

Meet Progression Sheet

1. Sizzlers: (During the School year typically a Friday) 8 & Under Only!

- a. Sizzlers are your first introduction to swim meets. This is for 8&Under only. There are NO DISQUALIFICATIONS at this meet. At this meet coaches will be behind the block with the swimmers putting them in the correct spots. As it can be nerve wracking to the swimmer. Parents are NOT ALLOWED behind the blocks with the swimmers. This meet is typically 2 hours long and meant to be fun!

2. BC Meet (Spring & Summer) All Ages!

- a. The BC Meets are typically held twice a year-Spring and Summer. These meets are designed for swimmers who have not yet achieved a BB Age Group motivational time standard for their specific age group. This meet is still focusing on our entry level competitive swimmers and beginning to introduce Championship format for our swimmers and parents.

Meet Schedule:

- **Spring Meet:** Usually held late January or early February.
- **Summer Meet:** Usually held late June.

Qualification Criteria:

- To participate in this meet the swimmer has NOT achieved a **BB Motivational Standard (or faster)** published by **USA swimming**, in an individual event.
- If a swimmer has not achieved a BB qualification time in an event they will be allowed to participate.

Purpose of Meet:

- Introduction into Championship format and to allow any swimmers who have not yet achieved a BB qualification standard an opportunity to have their Championship meet.

Key Points to Remember:

- This meet is only open to swimmers who have not achieved a BB time standard in a specific event.
- Your swimmer may have achieved a few BB time standards and they will still be allowed to compete in this meet in any event they have not yet met that BB time standard in.
- This is a great opportunity for your swimmers to have that Championship feel with a fun and introductory environment.

3. BB Championship Meet (Spring & Summer) All Ages!

- a. The BB Championship Meet is held twice a year—once in the Spring and once in the Summer. This meet serves as a **qualifier only** and is designed to challenge swimmers who have achieved specific time standards.

Meet Schedule:

- **Spring Meet:** Typically held in **February**
- **Summer Meet:** Usually takes place around the **first weekend in July**

Qualification Criteria:

- Swimmers must have achieved a **BB time** based on the **Motivational Times** published by **USA Swimming**.
- Swimmers **cannot be faster** than the corresponding **Age Group time** for their event. This means that while swimmers must be quick enough to meet the BB standard, they must not exceed the faster Age Group qualifying times.
- Only those who meet these specific time requirements are eligible to compete.

Purpose of the Meet:

- The BB Championship Meet acts as a stepping stone for swimmers progressing toward higher competitive levels.
- It offers a competitive environment tailored for swimmers who meet the BB time standard but are not yet at the Age Group qualifying level.

Key Points to Remember:

- This meet is **not open** to all swimmers; qualification by time is mandatory.
- Swimmers must carefully verify their times against the USA Swimming Motivational Time standards before entering.
- The meet allows swimmers to gain valuable experience and work toward future qualifying times.
- If you qualify in the spring your time carries over to the summer assuming you are in the same age bracket. If you qualify in the Summer your time carries over to the spring assuming you are in the same age bracket.

4. Age Group Championships (Spring & Summer) 14 & Under only!

- a. The Age Group Championships is the **goal meet** for our age group swimmers (**14 and Under**) , offering a competitive platform where swimmers showcase their skills and compete at a high level within their age brackets.

Meet Schedule:

- **Spring Meet** typically happens the second weekend in March
- **Summer Meet** typically happens the second or third weekend in July

Qualification Criteria

- Entry into the meet requires achieving a qualifying time as set forth by our **Local Swimming Committee (LSC) Florida Gold Coast (FGC)**.
- These qualifying times are established based on historical data from previous years and generally fall around an A or AA time
- If a swimmer achieves a qualifying time during the **Spring season**, it also counts towards eligibility for the **Summer meet**, allowing continuous qualification.

Purpose of the Meet

- It acts as a benchmark for swimmers striving to improve and advance in competitive swimming.

Key Points to Remember

- Only swimmers who have achieved the LSC qualifying times are eligible to compete.
- Times earned in the Spring season can be used for Summer meet qualification as well.
- Qualifying times are carefully developed using data from past years to maintain a competitive yet fair standard.

5. All Stars (Spring Only) 14 & Under only !

- a. The All Stars Meet takes place **in the Spring**, typically **at the end of March**, right after the Age Group Championships. This is an exciting **Friday-Saturday** event that brings together the fastest swimmers across Florida.

Qualifying criteria

- To be considered for the All Stars team, swimmers must place **top 6 in their event** at the Age Group Championships.
- Only the top 6 swimmers from each event and age group are selected to represent their team. You have to go to the All Stars table at age group champs to sign up.

Meet Structure:

- The All Stars Meet features **4 teams**, composed of the top 6 swimmers in each event from both **Florida Swimming** and **Florida Gold Coast Swimming**.

- Swimmers compete as part of their team against the fastest swimmers across the state, making this a highly competitive and prestigious event

Key Points to remember:

- Placement in the top 6 at Age Group Champs is essential for All Stars consideration
- This meet is an excellent opportunity to compete at a higher level and represent yourself against elite swimmers statewide.

6. Zones (Summer Only) Ages 11-14 only!

- a. The **Zones Meet** is a prestigious, highly competitive event where a select group of swimmers represents our **Local Swimming Committee (LSC) — Florida Gold Coast (FGC)** — against the fastest swimmers from the **southern half of the United States**.

