



2025 FGC Senior Championships Long Course Meters

July 24-27, 2025

Pompano Beach Piranhas

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG242520509055**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, Pompano Piranhas Swim team., Pompano Piranhas Board of Directors, City of Pompano Beach, and Pompano Piranhas inc. 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: Pompano Beach Piranhas

Location: Pompano Beach Aquatic Center, 820 NE 18th Ave. Pompano Beach, FL 33061.

Directions: From the North or South: Take I-95 or the Turnpike towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to end of street to NE 8th Street. Turn Right onto to NE 8th Street and follow the 2 road to the Aquatic Center. The pool is on the left-hand side.

Date and Time:	Session	Date	Warm-up	Meet Start	
	1 Finals	Thursday	7/24/2025	3:00 PM	4:30 PM
	2 Prelims	Friday	7/25/2025	7:00 AM	8:30 AM
	3 Finals	Friday	7/25/2025	3:30 PM	5:00 PM
	4 Prelims	Saturday	7/26/2025	7:00 AM	8:30 AM
	5 Finals	Saturday	7/26/2025	3:30 PM	5:00 PM
	6 Prelims	Sunday	7/27/2025	7:00 AM	8:30 AM
	7 Finals	Sunday	7/27/2025	3:30 PM	5:00 PM

Format: These championships will be conducted in LCM. The 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to A, B, C, and D finals.

Rules: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. 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. 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.

- 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.
- 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.
- Deck Changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.
- 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.
- Pool/Timing:** 50 meters by 25yards heated outdoor pool, 8 lanes-course racing lanes with separate warm-up and swim-down 5 lanes available. Datktronics timing System will be used. Fly-over starts will possibly be used. The host will ensure the required racing course dimensions. The water depth at the start is 5'.
- Eligibility:** This meet is open to all athletes who:
1. Will be 15 years of age or over on the first day of the meet, with exception of relay only swimmers, who must be 13 years of age or older.
 2. Are 2025 registered athlete members of USA Swimming as provided by article 302.
 3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
 4. Have achieved one or more qualifying times within the qualifying period.
 5. Up to 100 athletes registered in LSCs other than Florida Gold Coast Swimming may be accepted on a first come first served basis. Foreign athletes that have achieved the meet qualifying time standards and with proper travel credentials who have been invited by USA Swimming will also be eligible to enter in this category.

6. The Meet Host WILL NOT be accepting New or Renewing USA Swimming registrations at the meet. FLEX and SEASONAL members are not eligible for this meet. The meet is only open to year-round members. The qualifying period shall be Jul 16, 2023 through the entry deadline (July 16, 2025).

All USA Registrations must be done prior to the start of the competition.

Disability Athletes: FGC and host clubs along with their Meet Referees are committed to the FGC Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the team office ahead of time to allow for preparations – 954-401-0045 meet@pompanopiranhas.com

Entries: Will only be accepted through USA Swimming Online Meet Entry (OME). OME Opens: 12:00 am EST June 18, 2025 OME Closes: 11:59 pm EST July 16, 2025

All teams must pay via cash or check made out to "Pompano Piranhas Inc" upon arrival at the meet. All payments must be made before the team's first swim.

Late Entries: Late entries will be accepted through a secondary Late Entry OME, provided the entry cap has not been reached. OME for Late Entries Opens: 12:00 am EST July 17, 2025 OME for Late Entries Closes: 11:59 pm EST July 19, 2025. Entry fees for late entries will be twice the standard entry fee. No entries will be accepted after the late entry OME closes.

Entry Limit: Individual events: 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 and a total of seven (7) individual events during the meet.

Relay events: Teams may enter "A" & "B" relay teams only Teams will be charged for over entered entries even after the swimmers are scratched from the selected events. Unregistered swimmers may not be added to a team's roster. Relay-only swimmers may be added to a team's roster.

OME Help: 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>. Log in and select "Enter Team." Only one account may be used to enter a team. Paper, FAX, and Email entries will not be accepted. If you need assistance doing your entries using OME, please contact Chritine Palumbo at virtualscratchao@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. Override times may be used to enter 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. **CONVERTED TIMES ARE NOT PERMITTED.**

FOR INVITED INTERNATIONAL ATHLETES: Entry times must be achieved in competition sanctioned, approved, or observed by the **World Aquatics** member the Club represents. Proof of time may be requested at any time by the Host or meet staff. All times should be listed as override times in OME. Entry Chair: _Chritine Palumbo at cdpalumbo5@gmail.com

Deck Passes: Deck passes for team coaches with current coaching credentials with USA Swimming 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. There is no cost for coaches' deck pass. Coaches that have not purchased their deck pass prior to the entry deadline will not be allowed to enter the facility unless they can provide proof of up-to-date membership in good standing with USA Swimming.

Deck Entries: Late entries and deck entries will not be accepted. The FGC deck entry policy will not be in effect.

