



**2024 Florida Swimming Summer Senior Championships  
July 18-21, 2024**

**Florida Aquatics Swimming & Training - Ocala**

**REMINDERS – PLEASE REVIEW**

**ENTRIES –**

1. OME is accessed through a coach's SWIMS account.
  - **OME OPENS: 12:00 PM (NOON) EST Wednesday – June 5, 2024**
  - **OME CLOSES: 12:00 PM (NOON) EST Tuesday – July 9, 2024**
2. **NEW Qualifying Swims**  
Swims achieving the qualifying Senior Champs time standard at Summer FLAGS from Thursday, July 11<sup>th</sup> – Sunday, July 14<sup>th</sup> have til NOON, Monday, July 15<sup>th</sup> to submit entry. Entry must be sent to: [flome.entries@gmail.com](mailto:flome.entries@gmail.com)
3. Psych sheet will be published on Monday, July 15<sup>th</sup>.
4. **LATE ENTRY OPENS** – after Psych sheet is published – for 24 hours. Late Entry is for **A MISSED ATHLETE OR ADDING AN EVENT.**  
**Late Entry fee will be \$100 per athlete + the entry fee and athlete/facility surcharge.**  
LATE ENTRY will be submitted via email: [flome.entries@gmail.com](mailto:flome.entries@gmail.com).

**ZOOM COACH MEETING** – Link will be sent at a later date.  
TUESDAY, 7/16 @ 8PM

**2024 Florida Swimming  
Summer Senior Championships  
July 18-21, 2024**

**COACH MEETING:** TUESDAY, 7/16 @ 8:00 P.M. VIA ZOOM

**Sanctioned By:** Florida Swimming of USA Swimming Sanction # FL-6741

"In granting this sanction it is understood and agreed that USA Swimming and Florida 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."

**Conditions of Sanction:** 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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.

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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

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.

**Hosted By & Location:** Florida Aquatics Swimming & Training  
4635 SW 67th Ave Road  
Ocala, FL 34476  
(352)820-4222

**Type of Meet:** 50M Long Course  
A-Finals, B-Finals, and C-Bonus Finals – Senior Events  
A-Finals, B-Finals – 15-16 year old Events

Prelims will be swum in 10 lanes - Finals will be swum in 10 lanes. Prelims sessions will be swum separated.

\*\*400 IM and 400 Free will be swum COMBINED in Prelims by gender. Fastest 4 heats of women, then fastest 4 heats of men, swum fastest to slowest. Followed by a heat of women then a heat of men, fastest to slowest, until all heats have swum.

10 minute break will precede distance events (400IM, 400Free, 800Free, 1500Free).

In the Finals Sessions, the order of events shall be A Final, B Final, C Final, if applicable (Fast to Slow). **The C Final is limited to those athletes 18 years and younger.**

Flyover and/or Chase starts may be used at the discretion of the meet referee. No changes in meet operation will occur without concurrence of the Sr. Chair & Committee. Warm up assignments will be made by Sr. Chair or designee if needed.

**Distance Events:** Swimmers may swim the 800 free if they have the 1500 cut or they may swim the 1500 if they have the 800 cut.

\*\*The 800/1500 free will be swum with age groups combined but scored separately.

Thursday night events will be the 800M freestyle for Men and Women and will be swum fastest to slowest. Meet management with the consultation of the Meet Ref and Sr. Chair has the option of alternating Women and Men and fighting if it is necessary by swimming 4 F/M heats then starting relays.

If deemed necessary, fighting will be used.

Sunday will be the 1500 for Men and Women. It will be swum fastest to slowest and consolidated by gender but scored separately. The fastest two heats 1 M/F of 1500 will be swum at the beginning of Finals.

**Date & Time:**

Thursday, July 18 - Timed Finals 5:00 PM  
Friday & Saturday, July 19 and July 20 - Prelims 8:30 AM, Finals 5:00 PM  
Sunday, July 21 - Prelims 8:30 AM, Finals 4:30 PM

**\*\*START TIME MAY CHANGE BASED ON ENTRIES SUBMITTED.\*\***

**Spectator Access:**

Adopted by USA-Swimming, Florida Swimming, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and is a condition of the sanction of this meet.

Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

**Pool Specifications:**

Certified 50-meter, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm-ups and warm downs. Water depth at starting end is 9'10"; Pool certification is on file with USA Swimming / Florida Swimming.

