



Carrollwood Village Swim Team
SWEETHEART MEET
February 6-8, 2026

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7233-1**

It is understood and agreed that USA Swimming, Florida Swimming and the Carrollwood Village Swim Team, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

1. 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.
2. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
3. Deck changes are prohibited.
4. Operation of a drone or any other flying devices 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 Program & Events Coordinator (or his/her designee).

5. 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.
6. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations

TYPE OF MEET: 25 Yd. SC Invitational Swim Meet, 8&U, 9&10, 11&12, 13-14, 15 and over. Friday & Sunday, timed finals. Saturday, Prelims/Finals.
Prelim events A finals scoring, B finals non-scoring. B finals may be combined.
Meet referee may combine events and insert breaks as deemed necessary.

DATE & TIME: Session 1: Friday, February 6, 2026, 5:30 PM
Session 2: Saturday, February 7, 2026, 8:30 AM
Session 3: Saturday, February 7, 2026, Not Before 12:00 Noon
Session 4: Saturday, February 7, 2026, Finals TBD
Session 5: Sunday, February 8, 2026, 8:30 AM
Session 6: Sunday, February 8, 2026, Not Before 12:00 Noon

LOCATION: Carrollwood Country Club (TAC) Tennis & Aquatic Center, 13985 Club House Drive, Tampa, Florida 33618 – 813-961-1368

POOL SPEC: The water depth at the competition starting and turning end is a minimum of 4 feet. Certified 25 Yd. outdoor pool, non-turbulent lane lines, Up to Eight (8) lanes may be used for competition.

MEDICAL SUPERVISION: Lifeguards on duty and AED device available.

TIMING: Daktronics Automatic Timing



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Warm Up: Session 1:
4:30 PM to 5:00 PM Lanes 1 to 10 continuous lap swimming
5:00 PM to 5:20 PM Lanes 1 to 6 continuous lap swimming
Lanes 7 to 9 racing starts
Lane 10 pace work

Sessions 2&5:
7:30 AM to 8:00 AM Lanes 1 to 10 continuous lap swimming
8:00 AM to 8:20 AM Lanes 1 to 6 continuous lap swimming
Lanes 7 to 9 racing starts
Lane 10 pace work

Session 3 & 6 (Immediately following the end of Session 2 & 5 - Not Before 12:00 PM)
Finals Sessions (4) (Immediately following the end of Sessions 3)

Lane 10 will be available for Warm-up/Warm-down during all competition.

*******ONE HAND MUST BE ON THE DECK WHEN ENTERING THE POOL, WHEN NOT DOING A RACING START.**
*******NO EQUIPMENT MAY BE USED AT ANY TIME.**

ELIGIBILITY: Open to all invited currently registered USA Swimming Athlete Members, on the invited teams of CAT, STA, BERK, TEAM, GTSA and PS. Entries will stop being accepted with the team that Meet Management feels will put the sessions at four (4) hours. On deck registration will not be allowed.

SEEDING: 25-yard times will be used for seeding.

SCRATCHES: No penalty for scratching on the blocks for preliminary heats and timed finals. Scratches from finals must be submitted to the AO within 30 mins of posting. Penalty for failure to swim in finals if not properly scratched is barring from the next final or individual event, whichever comes first.

ENTRY LIMIT: Five (5) individual events on Friday and Sunday and for 8 & under. Three (3) individual events on Saturday for prelim final events. Swimmers over entered will be considered as entered in their first three (3) events on Saturday.

ENTRY FORM: Entries must be submitted by Electronic Entry, in the SDIF or CL2 Format. Entries will be accepted via electronic mail attachment. Please send entries to Chris@CVST.org. Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Free text e-mail entries will not be accepted. Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. List all attending coaches and contact phone numbers, in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Entry Form. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form. All applicable entry fees must be received by the CVST by the entry deadline listed in this meet information letter.

ENTRY FEE: Timed finals \$5.50 per individual event; \$6.00 per relay. Prelims/finals \$8.50 per individual event, \$10.00 per Relay. \$10.00 per swimmer Facility Fee, \$3.00 Heat Sheet Fee, \$2.00 Travel Surcharge per out-of-LSC swimmer.

