13-14 50 Backstroke
77-78	11-12 50 Backstroke
81-82	13-14 200 Butterfly
83-84	11-12 200 Butterfly
87-88	13-14 100 Freestyle
89-90	11-12 100 Freestyle
93-94	13-14 100 Breaststroke
95-96	11-12 100 Breaststroke
97-98	13-14 200 Backstroke
99-100	11-12 200 Backstroke



## Florida Swimming Age Group Championships 2023 Time Standards



GIRLS			10 & Under	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
35.49	35.69	31.99	50 Free	32.19	36.29	35.89
1:18.29	1:18.69	1:10.79	100 Free	1:11.39	1:19.59	1:19.99
2:50.89	2:52.19	2:33.89	200 Free	2:33.09	2:53.59	2:51.09
<b>5:54.99</b>	<b>6:02.69</b>	<b>6:41.79</b>	500/400 Free	<b>6:41.79</b>	<b>6:02.69</b>	<b>5:54.99</b>
42.29	43.19	37.89	50 Back	38.39	43.99	42.99
<b>1:32.69</b>	<b>1:34.99</b>	<b>1:22.09</b>	100 Back	<b>1:22.09</b>	<b>1:34.99</b>	<b>1:32.69</b>
<b>47.89</b>	<b>48.89</b>	<b>42.89</b>	50 Breast	43.79	49.79	48.89
<b>1:45.79</b>	<b>1:47.09</b>	<b>1:35.49</b>	100 Breast	<b>1:35.79</b>	<b>1:48.99</b>	<b>1:46.49</b>
39.89	40.09	36.29	50 Fly	36.99	41.29	40.99
<b>1:35.69</b>	<b>1:37.59</b>	<b>1:25.59</b>	100 Fly	<b>1:27.19</b>	<b>1:38.09</b>	<b>1:36.99</b>
<b>1:29.99</b>	XX	<b>1:20.99</b>	100 IM	1:22.89	XX	1:32.09
3:11.49	3:17.29	2:54.59	200 IM	2:56.49	3:20.09	3:14.09

GIRLS			11 - 12	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
31.29	31.59	28.19	50 Free	28.29	31.89	31.59
<b>1:08.59</b>	<b>1:09.79</b>	<b>1:01.49</b>	100 Free	1:00.99	1:08.99	1:07.99
2:27.39	2:28.39	2:12.99	200 Free	2:14.69	2:27.99	2:28.19
<b>5:07.09</b>	<b>5:13.99</b>	<b>5:50.19</b>	500/400 Free	5:57.09	5:13.99	5:11.89
<b>10:39.49</b>	<b>10:56.99</b>	<b>12:06.99</b>	1,000/800 Free	<b>12:19.99</b>	<b>11:07.99</b>	<b>10:49.39</b>
36.59	37.29	32.99	50 Back	33.49	37.99	37.29
<b>1:19.09</b>	<b>1:21.09</b>	<b>1:10.79</b>	100 Back	1:11.89	1:21.49	1:19.99
**	**	**	200 Back	**	**	**
41.39	42.09	37.19	50 Breast	38.09	43.09	42.39
<b>1:30.29</b>	<b>1:32.19</b>	<b>1:20.79</b>	100 Breast	1:22.09	1:34.59	1:32.19
**	**	**	200 Breast	**	**	**
34.09	34.29	31.09	50 Fly	31.99	35.89	35.49
<b>1:18.19</b>	<b>1:18.99</b>	<b>1:10.99</b>	100 Fly	1:11.69	1:20.99	1:19.79
**	**	**	200 Fly	**	**	**
1:18.99	XX	1:10.99	100 IM	1:11.49	XX	1:19.49
<b>2:47.19</b>	<b>2:52.69</b>	<b>2:32.99</b>	200 IM	2:34.69	2:54.29	2:49.09

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

GIRLS			13-14	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
29.19	29.59	26.29	50 Free	24.89	28.69	28.09
1:03.09	1:03.79	56.79	100 Free	54.59	1:01.69	1:00.79
2:16.49	2:18.39	2:02.39	200 Free	1:58.79	2:14.29	2:12.49
4:46.09	4:51.29	5:28.29	500/400 Free	5:14.29	4:41.19	4:36.69
9:55.09	10:10.49	11:20.99	1,000/800 Free #	10:59.99	9:59.99	9:40.59
19:02.69	19:39.99	18:59.99	1,650/1,500 Free #	18:29.99	19:05.89	18:30.89
**	**	**	50 Back	**	**	**
1:12.09	1:14.09	1:04.39	100 Back	1:02.69	1:12.69	1:10.49
2:34.79	2:38.49	2:18.79	200 Back	2:16.99	2:35.99	2:32.59
**	**	**	50 Breast	**	**	**
1:23.19	1:25.49	1:14.19	100 Breast	1:12.09	1:21.29	1:19.89
2:59.29	3:02.99	2:40.99	200 Breast	2:35.29	2:58.49	2:53.69
**	**	**	50 Fly	**	**	**
1:10.29	1:11.59	1:03.29	100 Fly	1:02.69	1:09.79	1:09.19
2:40.39	2:44.89	2:23.39	200 Fly	2:20.29	2:39.99	2:36.49
2:33.29	2:38.99	2:20.19	200 IM	2:15.99	2:36.99	2:29.99
<b>5:29.09</b>	<b>5:38.99</b>	<b>4:58.69</b>	400 IM	4:53.79	5:31.99	5:23.59