**Timing Equipment:**

Colorado Timing System Gen 7 Timing with scoreboard. Manual back up.

**Warm-up:**

Thursday afternoon warm-up at 3:30 p.m.  
Friday – Sunday prelim warm-ups to start at 6:30 a.m.  
Friday & Saturday finals warm-ups to start at 3:30 p.m.  
Sunday finals warm-ups to start at 3:00 p.m.

**\*\*\*WARMUP SCHEDULE TO FOLLOW ONCE ENTRIES CLOSE AND PRIOR TO THE START OF THE MEET.\*\*\***

**Eligibility:**

Open to all currently registered 2024 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed between February 25, 2022 and July 9, 2024, the meet entry deadline.

No conversions of times are acceptable. Late entries will be permitted as stated in meet letter.

**Disability Swimming:**

Florida Swimming encourages the participation of USA Swimming members with disabilities in this meet. The swimmer's disability must meet the definition of a disability as outlined in USA-Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved the included qualifying times for this meet. Entries for swimmers with disabilities should be submitted via OME, with an e-mail to: [admin@floridaswimming.org](mailto:admin@floridaswimming.org) PRIOR to submission.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-Swimming Rule 105.4.

Any athlete with a disability will be accommodated to the best of meet management's ability. Please contact the Meet Director at least two weeks prior to the start of the event to allow for preparation.

**Entry Limit:**

Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". In order to enter an A Relay, teams must have 2 individual qualifiers **compete on the relay** in that age and gender. In order to enter a B Relay, teams must have 6 individual qualifiers in that age and gender. The B relay must have 2 individual qualifiers **compete on the relay** in that age and gender. No relay may compete with more than 2 relay only swimmers. There are no time standards for relays. Do not enter NT.

**Bonus Events:**

The "Bonus Event" rule will be in effect for this meet. The formula is as follows:

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	2
4	2
5	1
6	0

Each bonus swim entered must be a provable time. NT entries will not be accepted.

In the OME system, select "Enter as Bonus" to enter bonus events. No Bonus Events for 800 and 1500.

**Positive Check-In**

Events: 1-4	800 Free	4:00 PM -Thursday, July 18
Events: 5-6	800 Free Relay	4:00 PM -Thursday, July 18
Events: 25-28	400 IM	6:00 PM -Thursday, July 18
Events: 29-30	400 Med Relay	10:00 AM - Friday, July 19
Events: 49-52	400 Free	6:00 PM - Friday, July 19
Events: 53-54	400 Free Relay	6:00 PM - Friday, July 19
Events: 75-78	1500 Free	6:00 PM - Saturday, July 20

**Fines:**

**Clubs with swimmers that fail to swim in Finals on Sunday night without Scratching will incur a \$100 club fine per event.**

**Scratch Penalty:**

Preliminary and Timed Final events:

No penalty for scratching on the blocks in prelims with the exception of deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the clerk of course, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

1. Any swimmer who competes in a preliminary heat and qualifies as one of the original 20 or 30 finalists as announced must swim in that final's event; or must notify the clerk of course that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers.
2. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.
3. Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.
4. A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

- NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starters stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.
- NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.
- NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 21-30 who do not wish to swim in finals are strongly urged to scratch.

**Deck Registration:**

Deck Registration will not be permitted.

**Entry Fee:**

\$15.00 per individual event  
\$20.00 per relay  
\$20.00 facility fee per swimmer  
\$1.00 per swimmer LSC Swimmer Support  
\$3.00 Heat Sheet Fee per swimmer

Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

OME is set up with zero entry fee charges to allow all teams to pay by check.

**Refunds:**

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

**Checks payable to:**

FAST  
Mailing Address: Florida Aquatics Swimming & Training  
Attn: Kevin Milak  
4635 SW 67th Ave. Road  
Ocala, FL 34474

CHECKS MUST BE RECEIVED BY START OF THE MEET

**Entries:**

**ENTRY PROCEDURES - READ CAREFULLY**

1. On-Line Meet Entry (OME) - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) accessed through SWIMS. Coach members must be assigned Club OME Access as a staff role to access OME for the club. Paper or Fax entries will not be accepted.