HEAT SHEETS: Heat Sheets will be posted on; <https://www.gomotionapp.com/team/flscvst/page/home> no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3.00 charge will be applied to each swimmer's entry fee.

ENTRY DEADLINE: All entries must be received by Friday, January 30, 2026, 5:00pm. No late, phone or fax entries will be accepted. Checks payable to CVST MUST accompany entry forms. Mail Express Mail to: CVST Last Chance Sweetheart Invitational, 13985 Clubhouse Drive, Tampa, Florida 33618.



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- DECK ENTRIES:** Deck entries will be accepted for open, unseeded lanes only if the swimmer is not already in five (5) events for the day. A swimmer may not scratch an event to deck enter another. No new heats will be created. Deck entry fees will be \$10.00 per event and the Facility Fee and Heat Sheet Fee applies. The deadline for ALL deck entries will be 30 minutes prior to the start of the session for the entered event.
- AWARDS:** Individual: Awards 1st - 8th Place Individual
- SCORING:** Individual Events: 1st – 8th place – 9,7,5,5,4,3,2,1 (no scoring for B final)
High Point: 1st - 3rd Place
- RULES:** Current USA Swimming Technical Rules will govern. Safety rules as outlined by USA Swimming, and as recommended by the Head Marshall, will be in effect during the meet.
- TEAM REP:** Prior to the start of the meet, the name of one person other than the coach will be given to the referee. Only the coach and that person will be recognized by the referee relative to matters pertaining to the meet.
- OFFICIALS:** Head Referee - Bob Griffiths
Stroke & Turn – Barbara Dorsey Admin Official – John Ware
Marshall – Morgan Lynch Meet Director – Jen Hasara
- COACHES:** All Coaches & Officials MUST show proof of USA Swimming Coach Membership in order to be on deck at the meet and/or receive a Team Packet and MUST have their USA Swimming registration card at all times while on deck or show current registration on Deck Pass.
- 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, restrooms, 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.
- DISABILITY**
ATHLETES: Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host’s ability to accommodate all requests.
- Coaches may use the ([Accommodations Form](#)) to satisfy this requirement.
- INFORMATION:** Chris Service, Chris@CVST.org or Co-Meet Director’s, Jabari Ramsey, Jabari@CVST.org, or 813-713-7836, or Jen Hasara, Jen@CVST.org, 813-766-2461.



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***May be limited to top 40 swimmers per gender**

ORDER OF EVENTS

Friday, February 6, 2026 4:30 PM Warm Up / 5:30 PM Start		
Girls Event #	Event	Boys Event #
1	Open 50 Free	2
3	Open 50 Back	4
5	Open 100 IM	6
7	Open 200 IM	8
9	Open 50 Fly	10
11	Open 50 Breast	12
13*	Open 400 IM	14*
15*	Open 500 Free	16*
17	Open Mixed 200 Free Relay	

*** Note – 400 IM may be limited to a total of 48 fastest swimmers per gender.**

****Note – 500 Freestyle may be limited to a total of 48 fastest swimmers per gender.**



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Saturday, February 7, 2026		
7:30 AM Warm Up / 8:30 AM Start		
Girls Event #	Event	Boys Event #
27	11-12 100 Back	28
29	13-14 100 Back	30
31	15 & Over 100 Back	32
33	11-12 100 Breast	34
35	13-14 100 Breast	36
37	15 & Over 100 Breast	38
39	11-12 100 Fly	40
41	13-14 100 Fly	42
43	15 & Over 100 Fly	44
45	11-12 100 Freestyle	46
47	13-14 100 Freestyle	48
49	15 & Over 100 Freestyle	50
51	11-12 200 Free Relay	52
53	13-14 200 Free Relay	54
55	15 & Over 200 Free Relay	56

Saturday, February 7, 2026 (10 & under)		
Start: 1 hour after conclusion of morning session		
Girls Event #	Event	Boys Event #
57	9 & 10 50 Back	58
59	8 & U 50 Back	60
61	9 & 10 50 Breast	62
63	8 & U 50 Breast	64
65	9 & 10 50 Fly	66
67	8 & U 50 Fly	68
69	9 & 10 50 Free	70
71	8 & U 50 Free	72
73	9 & 10 100 IM	74
75	8 & U 100 Free Relay	76
77	10 & Under 200 Free Relay	78



