



FLORIDA SENIOR GAMES



2024 FLORIDA SENIOR GAMES, DECEMBER, 2-15, FLORIDA'S SPORTS COAST/PASCO COUNTY

SWIMMING



Schedule and Location

Saturday, December 7 and Sunday, December 8, 2024

Temple Terrace Aquatic Center
6610 Whiteway Drive
Temple Terrace, FL 33617

Daily Schedule

Day One

8:00 – 9:30 a.m.: Check In

10:00 a.m.: Competition begins with the following schedule. Last event to begin at approximately 1:30 p.m.

- 100 yard butterfly
- 200 yard freestyle
- 50 yard breaststroke
- 100 yard backstroke
- 400 yard IM
- 100 yard breast stroke
- 200 yard back stroke
- 100 yard IM
- 200 yard freestyle



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- 200 yard butterfly
- 50 yard backstroke
- 200 yard IM
- 50 yard butterfly
- 100 yard freestyle
- 200 yard breast stroke
- 500 yard Freestyle
- 200 yard medley relay

Schedule subject to change

Events

- *50-yard Backstroke – SW036
- *100-yard Backstroke – SW037
- *200-yard Backstroke – SW038
- *50-yard Breaststroke – SW039
- *100-yard Breaststroke – SW040
- *200-yard Breaststroke – SW049
- *50-yard Butterfly – SW041
- *100-yard Butterfly – SW042
- *200-yard Butterfly – SW043
- *50-yard Freestyle – SW044
- *100-yard Freestyle – SW045
- *200-yard Freestyle – SW046
- *200-yard Freestyle Relay – On-site Only
- *500-yard Freestyle – SW048
- *100-yard Individual Medley – SW053
- *200-yard Individual Medley – SW050
- *200-yard Medley Relay – On-site Only
- *400yard Individual Medley – SW052

Florida Senior Games Qualifying Rules

The top 5 in each age group at 2024 Florida Senior Games Series Qualifier will qualify for the 2024 Florida Senior Games. Participants that qualify for one Swimming event at a Florida Local Senior Games Qualifier are eligible for all Swimming events at the 2024 Florida Senior Games. (Note: qualifying is only applicable to Florida residents).

Entry Requirements

1. Swimming entry fee is \$30 for the first event and \$5 for each additional event for Florida residents who qualified in a Florida Local Senior Games qualifier. Entry fee is \$40 for the first event and \$5 for each additional event for non-residents.
2. Relay events are open to all athletes registered for swimming and are not subject to additional entry fees. Relay teams may only register on-site during designated time above.
3. All entries must be received by November 11, 2024. Late entries may be accepted at the discretion of the Event Director. Athletes registering after November 11, 2024 deadline may be subject to a \$10 late fee. **NO REFUNDS.**
4. Swimmers must note their qualifying time from their Local Senior Games in the section labeled "Other" on the individual entry form. Entries will not be accepted without a qualifying time for each event. Non-residents who have not competed at a Local Senior Games should enter their best time this season in this section.
5. Swimmers may enter a maximum of six events, not including relays.
6. Swimmers must provide their own suits, caps, goggles, towels, etc.

Format

All swimming events will be timed finals.

1. Warm-up time will be available.
2. Events will be held in a 25-yard heated pool. Warm-up lanes will be provided.
3. Fourth place ribbons will be awarded in addition to Gold, Silver and Bronze medals.

Sports Rules

1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules. The major points of the rules include:
 - a. **Starts:** The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The Backstroke start is taken from the wall. A false start will result in disqualification.
 - b. **Turns:** The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.



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kick is permitted, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

e. **Butterfly:** The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the Butterfly.

f. **Freestyle:** Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke or backstroke.

g. **Individual Medley:** The order of strokes in the Individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.

h. **General:** Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

2. Relay age divisions will be determined by the age of the youngest team member as of December 31 of the competition year.

3. All swimsuits must conform with USMS Code of Regulations and Rules of Competition.

[CLICK HERE](#) for a copy of the 2023 Florida Senior Games Rule Book.

National Senior Games Qualifying Rules

2024 is a qualifying year for the 2025 National Senior Games, to be held July 24-August 4, in Des Moines, Iowa.

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

[CLICK HERE](#) for NSGA Rules and Minimum Performance Standards.

Hotel

[CLICK HERE](#) for Hotel information.

Registration

[CLICK HERE](#) to Register.

Contacts

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[CLICK HERE](#) for a Florida's Sports Coast Destination Guide.



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