



**Carrollwood Village Swim Team
SWEETHEART MEET
February 7-9, 2025**

A USA Swimming Sanctioned Meet through the Florida Swimming LSC #FL-6930-1/6930-1-TT
“In granting this sanction it is understood and agreed that USA-S/FL 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.”

- Condition of:
Sanction: The competition course has been certified in accordance with 104.2.2C. The copy of such certification is on file with USA Swimming.
Any swimmer who attends the meet unaccompanied by a USA Swimming member coach 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. It is the responsibility of the swimmer’s parent(s) to comply with this requirement.
Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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.
- TYPE OF MEET: 25 Yd. SC Invitational Swim Meet, 8&U, 10&U, 11&12 & 13-14, 15 and over Prelims/Finals
*Top 8 Swimmers Only for 10&U Finals (No Consolation)
- DATE & TIME: Session 1: Friday, February 7, 2025, 5:30 PM
Session 2: Saturday, February 8, 2025, 8:30 AM
Session 3: Saturday, February 8, 2025, Not Before 12:00 Noon
Session 4: Saturday, February 8, 2025, Finals TBD
Session 5: Sunday, February 9, 2025, 8:30 AM
Session 6: Sunday, February 9, 2025, Not Before 12:00 Noon
Session 7: Sunday, February 9, 2025, Finals TBD
- LOCATION: Jim Kelly 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 Nine (9) 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 & 7) (Immediately following the end of Sessions 3 & 6)

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. Invited Teams: TEAM, STA, FE, BLUE WAVE, RADIANT, BERKELEY, SPA, CAT, TBAC, TBAY, GTSA, AAC 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 block.

ENTRY LIMIT: Three (3) individual events per session plus Relay.

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: \$8.50 per individual event, \$10.00 per Relay entry, \$10.00 per swimmer Facility Fee, \$2.00 Heat Sheet Fee, \$2.00 Travel Surcharge per out-of-state swimmer.

HEAT SHEETS: Heat Sheets will be posted on; www.CVST.org and www.floridaswimming.org no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$2.00 charge will be applied to each swimmer's entry fee. A limited number of heat sheets will be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.

ENTRY DEADLINE: All entries must be received by Monday, February 3, 2025, 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 Email to: Shelley@CVST.org.



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- DECK ENTRIES:** Deck entries, for athletes already entered in the meet, will be accepted for open, unseeded lanes only if the swimmer is not already in three (3) 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.
- 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.
- AWARDS:** Individual: Awards 1st - 8th Place Individual
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
Deck Referee – Doc Sheridan
Admin Official – John Ware
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.
- FOOD SERVICE:** No Outside Food / No Coolers Permitted on Property - Food Service may be available at the meet – Club Charge, Cash or Credit Card. Coolers, etc. are prohibited from the facility. All food and drink consumed on the property must be purchased through the Carrollwood Country Club.
- INFORMATION:** Chris@CVST.org or Jen Hasara, Meet Director at 813-766-2461.



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*May be limited to top 40 swimmers per gender

ORDER OF EVENTS

Friday, February 7, 2025
4:30 PM Warm Up / 5:30 PM Start

- 1/2 10 & Under 50 Freestyle
- 3/4 11 12 50 Freestyle
- 5/6 13 14 50 Freestyle
- 7/8 15 & Over 50 Freestyle
- 9/10 10 & Under 200 IM
- 11/12 11-12 200 IM
- 13/14 13-14 400 IM
- 15/16 15 & Over 400 IM
- 17/18 10 & Under 500 Freestyle *
- 19/20 11-12 500 Freestyle *
- 21/22 13-14 500 Freestyle *
- 23/24 15 & Over 500 Freestyle*



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**Saturday, February 8, 2025
7:30 AM Warm Up / 8:30 AM Start**

25/26 11-12 50 Backstroke
27/28 13-14 200 Backstroke
29/30 15 & Over 200 Backstroke
31/32 11-12 100 Butterfly
33/34 13-14 100 Butterfly
35/36 15 & Over 100 Butterfly
37/38 11-12 100 Freestyle
39/40 13-14 100 Freestyle
41/42 15 & Over 100 Freestyle
43/44 11-12 50 Breaststroke
45/46 13-14 200 Breaststroke
47/48 15 & Over 200 Breaststroke
49/50 11-12 100 IM
51/52 11-12 200 Freestyle Relay
53/54 13-14 200 Freestyle Relay
55/56 15 & Over 200 Freestyle Relay

**Saturday, February 8, 2025
Start: 1 hour after conclusion of morning session**

57/58 10 & Under 50 Backstroke
59/60 8 & Under 50 Backstroke
61/62 10 & Under 50 Butterfly
63/64 8 & Under 50 Butterfly
65/66 10 & Under 100 Freestyle
67/68 8 & Under 25 Freestyle
69/70 10 & Under 100 Breaststroke
71/72 8 & Under 50 Breaststroke
73/74 10 & Under 100 IM
75/76 8 & Under 100 Freestyle Relay
77/78 10 & Under 200 Freestyle Relay



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Saturday, February 8, 2025, Finals Session
4 PM Warm Up / 5 PM Start

