



Southern Zone South Sectional Championships

Feb 13-16, 2025

Plantation Aquatic Center, Plantation, Florida

Sanctioned by: Held under the sanction of USA Swimming and Florida Golding Coast Swimming, Sanction #FG29250440E010

It is understood and agreed that USA Swimming and Florida Gold Coast Swimming, the facility, and host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Date & Time:

Date	Distance Warm-up	Distance Start	Timed Finals Warm-up	Timed Finals Start
Thursday, Feb 13	TBA	TBA	TBA	6:00 PM
	Prelims Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Feb 14	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Saturday, Feb 15	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Sunday, Feb 16	7:00 AM	9:00 AM	TBA	TBA

Format: These championships will be conducted in LCM. The 800 meter freestyle, the 1500 meter freestyle, the 50 meter butterfly, the 50 meter backstroke, the 50 meter breaststroke and all relays will be timed final events. All other events will be conducted as preliminaries and finals with the top 32 swimmers from preliminaries advancing to finals. The D final will be reserved for 18&U athletes.

Technical Meeting: There will be a virtual (Zoom) technical meeting on Wednesday Feb 12, 2025 at 7:00 pm. Further details will be sent to coaches. It is the coaches' responsibility to be aware of all information presented at this meeting.

Eligibility: This meet is open to all swimmers who:

1. Are 2025 registered members of USA Swimming as provided by article 302.
2. Are attached to a USA Swimming Club registered with Florida Swimming or Florida Gold Coast Swimming, or unattached and registered with Florida Swimming or Florida Gold Coast Swimming.
3. Have achieved one or more qualifying times within the qualifying period.
4. Up to 150 athletes registered in LSCs other than Florida Swimming and Florida Gold Coast Swimming may be accepted on a first come first served basis.

The qualifying period shall be Feb 1, 2023 through the entry deadline (Feb 6, 2025).

The meet will be capped at 750 athletes.

**Junior and Senior
National Team
Members:**

Current Junior and Senior National Team Members who otherwise meet the above eligibility criteria shall be exempt from the entry cap and may enter until the late entry deadline. Additionally, a Junior or National Team member entering one or more events with proven qualifying time(s) may enter additional events at the non-conforming qualifying time without proof of time.

Entry:

Entries will be accepted through USA Swimming Online Meet Entry (OME), if available.

OME Opens: 12:00 AM EST Jan 4, 2025

OME Closes: 11:45 PM EST Feb 6, 2025

OME Help: Rodolfo Manrique email: fgcvirtualar@gmail.com.

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. In the case of a time achieved in a foreign meet sanctioned by another World Aquatics member federation, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database.

Override times may be used to enter the 200 meter length relays and do not require proof. Override times for all other events not proven through SWIMS by the scratch deadline for the event in question will be scratched.

Athletes will qualify to enter the 50 meter backstroke, butterfly, and breaststroke if they have qualifying times in the corresponding 100 meter event. For example, an athlete will qualify to enter the 50 meter backstroke if they have a qualifying time in the 100 meter backstroke.

Athletes may enter the 800 meter and 1500 meter freestyle with qualifying times in any of the 800 meter freestyle, 1500 meter freestyle, 1000 yard freestyle, or 1650 yard freestyle.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day including time trials and a total of six (6) individual events during the meet.

Teams are limited to one entry per event for the 800 freestyle relay and no more than two entries per event for the remaining relays.

Unregistered swimmers may not be added to a team's roster.

Relay-only swimmers may not be added to a team's roster.

Bonus Entries:

Bonus entries will be permitted for Florida Swimming and Florida Gold Coast Swimming registered athletes according to the table below. Bonus entries will not be permitted for athletes who are not registered in Florida Swimming or Florida Gold Coast Swimming.

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

New Qualifying Times: Florida Swimming and Florida Gold Coast Swimming swimmers achieving new qualifying times between Feb 7, 2025 and Feb 9, 2025 may enter through a secondary New Qualifying Times OME.

OME for New Qualifying Times Opens: 12:00 AM EST Feb 7, 2025
 OME for New Qualifying Times Closes: 7:00 PM EST Feb 9, 2025

Bonus events for new qualifiers must be entered by override using any proven time during the meet's qualifying period. Standard entry fees apply.

Late Entries: Late entries will be accepted through a secondary Late Entry OME for Florida Swimming and Florida Gold Coast Swimming swimmers, provided the entry cap has not been reached.

OME for Late Entries Opens: 12:00 AM EST Feb 7, 2025
 OME for Late Entries Closes: 7:00 PM EST Feb 9, 2025

Entry fees for late entries will be twice the standard entry fee. In addition, a one time fee of \$100 per team will be charged for late entries.

No entries will be accepted after the late entry OME closes.

