



Panther Invitational
January 31st & February 1st, 2026
1501 Northeast 62nd Street
Fort Lauderdale, FL 33334
Pine Crest Swimming



Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction No. FG242603108011**

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast 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.

Hosted by: Pine Crest Swimming

Location: 1501 Northeast 62nd Street, Fort Lauderdale, FL 33334

Directions: From I-95 exit Cypress Creek East

- 1) Cross railroad crossing, road changes to NE 62nd Street
- 2) Pine Crest School will be on your left-hand side
- 3) Park in the multi-story parking garage on the west side of campus, just past the railroad crossing.
- 4) Walk east along the breezeway towards the Schlesinger Aquatics Center (Woodson Pool).

Date and Time: **Saturday, January 31st, 2026**

Session I -12 & under and 13 & Over Timed Finals –

General Warm-Up from 7:00 am to 8:00 am. One-way sprints and Pace beginning at 8:00 to 8:25 am. Meet starts at 8:30 am.

Sunday, February 1st, 2026

Session II -12 & under and 13 & Over Timed Finals –

General Warm-Up from 7:00 am to 8:00 am. One-way sprints and Pace beginning at 8:00 to 8:25 am. Meet starts at 8:30 am.

*The Meet Director reserves the right to change meet warm-up (warm up A and B if needed), start times, or drop some events in order to hold an efficient meet within USA Swimming Rules (USAS 102.7.1-3 and FGC RR 1.16(a)) and with FGC Meet Sanction Committee approval.

Pool/Timing: 25 yards x 25 yards heated outdoor pool, 8 short-course racing lanes with separate warm-up and swim-down lanes available. Omega timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 4'8 to 6'8 depending on lane assignment accordance with 202.3.7 (C).

Camera Free Zone: The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

Image Authorization: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

Conflict of Interest: Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Rules: Current USA Swimming and FGC Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

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Medical supervision / care is available to athletes participating in the meet, and is provided by athletic trainer. Safety Equipment: AED (Automated External Defibrillator), Spine Boards, First Aid Kits, Lightning Detection and exit ladders at all ends in both pools.

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.

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 without the use of the backstroke ledge. 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.

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.

Deck Changes: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

Eligibility:	<p>Open to all current 2026 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p> <p>Pine Crest Swimming WILL NOT be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition. Age as of the first day of the meet (January 31, 2026) will determine the swimmer's age group for competition.</p>
Disability Athletes:	<p>Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations - (954) 492-6639, or at hannah.molden@pinecrest.edu.</p>
Entries:	<p>All entries must be received by January 23rd, 2026 by 11:59 pm.</p> <p>PLEASE enter electronically through HYTEK, NO MAILED entries. For electronic entries (CL or SDIF format only)</p> <p>E-mail to: hannah.molden@pinecrest.edu NO faxed entries. Confirmation for electronic entries will be sent via e-mail.</p> <p>** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact office at (954) 492-6639.</p>
Note:	Swimmers without registration number or birth dates will not be entered.
Entry Limit:	Individual events: 4 individual races per day.
Meet Cap:	<p>The meet will be capped at 350 athletes on a first comes first basis.</p> <p>Notwithstanding the above meet cap, the meet will be closed and no further entries will be accepted if a session containing events for 12&U athletes, including multi-aged events, reaches four hours in length using a 30 second heat interval.</p>
Deck Entries:	<p>The FGC deck entry policy will be in effect. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.</p>
Entry Fees:	\$7.00 per individual event. Deck entry: \$14.00 per individual event.
Athlete Surcharge:	<p>\$10.00 per swimmer; Deck entry: \$20.00 per swimmer.</p> <p>*Entry fees are made payable to Pine Crest Swimming (note: one check per team)</p>
Unregistered Teams:	Unregistered teams will not be permitted.
Refunds:	Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.16(a) applies.

Seeding: Meet will be seeded fastest to slowest. The 500 Free and 400 IM will be swum alternating women and men. There will be positive check in for the 500 Free and 400 IM. Positive check-in will close at 9 am on the 31st (500 Free) and the 1st (400 IM). Anyone who fails to check-in will not be seeded.

Awards: Individuals Event: Ind. 1st-3rd medals.

Scoring: THIS MEET WILL NOT BE SCORED.

Spectator: There will be spectators at this meet and will be charged \$5 for entrance.

Meet Information: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at pinecrestswimming.com. Psych Sheets and Heat Sheets will also be posted on Meet Mobile.

Head Referee: Tom Ward

Meet Director: Hannah Mattin

Admin Official: Michael Averett and Hannah Mattin

Meet Marshall: Eddie Wolling

Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

Information: Hannah Mattin, Work: (954) 492-6639, Cell: 785-580-5904
hannah.molden@pinecrest.edu.

Warm-up Procedures: NO Equipment Permitted. Swimmers must enter the water feet first.
7:00 a.m. to 8:00 a.m. General Warm Up; Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
8:00 a.m. – 8:25 a.m. Controlled Warm Up
Lane 1 Swimming and Pulling, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Racing Starts, 25 yards One Length
Lane 5 Swimming and Pulling, Push Off
Lane 6 Racing Starts, 25 yards One Length
Lane 7 Swimming and Pulling, Push Off
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 25 minutes of warm up. Push- off one or two lengths, circle swimming only (counter - clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 25 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes - Circle swimming only (counter clockwise only).

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

ORDER OF EVENTS

- **Women Odd Event Numbers, Men Even Event Numbers**

Saturday – Session I

Warm-up – 7:00am

Start of Meet – 8:30am

<u>Event #</u>	<u>Event</u>	<u>Age Group</u>
1-2	50 Butterfly	12 & Under
3-4	200 Butterfly	11 & Over
5-6	100 Free	12 & Under
7-8	100 Free	13 & Over
9-10	50 Breaststroke	12 & Under
11-12	200 Breaststroke	11 & Over
13-14	100 Backstroke	12 & Under
15-16	100 Backstroke	13 & Over
17-18	200 Individual Medley	12 & Under
19-20	200 Individual Medley	13 & Over
21-22	500 Freestyle	9 & Over

Sunday – Session II

Warm- up – 7:00 am

Start of meet – 8:30 am

<u>Event #</u>	<u>Event</u>	<u>Age Group</u>
23-24	50 Freestyle	12 & Under
25-26	50 Freestyle	13 & Over
27-28	100 Butterfly	12 & Under
29-30	100 Butterfly	13 & Over
31-32	50 Backstroke	12 & Under
33-34	200 Backstroke	11 & Over
35-36	100 Individual Medley	12 & Under
37-38	200 Freestyle	13 & Over
39-40	200 Freestyle	12 & Under
41-42	100 Breaststroke	13 & Over
43-44	100 Breaststroke	12 & Under
45-46	400 Individual Medley	11 & Over