57/58 10 & Under 50 Backstroke

25/26 11-12 50 Backstroke

27/28 13-14 200 Backstroke

29/30 15 & Over 200 Backstroke

61/62 10 & Under 50 Butterfly

31/32 11-12 100 Butterfly

33/34 13-14 100 Butterfly

35/36 15 & Over 100 Butterfly

65/66 10 & Under 100 Freestyle

37/38 11-12 100 Freestyle

39/40 13-14 100 Freestyle

41/42 15 & Over 100 Freestyle

69/70 10 & Under 100 Breaststroke

43/44 11-12 50 Breaststroke

45/46 13-14 200 Breaststroke

47/48 15 & Over 200 Breaststroke

73/74 10 & Under 100 IM

49/50 11-12 100 IM



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**Sunday, February 9, 2025
7:30 AM Warm Up / 8:30 AM Start**

<u>79/80</u>	<u>13-14 200 IM</u>
<u>81/82</u>	<u>15 & Over 200 IM</u>
<u>83/84</u>	<u>11-12 100 Backstroke</u>
<u>85/86</u>	<u>13-14 100 Backstroke</u>
<u>87/88</u>	<u>15 & Over 100 Backstroke</u>
<u>89/90</u>	<u>11-12 50 Butterfly</u>
<u>91/92</u>	<u>13-14 200 Butterfly</u>
<u>93/94</u>	<u>15 & Over 200 Butterfly</u>
<u>95/96</u>	<u>11-12 200 Freestyle</u>
<u>97/98</u>	<u>13-14 200 Freestyle</u>
<u>99/100</u>	<u>15 & Over 200 Freestyle</u>
<u>101/102</u>	<u>11-12 100 Breaststroke</u>
<u>103/104</u>	<u>13-14 100 Breaststroke</u>
<u>105/106</u>	<u>15 & Over 100 Breaststroke</u>
<u>107/108</u>	<u>11-12 200 Medley Relay</u>
<u>109/110</u>	<u>13-14 200 Medley Relay</u>
<u>111/112</u>	<u>15 & Over 200 Medley Relay</u>

**Sunday, February 9, 2025
Start: 1 hour after conclusion of morning session**

<u>113/114</u>	<u>10 & Under 50 Freestyle</u>
<u>115/116</u>	<u>8 & Under 50 Freestyle</u>
<u>117/118</u>	<u>10 & Under 100 Backstroke</u>
<u>119/120</u>	<u>8 & Under 25 Backstroke</u>
<u>121/122</u>	<u>10 & Under 100 Butterfly</u>
<u>123/124</u>	<u>8 & Under 50 Butterfly</u>
<u>125/126</u>	<u>10 & Under 200 Freestyle</u>
<u>127/128</u>	<u>8 & Under 100 Freestyle</u>
<u>129/130</u>	<u>10 & Under 50 Breaststroke</u>
<u>131/132</u>	<u>8 & Under 25 Breaststroke</u>
<u>133/134</u>	<u>10 & Under 200 Medley Relay</u>
<u>135/136</u>	<u>8 & Under 100 Medley Relay</u>

**Sunday, February 9, 2025
Start: 1 To Be Determined**

137 Mixed Senior 1650 Freestyle Time Trial



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**Sunday, February 9, 2025, Finals Session
4 PM Warm Up / 5 PM Start**

<u>113/114</u>	<u>10 & Under 50 Freestyle</u>
<u>79/80</u>	<u>13-14 200 IM</u>
<u>81/82</u>	<u>15 & Over 200 IM</u>
<u>117/118</u>	<u>10 & Under 100 Backstroke</u>
<u>83/84</u>	<u>11-12 100 Backstroke</u>
<u>85/86</u>	<u>13-14 100 Backstroke</u>
<u>87/88</u>	<u>15 & Over 100 Backstroke</u>
<u>121/122</u>	<u>10 & Under 100 Butterfly</u>
<u>89/90</u>	<u>11-12 100 Butterfly</u>
<u>91/92</u>	<u>13-14 200 Butterfly</u>
<u>93/94</u>	<u>15 & Over 200 Butterfly</u>
<u>125/126</u>	<u>10 & Under 200 Freestyle</u>
<u>95/96</u>	<u>11-12 200 Freestyle</u>
<u>97/98</u>	<u>13-14 200 Freestyle</u>
<u>99/100</u>	<u>15 & Over 200 Freestyle</u>
<u>129/130</u>	<u>10 & Under 50 Breaststroke</u>
<u>101/102</u>	<u>11-12 100 Breaststroke</u>
<u>103/104</u>	<u>13-14 100 Breaststroke</u>
<u>105/106</u>	<u>15 & Over 100 Breaststroke</u>



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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.

Table with 2 columns: NAME OF COACH, TEAM. Includes four rows of blank lines for entry.

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:

Table listing fees: Facility Fee, Relay Fee, Heat Sheet, Individual Events, Out of State Athlete Travel Surcharge, and TOTAL ENTRY FEES PAID.

ENTRIES MUST BE RECEIVED BY: Monday, February 3, 2025, 5:00pm MAIL TO: CVST Last Chance Sweetheart Meet, 13985 Clubhouse Drive, Tampa, Florida 33618 EMAIL TO: Chris@CVST.org