**OME OPENS: 12:00 PM (NOON) EST Wednesday – June 5, 2024**

**OME CLOSES: 12:00 PM (NOON) EST Tuesday – July 9, 2024**

2. **NEW Qualifying Swims**

Swims achieving the qualifying Senior Champs time standard at Summer FLAGS from Thursday, July 11<sup>th</sup> – Sunday, July 14<sup>th</sup> have til NOON, Monday, July 15<sup>th</sup> to submit entry.

Entry must be sent to: [flome.entries@gmail.com](mailto:flome.entries@gmail.com)

3. Psych sheet will be published on Monday, July 15<sup>th</sup>.
4. **LATE ENTRY OPENS** – after Psych sheet is published – for 24 hours. Late Entry is for **A MISSED ATHLETE OR ADDING AN EVENT.**  
**Late Entry fee will be \$100 per athlete + the entry fee and athlete/facility surcharge.**

**Proof of Time:**

Swimmers listed in the USA-S National Database with qualifying times achieved within the qualifying period (February 25, 2022 to July 9, 2024) will be permitted to swim individual events (**meet results from non-OTS Block Party events will not be accepted**). Swimmers with qualifying times that are not listed in these databases must provide proof of times. No conversions will be allowed. The swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

- Seeding:** All swimmers must enter with times achieved within the two year qualifying period. Nonconforming times will be seeded after short course yard qualifying times.
- Seeding is as follows:
1. Long Course Meters
  2. Short Course Yards
  3. Short Course Meters
- All events will be seeded and swum in the preliminaries fastest heats to slowest heats, unless otherwise noted in this meet letter.*
- Officials:** Meet Referee: Quinn Sampson  
Admin Referee: Deanna Calderone-Kaufman  
Chief Judge: Amanda Wagner
- Evaluator: Wayne Shelby
- Scoring:** Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
Relay: : 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
- Awards:** Team: Championship and Runner-Up Trophy  
Individual: High Point Plaque for each age group and gender  
1-3 Medals, 4-10 Ribbons  
Relays: 1-3 Medals
- Team Representative:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.
- Identification:** Coaches and Officials shall wear their 2024 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2024 USA-S coach membership on the USA Swimming App.
- USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area. Deck changing is prohibited.
- 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, rest rooms, 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.
- For Information:** FL Senior Chair: John Hulvey ([john@gatorswimclub.com](mailto:john@gatorswimclub.com))  
FL Swimming Office: Vanessa Brewer, (352)242-5145 or [vanessa.brewer@floridaswimming.org](mailto:vanessa.brewer@floridaswimming.org)
- Rules:** Current USA Swimming Technical Rules will govern the meet.
- Spectator Fees:** \$10 per day or \$25 for the meet  
Volunteer timers will be FREE.  
Children 12 years and younger attending the meet as non-swimmers will be FREE.
- Media:** Media Credential requests must be submitted at least 7 days prior to the start of the event (link [HERE](#)) and must meet the Florida Swimming Media Credential Policy (posted on FL website).

## Warm-Up Schedule

**\*\* Warmups to start at 6:30 a.m. - warmup schedule to be sent once entries close\*\***

**\*\*\* NO EQUIPMENT PERMITTED \*\*\***

\*\*\* EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL.

Training equipment is not allowed during warmup. General Warm-up until the last 40 minutes prior to meet start unless otherwise specified by meet management.

Controlled warm up is:

1. Pace 50 and 100 circle swimming - push off
2. Racing starts (one length from start end only)
3. Racing starts (one length from opp.end)
4. Swimming and pulling, push off
5. Swimming and pulling, push off
6. Racing starts (one length from opp.end)
7. Racing starts (one length from start end only)
8. Pace 50 and 100 circle swimming - push off

## Order of Events

**\*\*Prelim sessions may be combined or separated. Order of events will be decided following the close of entries.\*\***

**Thursday, 7/18/24 – Start at 5 p.m.**

Ev #	Event
1-2	15-16 800 Free
3-4	Senior 800 Free
5-6	Senior 800 Free Relay

Events 1-6 are positive check-in events with 1-4 deck seeded; all are swum on Thursday and are Timed Finals.

**Friday, 7/19/24 – Prelims 8:30 a.m./Finals start at 5 p.m.**

Ev #	Event
7-8	Senior 200 Free Relay
9-10	15-16 200 Free
11-12	Senior 200 Free
13-14	15-16 200 Breast
15-16	Senior 200 Breast
17-18	15-16 100 Fly
19-20	Senior 100 Fly
21-22	15-16 50 Breast
23-24	Senior 50 Breast
25-26	15-16 400 IM
27-28	Senior 400 IM
29-30	Senior 400 Medley Relay

Events 7-8: are Timed Finals in Prelims.