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

# - Must have 1,000 time to swim 1,650 Freestyle or 1,650 time to swim 1,000 Freestyle.

## FLAGS SITE ASSIGNMENTS

### NORTH

ATAC Area Tallahassee Aquatic Club  
BAC Beaches Aquatic Club, Inc.  
BD Blue Dolphins  
BRSC Brevard Swim Club  
BSS Bolles School Sharks  
CBS Central Brevard Swimming-Islanders  
CBTS Cocoa Beach Tsunami Swimmers  
CCST Celebration Cyclones Swim Team  
CS Club Seminole  
CST Columbia Swim Team  
EAJ Episcopal AmberJax  
FAST Fast Falcons  
FFST Flagler Fluid Swim Team  
FSLA Fast Lane Aquatics  
GOAT Greater Orlando Aquatic Team  
GSC Gator Swim Club  
H4S Hydro4 Swimming  
HCTY Haines City Tritons  
HIGH Highlander Aquatic Club  
ICC Interlachen Country Club  
ISC Isle Swim Club  
KSA Kissimmee Swim Association  
LA Loggerhead Aquatics  
LAKR Laker Swim  
MACG Makos Aquatics Club of Gainesville  
MELB Swim Melbourne  
MVAC Montverde Aquatic Club  
NBT Nocatee Bluetide Swim Team  
NFS North Florida Swimming, Inc.  
OSC Ohana Swim Club  
PA Patriot Aquatics  
PSA Planet Swim Aquatics  
RCKT Rocoa Rockets  
SA Seminole Aquatics  
SAST Saint Augustine Swim Team  
SC Stone Crabs Swim Team  
SCAT Saint Cloud Aquatic Team  
SJAX Swim Jax  
SLAC South Lake Aquatics Club  
SPAC Spartan Aquatics  
STAR Southwest Stars Swim Club  
STTB St. Cloud Thunderbolts Aquatics  
TMSC Tekmasters Swim Club  
TPA Trinity Prep Aquatics  
TST Titusville Swim Team  
TTS Titan Swim Team  
USC United Swim Club  
USRP USRP Racers  
WOJ Wahoo's of Jax  
WVKW West Volusia Swim Club, Inc.  
WW Westberg Wave  
YFFC YMCA of Florida's First Coast

### SOUTH

AAC Academy Aquatic Club  
BERK Berkeley Aquatics  
BW Blue Wave Swimming  
CAT Clearwater Aquatic Team  
CBYC Carlouel Beach and Yacht Club  
CCS Charlotte County Swimming  
CVST Carrollwood Village Swim Team  
FE Florida Elite Swimming  
GCST Gulf Coast Swim Team  
GTSA Greater Tampa Swim Association  
HHST Highland Hurricanes Swim Team  
HSA Hardee Swim Association  
HURR YMCA of Southwest Florida Hurricanes  
LRSA Lakewood Ranch Swim Association  
LWBM Lake Wales Blue Marlins  
NRG Swim Energy Aquatics  
PS Pipeline Swimming  
PYP PiranhasYMCA of the Suncoast  
RAD Radiant Aquatics  
RATS Indian River Aquatics  
SCST Sun Coast Swim Team  
SDA Sea Dragon Aquatics  
SEA Saint Edwards Aquatics  
SPA Saint Petersburg Aquatics  
SRQ Sarasota Tsunami Swim Team  
STA Swim Tampa Aquatics  
SWIM Swim Florida  
SYS Sarasota Sharks  
T2 T2 Aquatics  
TBAC Tampa Bay Aquatic Club  
TBAY Tampa Bay Aquatics  
TCA Treasure Coast Aquatics  
TCSC Treasure Coast Swimming Conquistadores  
TEAM Tampa Elite Aquatics  
TIDE Riptide Aquatics  
TYS Tampa Y Swimming  
VELO Team Velocity  
WCA West Coast Aquatics  
WFLA West Florida Lightning Aquatic  
YWCF YMCA of West Central Florida Barracudas