Deck Passes: Deck passes for team coaches with current USA Swimming coaching credentials will be available based on the following formula:

1-7 Swimmers; 2 deck passes
 8-15 Swimmers; 3 deck passes
 16-23 Swimmers; 4 deck passes
 24- 32 Swimmers; 6 deck passes
 Over 32 Swimmers; 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. The cost of these deck passes are \$20 each.

The cost to replace a lost or missing deck pass at the venue will be \$50.

Entry Fees: \$15.00 per individual event
Relay Fees: \$30.00 per relay
Surcharge: \$30.00 per athlete
Coach Deck Pass: \$20.00 per pass

Responsibility Clause: The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

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

Seeding: All preliminary heats and timed finals events will be seeded in order of LCM, SCM, SCY, alternate distance LCM, alternate distance SCM, alternate distance SCY, and then any bonus entries in the same order. Heats will be ordered fastest to slowest except as otherwise noted in this meet announcement.

Preliminary heats may be swum in A/B flights and/or utilizing chase starts at meet referee discretion.

Finals events will be swum in the following order: A-Final, B-Final, C-Final, D-Final (18 & Under).

Distance:

800-Freestyle - Positive check-in by the scratch deadline for Thursday's 800 free is required to compete. Heats will be swum slowest to fastest, alternating heats of women and men, with the fastest eight women in the second last heat and the fastest eight men in the last heat. The event will be scheduled to start so that the last heat of the men's event will conclude no later than 60 minutes prior to the start of Thursday's Timed Finals.

1500-Freestyle - Positive check-in by the scratch deadline for Sunday's 1500 free is required to compete. Heats will be swum slowest to fastest, alternating heats of women and men, with the fastest heat of each event swimming in the evening session. All other heats will be scheduled to begin after the preliminary session so the second fastest heat of the men's event finishes no later than 60 minutes prior to the start of the finals session.

Relays:

Positive check-in is not required. The 200 free and 200 medley relays will swim in the preliminary sessions. If preliminary heats are swum in flights, the relays will be swum between the A and the B flight. All other relays will swim at the end of the finals session.

Scratches:

Events will follow the scratch rules as defined in section 207.11.6 of the 2025 USA Swimming Rulebook with the following modifications:

1. Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Positive Check-in and Scratch Deadline

Thursday events	30 min after the conclusion of the technical meeting
Friday events	5:30 PM Thursday
Saturday events	5:30 PM Friday
Sunday events	5:30 PM Saturday

2. The re-entry fee for each preliminary event in which a swimmer fails to compete shall be \$0.
3. Any swimmer qualifying for an 18&U bonus, bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from their next individual.
4. Swimmers who fail to compete in either prelims or finals of an event will be required to positive check-in all remaining events in the meet.

Scoring:

The top 16 places will be scored as follows:

Individual: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

No points will be awarded when qualifying times are not achieved, but qualifying times may be achieved during prelims or finals.

Awards:

Women and Men Individual High Point

Women, Men, and Combined Team High Point and first runner-up

Officials:

An application for an Official's Qualifying Meet will be made. If granted, not all evaluations may be offered.

Officials wishing to be evaluated in a position must apply in advance through the Application to Officiate form linked below:

[Application to Officiate](#)

Time Trials:

Time trials for individual events may be conducted at the discretion of the meet referee for athletes properly entered in one or more individual event in these championships, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.

Entries will close approximately 1 hour prior to the conclusion of the preliminary session each day. Entry fees for time trials will be \$20 per event.

Each swimmer is limited to a maximum of two time trials during the course of the meet and time trials will count toward the swimmer's individual event total for each day, but not the meet total.

If conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session. The order of events in time trials will be that day's events followed by the remaining events in the meet. The 50's will be the last events swum in time trials each day. The 800 and 1500 freestyle will be offered on only one day to be determined by the meet referee.

Prelims Order of Events

Thursday, Feb 13

Women	Session 1 - Thursday Distance	Men
1	800 Free	2
	Session 2 - Thursday Timed Finals	
3	50 Fly	4
5	50 Back	6
7	50 Breast	8
9	800 Free Relay	10

Friday, Feb 14

Women	Session 3 - Friday Prelims	Men
11	200 Free	12
13	100 Breast	14
15	100 Fly	16
17	400 IM	18
19	200 Medley Relay	20

Saturday, Feb 15

Women	Session 5 - Saturday Prelims	Men
23	100 Back	24
25	200 IM	26
27	50 Free	28
29	400 Free	30
31	200 Free Relay	32

Sunday, Feb 16

Women	Session 7 - Sunday Prelims	Men
36	200 Fly	37
38	100 Free	39
41	200 Breast	42
43	200 Back	44
	Session 8 - Sunday Distance	
35	1500 Free	40