Coach Deck Pass: \$0.00 per pass

Entry fees:	\$15.00 per individual event	Late fees:	\$30.00 per individual event
	\$20.00 per relay team		\$40.00 per relay team
	\$20.00 per swimmer surcharge		\$40.00 per swimmer surcharge

Entry fees for unattached unaffiliated athletes will be doubled.

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. The swimmer assumes all responsibility for false or incorrect times, or times which are acceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

*Entry fees are made payable to Pompano Beach Piranhas

Note: one check per team.

Refunds: Once the 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 slowest to fastest in order of LCM then SCM, then SCY except as otherwise noted in this meet announcement. The order of the final heats will be D, C, B and A. The D final will be limited to the top 16-under athletes that do not qualify for the A, B, or C final.

Distance Events: Positive check-in by the scratch deadline for Thursday's 1500 free is required to compete. Thursday's 1500 free events will be swum as timed finals. Swimmers achieving the Senior Championships qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter freestyle. Seeding will be done in this order: 1500-meter, 1650-yard, 800-meter then 1000-yard. All 1500 events will be seeded slowest to fastest, alternating women and men. 1500 Freestyle swimmers must supply their own counters and timers.

Relays: Positive check in is not required. Will be Time Final and will be swam in the prelim morning sessions.

Scratches: Scratches from timed final events and preliminaries will be accepted until the deadlines listed below.

**Positive Check in and
Scratch Deadline:**

Thursday, July 24 events	5:30 PM Wednesday
Friday, July 25 events	5:30 PM Thursday
Saturday, July 26 events	5:30 PM Friday
Sunday, July 27 events	5:30 PM Saturday

These Championships will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:

1. In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

2. Any swimmer qualifying for a championship final in an individual event who fails to compete in said final, or who fails to compete in any timed final event for which the swimmer has been positively checked in, shall be barred from their next individual swim (which may be a final or a preliminary). Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. In the event that the missed event is the swimmer's last individual event of the meet, the team or individual submitting the swimmer's entries shall be fined \$25 by the Florida Gold Coast LSC.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

A virtual scratch system may be used at this meet. Further details on scratch procedures will be presented at the technical meeting.

Scoring: Top 24 of each event will be scored.

Individual:	1 ST -8 TH Place:	32, 28, 27, 26, 25, 24, 23, 22
	9 TH -16 TH Place:	20, 17, 16, 15, 14, 13, 12, 11
	17 TH -24 TH Place:	9, 7, 6, 5, 4, 3, 2, 1

Relays:	1 ST -8 TH Place:	64, 56, 54, 52, 50, 48, 46, 44
	9 TH -16 TH Place:	40, 34, 32, 30, 28, 26, 24, 22
	17 TH -24 TH Place:	18, 14, 12, 10, 8, 6, 4, 2

Awards:	Individuals Events & Relays:	1 st -3 rd Medal
	Individual High Point:	Women & Men High Point – 1 st -3 rd (Open/ 15-16)
	Team Awards:	Overall Girls/ Boys Team 1 st -3 rd
	Overall Team Award:	Combined 1 st -3 rd

Head Referee: Joshua Blanco

Meet Director: Jesse Vassallo

Meet Marshall: PBAC's Lifeguard Staff

Administrative Official: Chritine Palumbo

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.

Admission: \$5.00 per session for prelims and finals.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the roped off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the event.

Meet Information: Updates to meet information as well as timelines, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information at www.pompanopiranhas.com

Information: Office (954-401-0045)

Warm-up Procedure: Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are not permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. Warm-ups may be conducted as two 45-minute sessions. If so, teams will be notified of their warm-up assignments prior to the start of the meet.

7:00 a.m. – 7:45 a.m. ("A" warm up) / 7:45 a.m. – 8:30 a.m. ("B" warm up) –

First 2/3rd of warm up session: General Warm Up Session: Swimming and Pulling Only, Push Off No Racing Starts, No Sprinting, No Pace Work

Last 1/3rd of warm up session: Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 meters One Length.

Lane 3 Swimming and Push Off

Lane 4 Swimming and Push Off

Lane 5 Swimming and Push Off

Lane 6 Swimming and Push Off

Lane 7 Racing Starts, 50 meters One Length

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

Additional sprint lanes may be opened as necessary.

Medical Supervision: Pompano Beach Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Trainings include, but are not limited to, CPR, AED, and First Aid.

Psych Sheet: Once the psych sheet has been posted, no changes to the entries will be allowed. Coaches are responsible for reviewing their team entries before submitting them to the meet host.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers only will be available during the entire meet.

Concession: Concession stand will be available.