Qualifying Criteria:

- To be eligible, swimmers must have achieved **AAA times or faster**
- An application process is required to be considered for the team.
- Selected swimmers form one large team (**FGC**) representing our LSC at the Zones meet

Meet Format & Travel:

- **Zones is a team travel meet**, which means that **parents do not travel with their swimmers**.
- Athletes will travel, stay, and compete under the supervision of **FGC coaches and staff**.
- This meet offers a unique opportunity to experience team bonding, independence, and high-level competition.

Parent Participation

- While parents are **welcome to attend the meet as spectators**, they must **make separate travel and lodging arrangements**, as swimmers will be fully integrated into the team environment.

Key Points to Remember

- Qualification requires **AAA times or better**.
- Swimmers must **apply** and be selected to participate
- It's an honor to represent our LSC and compete at this elite level.
- Meet **location changes every year**, offering a fresh experience and new competition each season.

7. Senior Championship Meet (Spring and Summer) 15 & Over Only!

- a. This is a **Florida Gold Coast** (LSC) sponsored event for all swimmers, **15&Over**, who have achieved the qualifying time standard. This meet is the goal for all our senior level swimmers to achieve.

Meet Schedule:

- Spring: Meet held usually middle/end of March.
- Summer: Meet held usually middle/end of July.

Qualifying Criteria:

- Swimmers must be 15 or older with a Senior Championship qualifying time standard.
- These time standards are usually updated every 1-2 years and are decided by a Technical Meet Planning Committee organized by the Florida Gold Coast.
- If you qualify an event in the short course (yards) season you will automatically qualify for the long course (meters) season until times are updated.

Purpose of Meet:

- This meet is used as a benchmark for all our senior level swimmers and used as a qualifying meet for the Olympic Developmental Meets (Sectionals, Futures, etc.).

Key Points to Remember:

- In order to participate in any specific event a swimmer must be at least 15 years of age and meet the minimum qualifying time standard.
 - There is only one qualifying time standard for all 15 and over athletes. This meet is not split up into individual age groups.
- Qualifying times are carefully determined using data over the last few years.

8. Sectionals (Summer & Winter) All ages!

- a. The Sectionals meet is a high-level, time standards qualifying swim meet sanctioned by USA Swimming. In order to compete, **swimmers must meet specific time standards—commonly referred to as "cut times"**—which are set forth by USA Swimming. This meet is open to swimmers of all ages, though athletes typically begin qualifying for Sectionals around the ages of 14 to 15. This is the next step after Zones.
- b. Qualifying for Sectionals is a major achievement and reflects a swimmer's dedication, performance, and progress within the sport. By competing at Sectionals, you will proudly represent **Pine Crest** on a larger stage among top-level athletes.

Meet Schedule:

- **Winter:** Meet held usually middle/end of February
- **Summer:** Meet held usually middle/end of June.

Travel

- Sectionals is considered a travel meet. Swimmers will travel **with their families** to the event location. Pine Crest coaches will also attend and support swimmers throughout the meet, but will not coordinate group travel or accommodations—those will be handled by families individually.

9. Futures (Summer only)

- a. The **Futures Championships** is a national-level swim meet designed to bridge the gap between Sectionals and Junior Nationals. It is sanctioned by **USA Swimming** and requires swimmers to achieve **Futures time standards** to qualify—these times are faster than Sectionals but slower than Junior Nationals

Meet Schedule:

- **Summer:** Meet held usually at the end of July beginning of August.

Purpose of Meet:

- Futures serve as a stepping stone for athletes who are progressing toward the elite levels of swimming. It offers a highly competitive environment and gives swimmers the opportunity to race against some of the best in their region and beyond.
- You will start to see kids qualify for this meet around 15 to 16 years old.

Travel

- This is a **travel meet**. Swimmers will attend **with their families**, and **Pine Crest coaches will be present** to coach and support throughout the meet. Travel arrangements (hotels, transportation, etc.) are managed by individual families.

10. Junior Nationals (Winter & Summer) 18 & Under only!

- a. **USA Swimming Speedo Junior National Championships**, is one of the top age-group competitions in the country. It features the **fastest 18 & under swimmers** from across the U.S. and serves as a critical stepping stone toward **Senior Nationals** and **Olympic Trials**. This is the next step after a futures cut time.

Meet Schedule:

- **Winter:** Meet held usually in December
- **Summer:** Meet held usually at the end of July

Qualifying Criteria:

- Swimmers must meet **USA Swimming's Junior National time standards**. Set forth by USA Swimming.
- Most swimmers qualify between the ages of **15–18**, but some exceptional younger athletes may also attend if they have the cut times.

Travel

- This is a **travel meet**. Swimmers travel **with their families**, and **Pine Crest coaches attend** to support, coach, and guide swimmers throughout the event. Families are responsible for their own travel and accommodations, but we aim to **coordinate as a team** whenever possible.

Purpose of Meet

- Junior Nationals is a **major achievement** and an important milestone in a swimmer's journey.
- Competing at Juniors puts swimmers on the radar for:
 - **College recruiters**
 - **National Team coaches**
 - **USA Swimming's elite development pipeline**