Events 25-30: are positive check-in events.

Events 29-30: are Timed Finals in Finals.

Events 25-28: Heats for the 400 IM are deck seeded and will be swum fastest to slowest.

**Saturday, 7/20/2024 - Prelims 8:30 a.m./Finals start at 5 p.m.**

Ev #	Event
31-32	Senior 200 Medley Relay
33-34	15-16 50 Free
35-36	Senior 50 Free
37-38	15-16 200 IM
39-40	Senior 200 IM
41-42	15-16 100 Back
43-44	Senior 100 Back
45-46	15-16 50 Fly
47-48	Senior 50 Fly
49-50	15-16 400 Free
51-52	Senior 400 Free
53-54	Senior 400 Free Relay

Events 31-32: are Timed Finals in Prelims.

Events 49-54: are positive check-in events.

Events 53-54: are Timed Finals in Finals.

Events 49-52: Heats for the 400 Free are deck seeded and will be swum fastest to slowest.

**Sunday, 7/21/24 - Prelims 8:30 a.m./Finals start at 4:30 p.m.**

Ev #	Event
55-56	15-16 50 Back
57-58	Senior 50 Back
59-60	15-16 200 Fly
61-62	Senior 200 Fly
63-64	15-16 100 Free
65-66	Senior 100 Free
67-68	15-16 100 Breast
69-70	Senior 100 Breast
71-72	15-16 200 Back
73-74	Senior 200 Back
75-76	15-16 1500 Free
77-78	Senior 1500 Free

Events 75-78: are positive check-in events and deck seeded; the fastest 1 heat by gender will swim during finals prior to Event 55.



2024 FL SPRING/SUMMER SR CHAMPS								
GIRLS					BOYS			
15-16		SENIOR			15-16		SENIOR	
SCY	LCM	SCY	LCM	EVENTS	SCY	LCM	SCY	LCM
:25.99	:29.29	:25.29	:29.19	50 FREE	:23.39	:27.09	:22.69	:26.69
:56.59	1.03.59	:55.49	1.02.49	100 FREE	:50.99	:59.89	:49.69	:56.79
2.00.69	2.15.69	2.00.69	2.15.69	200 FREE	1.50.69	2.08.39	1.47.39	2.02.79
5.21.79	4.46.99	5.18.99	4.46.99	400/500 FREE	4.59.89	4.30.09	4.54.79	4.26.19
10.58.79	9.49.59	10.58.79	9.49.59	800/1000 FREE	10.08.54	9.27.89	10.08.54	9.27.89
18.38.39	19.18.99	18.38.39	19.18.99	1500/1650 FREE	17.59.99	18.44.99	17.39.99	18.38.79
:30.59	:33.89	:30.59	:33.89	50 BACK	:27.59	:32.09	:27.19	:31.29
1.03.59	1.11.59	1.03.59	1.11.59	100 BACK	:58.49	1.07.49	:58.09	1.06.99
2.17.99	2.35.89	2.17.99	2.35.89	200 BACK	2.09.99	2.29.89	2.09.19	2.29.19
:33.89	:38.99	:33.89	:38.99	50 BREAST	:30.09	:35.79	:29.90	:35.59
1.13.79	1.23.79	1.13.59	1.23.59	100 BREAST	1.06.39	1.17.19	1.05.99	1.16.69
2.39.99	2.59.99	2.39.09	2.59.09	200 BREAST	2.25.99	2.45.99	2.24.19	2.44.19
:28.59	:32.19	:28.59	:32.19	50 BUTTERFLY	:25.79	:29.69	:25.19	:29.09
1.02.19	1.10.59	1.02.19	1.10.59	100 BUTTERFLY	:55.69	1.03.89	:54.59	1.02.69
2.21.99	2.41.09	2.18.39	2.39.39	200 BUTTERFLY	2.10.89	2.29.69	2.09.99	2.28.79
2.18.59	2.39.09	2.18.09	2.38.19	200 IND. MEDLEY	2.07.09	2.28.09	2.04.99	2.25.59
4.52.19	5.33.49	4.49.49	5.31.19	400 IND. MEDLEY	4.34.09	5.20.99	4.30.49	5.16.59