ORDER OF EVENTS

THURSDAY						
				W	FINALS	M
				1	1500 Freestyle	2
				3	200 Medley Relay	4
				5	200 Freestyle Relay	6
FRIDAY						
W	PRELIMS	M		W	FINALS	M
7	200 Freestyle	8		7	200 Freestyle	8
9	100 Breaststroke	10		9	100 Breaststroke	10
11	100 Butterfly	12		11	100 Butterfly	12
13	400 Individual Medley	14		13	400 Individual Medley	14
15	4 x 100 Medley Relay	16				
SATURDAY						
W	PRELIMS	M		W	FINALS	M
17	100 Backstroke	18		17	100 Backstroke	18
19	200 Individual Medley	20		19	200 Individual Medley	20
21	50 Freestyle	22		21	50 Freestyle	22
23	400 Freestyle	24		23	400 Freestyle	24
25	4 x 100 Freestyle Relay	26				
SUNDAY						
W	PRELIMS	M		W	FINALS	M
27	200 Butterfly	28		27	200 Butterfly	28
29	100 Free	30		29	100 Free	30
31	200 Breaststroke	32		31	200 Breaststroke	32
33	200 Backstroke	34		33	200 Backstroke	34

W-women's odd#, **M**-men's even#

All Prelims – Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

All Finals – Warm up 3:30 p.m. – Meet Starts at 5:00 p.m.



Time Standards - Florida Gold Coast Senior Championships						
Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
30.19	29.39	26.29	50 Free	23.49	26.19	26.99
1:05.59	1:03.99	57.19	100 Free	50.69	55.99	57.59
2:19.39	2:16.19	2:05.59	200 Free	1:52.59	2:04.69	2:07.89
4:53.79	4:37.39	5:31.59	400/500 Free	5:09.89	4:24.69	4:31.09
10:13.39	10:00.39	11:22.49	800/1000 Free	10:46.39	9:29.09	9:41.89
19:43.09	19:19.09	19:12.69	1500/1650 Free	18:10.99	18:05.99	18:29.99
1:14.49	1:13.29	1:05.99	100 Back	1:00.59	1:07.89	1:09.19
2:40.79	2:38.39	2:23.19	200 Back	2:13.59	2:26.89	2:29.29
1:25.69	1:23.69	1:15.79	100 Breast	1:09.09	1:15.19	1:17.19
3:05.39	3:01.39	2:44.39	200 Breast	2:32.69	2:45.39	2:49.39
1:11.19	1:09.79	1:04.59	100 Fly	56.99	1:02.29	1:03.69
2:38.29	2:35.49	2:23.49	200 Fly	2:11.59	2:20.99	2:23.79
N/A	1:16.29	1:07.99	100 IM	1:00.69	1:06.89	N/A
2:40.99	2:37.79	2:20.69	200 IM	2:10.79	2:23.99	2:27.19
5:42.39	5:35.99	5:00.29	400 IM	4:40.59	5:11.09	5:17.49
2:02.59	1:59.39	1:45.19	4x50 Free	1:32.29	1:46.59	1:49.79
4:30.79	4:24.19	3:53.19	4x100 Free	3:19.69	3:51.59	3:58.19
2:17.69	2:14.99	2:00.69	4x50 Medley	1:41.79	2:01.69	2:04.39
4:59.29	4:53.69	4:13.89	4x100 Medley	3:45.79	4:21.19	4:26.49

Updated 5/4/2024

Swimmers achieving the Senior Championships qualifying time in the 800-meter or 1000-yards Freestyle, may enter the 1500-meter freestyle. Seeding will be done in this order:

1500-meter, 1650-yard, 800-meter then 1000 yard.

2025 – Senior Championships Time Trials - Long Course

Sanctioned by:	This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming
Date and Time:	Friday: July 25, 2025 - 10 minutes after the conclusion of prelims. Saturday: July 26, 2025 - 10 minutes after the conclusion of prelims.
Pool/Timing:	50 meters by 25yards heated outdoor pool, 8 lanes-course racing lanes with separate warm-up and swim-down 5 lanes available. Datktronics timing System will be used. Fly-over starts will possibly be used. The host will ensure the required racing course dimensions. The water depth at the start is 5' in accordance with 202.3.7 (C).
Entry deadline:	All entries must be received by 10:00 am. the day of the event.
Entry Limit:	Swimmers are limited to no more than 3 events per day including the events they participated in at the 2025 Senior Championships. Swimmers not in the 2025 Senior Championships can swim 3 events per day.
Entry Fees:	\$15.00 per individual event \$20.00 per relay team \$20.00 per swimmer surcharge
Eligibility:	Open to all current registered USA Swimming athletes. (And swimmers entered in the 2025 Senior Championships who do not exceed the event entry limit for the day).
Awards:	None (other than fast times and satisfaction).
Location:	Pompano Beach Aquatic Center, 820 NE 18 th Ave. Pompano Beach, FL 33061 (Tel 954-401-0045)
Directions:	From the North or South: Take I-95 or the Turnpike towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to end of street to NE 8th Street. Turn Right onto to NE 8 th Street and follow the 2 road to the Aquatic Center. The pool is on the left-hand side.
Referee:	Joshua Blanco
Information:	Jesse Vassallo – e-mail: meet@pompanopiranhas.com / phone: 954-401-0045