Finals Order of Events

Friday, Feb 14

Women	Session 4 - Friday Finals	Men
11	200 Free	12
13	100 Breast	14
15	100 Fly	16
17	400 IM	18
21	400 Free Relay	22

Saturday, Feb 15

Women	Session 6 - Saturday Finals	Men
23	100 Back	24
25	200 IM	26
27	50 Free	28
29	400 Free	30
33	400 Medley Relay	34

Sunday, Feb 16

Women	Session 9 - Sunday Finals	Men
35	W 1500 Fastest Heat	-
36	200 Fly	37
38	100 Free	39
-	M 1500 Fastest Heat	40
41	200 Breast	42
43	200 Back	44

Time Standards for Florida Swimming and Florida Gold Coast Swimming Registered Athletes

Speedo Championship Series / Southern Zone South Section SPRING 2025 Championships Time Standards						
Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.39	27.79	24.89	50 Free	22.29	25.09	25.59
1:01.29	1:00.29	54.09	100 Free	48.29	54.39	55.29
2:12.09	2:11.09	1:56.69	200 Free	1:45.79	1:59.89	2:00.89
4:38.79	4:34.89	5:09.89	400/500 Free	4:46.09	4:12.79	4:16.59
9:35.69	9:24.39	10:50.49	800/1000 Free	9:57.19	8:44.29	8:55.59
18:21.79	18:01.79	18:05.29	1500/1650 Free	16:48.69	16:54.59	17:14.19
1:09.69	1:08.19	1:00.79	100 Back	55.09	1:02.99	1:04.49
2:31.99	2:28.99	2:13.29	200 Back	2:02.29	2:16.99	2:20.69
1:20.59	1:19.09	1:10.89	100 Breast	1:02.69	1:10.89	1:12.39
2:55.99	2:52.49	2:36.29	200 Breast	2:19.29	2:36.99	2:40.39
1:06.49	1:05.19	59.09	100 Fly	52.29	58.29	59.59
2:29.49	2:28.49	2:12.19	200 Fly	1:58.49	2:14.39	2:15.39
2:31.19	2:23.09	2:12.59	200 IM	1:59.39	2:09.59	2:17.69
5:18.19	5:06.89	4:38.69	400 IM	4:11.99	4:39.99	4:51.29
NT	NT	NT	200 Free Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 Free Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Free Relay	7:42.19	8:27.89	8:43.89
NT	NT	NT	200 Medley Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49

Speedo Championship Series / Southern Zone South Section SPRING 2025 Bonus Time Standards						
Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
29.09	28.49	25.59	50 Free	22.89	25.79	26.29
1:02.89	1:01.79	55.49	100 Free	49.49	55.79	56.69
2:15.39	2:14.39	1:59.69	200 Free	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	400/500 Free	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	800/1000 Free	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	1500/1650 Free	17:13.99	17:19.99	17:40.09
1:11.49	1:09.89	1:02.39	100 Back	56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	200 Back	2:05.39	2:20.49	2:24.29
1:22.69	1:21.09	1:12.69	100 Breast	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	200 Breast	2:22.79	2:40.99	2:44.39
1:08.19	1:06.89	1:00.59	100 Fly	53.59	59.79	1:01.09
2:33.29	2:32.29	2:15.49	200 Fly	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	200 IM	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	400 IM	4:18.29	4:46.99	4:58.59



Hosted by: Plantation Swim Team

Location: Plantation Aquatic Complex
Plantation Central Park, 9151 NW 2 St., Plantation, FL, 33324

Date & Time:

Date	Distance Warm-up	Distance Start	Timed Finals Warm-up	Timed Finals Start
Thursday, Feb 13	TBA	TBA	TBA	6:00 PM
	Prelims Warm-up	Prelims Start	Finals Warm-up	Finals Start
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Sunday, Feb 16	7:00 AM	9:00 AM	TBA	TBA

Pool/Timing: One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in a second 25 yard x 50 meter course. Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System will be utilized. The meet host will ensure the required racing dimensions.

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

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Plantation Aquatic Complex staff include Red Cross Certified Lifeguards whose training includes, but is not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training.

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.

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.

Swimmers with a disability are welcome to enter this meet. Any athlete with a disability will be accommodated in accordance with Article 105. Qualifying times may be waived by the meet referee for such swimmers as appropriate. Please notify the meet director as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

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.

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.

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.

Meet Director: Terrell Woods

Head Referee: Kathy Fish

Admin Referee: Rodolfo Manrique

Time Trial Referee: Allan Golding

National Evaluator: Jamie Cahn

Warm up: Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool or outdoor warm-up/warm-down pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

A specific warmup plan with assignments may be published by meet management prior to the start of the meet as required. Based on the number of entries, warmups may be divided into multiple warmup groups at the discretion of meet management.

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