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Saturday, February 7, 2026, Finals Session 4 PM Warm Up / 5 PM Start		
Girls Event #	Event	Boys Event #
27	11-12 100 Back	28
29	13-14 100 Back	30
31	15 & Over 100 Back	32
57	9 & 10 50 Back	58
33	11-12 100 Breast	34
35	13-14 100 Breast	36
37	15 & Over 100 Breast	38
61	9 & 10 50 Breast	62
39	11-12 100 Fly	40
41	13-14 100 Fly	42
43	15 & Over 100 Fly	44
65	9 & 10 50 Fly	66
45	11-12 100 Freestyle	46
47	13-14 100 Freestyle	48
49	15 & Over 100 Freestyle	50
69	9 & 10 50 Freestyle	70



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Sunday, February 8, 2026		
7:30 AM Warm Up / 8:30 AM Start		
Girls Event #	Event	Boys Event #
79	11-12 200 Back	80
81	13-14 200 Back	82
83	15 & Over 200 Back	84
85	11-12 200 Breast	86
87	13-14 200 Breast	88
89	15 & Over 200 Breast	90
91	11-12 200 Fly	92
93	13-14 200 Fly	94
95	15 & Over 200 Fly	96
97	11-12 200 Free	98
99	13-14 200 Free	100
101	15 & Over 200 Free	102
103	11-12 200 IM	104
105	13-14 200 IM	106
107	15 & Over 200 IM	108
109	11-12 200 Medley Relay	110
111	13-14 200 Medley Relay	112
113	15 & Over 200 Medley Relay	114

Sunday, February 8, 2026		
Start: 1 hour after conclusion of morning session		
Girls Event #	Event	Boys Event #
115	9 & 10 100 Free	116
117	8 & U 25 Free	118
119	9 & 10 100 Back	120
121	8 & U 25 Back	122
123	9 & 10 100 Fly	124
125	8 & U 25 Fly	126
127	9 & 10 200 Free	128
129	8 & U 100 Free	130
131	9 & 10 50 Breast	132
133	8 & U 25 Breast	134
	Possible 5-minute break	
135	10 & Under 200 Medley Relay*	136
137	8 & under 100 Medley Relay*	138



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MASTER ENTRY FORM

NAME OF TEAM _____ CALL LETTERS _____

ADDRESS _____

HEAD COACH _____ LSC _____

E-MAIL ADDRESS _____ HOME PHONE _____

OFFICE PHONE _____

SWIMMER/COACH REGISTRATION

I CERTIFY THAT ALL INDIVIDUALS LISTED ON THE ATTACHED ENTRY FORM ARE CURRENTLY REGISTERED MEMBERS OF USA SWIMMING AND ARE ELIGIBLE TO COMPETE IN THIS MEET. I FURTHER CERTIFY THAT ONE OR MORE OF THE FOLLOWING COACHES WILL BE ON-DECK SUPERVISING THE ACTIVITIES OF THESE INDIVIDUALS DURING ALL WARM-UP AND COMPETITIVE SESSIONS OF THE MEET.

NAME OF COACH

TEAM

I CERTIFY THAT THE INDIVIDUALS LISTED ABOVE ARE CURRENTLY REGISTERED USA SWIMMING COACH MEMBERS, AND THAT I AM A CURRENT USA SWIMMING REGISTERED NON-ATHLETE MEMBER.

Signature (must be USA Swimming member)

Team

Date

FINANCIAL RECAP

WE HAVE ENTERED THE FOLLOWING:

Facility Fee (# of Swimmers)	_____ at \$10.00 each =	\$ _____
Relay Fee (# of Relays)	_____ at \$10.00 each =	\$ _____
Heat Sheet (# of Swimmers)	_____ at \$3.00 each =	\$ _____
Individual Events	_____ at \$8.50 each =	\$ _____
Out of State Athlete Travel Surcharge	_____ at \$2.00 each =	\$ _____
	TOTAL ENTRY FEES PAID =	\$ _____

ENTRIES MUST BE RECEIVED BY: Friday, January 30, 2026, 5:00pm MAIL TO: CVST Last Chance Sweetheart Meet, 13985 Clubhouse Drive, Tampa, Florida 33618 EMAIL TO: Chris@CVST.org