

# 2025 SAINT PETE'S 1st LONG COURSE MEET

Hosted by: St. Petersburg Aquatics  
APRIL 18, 19 2025

All Events will be seeded - Fastest to Slowest

TEAMS PROVIDING THE NAMES OF OFFICIALS THAT WILL WORK THE MEET, WILL HAVE PRIORITY ENTRY - ALL ENTRIES MUST HAVE AN ENTRY TIME - NO TIME ENTRIES WILL NOT BE ACCPETED FOR ANY EVENT - ALL EVENTS MAY HAVE LIMITED HEATS AND FLIGHTED  
**\$3.00 Heat Sheet Surcharge**

- Sanctioned by:** Florida Swimming of USA Swimming # FL-6990  
"In granting this sanction, it is understood and agreed that USA-S shall be free and held harmless from any liabilities or claims for damages by reason of injuries to anyone during the conduct of this event."
- Condition of Sanction:** The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming. **Any swimmer entered in 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. When not accompanied by the coach, the swimmers legal guardian must ensure compliance. 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.
- Sponsored by:** St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services
- Lifeguards:** Lifeguards will be on duty at all times, AED on site
- Type of Meet:** Age Group and Senior 50 meter long course, Timed Finals
- Date and Time:** Friday May 18, 2025 3:00pm Warm-up (11 & Older 3:00pm to 4:30pm)( 10 & Under 4:30pm to 4:50pm) 5:00pm Start  
Sat 4/19, 2025 - Warm-up (Senior Mixed 6:30am to 7:50am) Meet Starts at 8:00am - Warm-up for (11 & Under for 40 minutes after last event of morning session

**Location:** North Shore Pool  
901 North Shore Drive NE, St. Petersburg, FL 33701

**Pool Spec:** Certified 50 meter, outdoor pool with a maximum of 10 long course racing lanes. A depth of 4 feet at start and turn ends of the pool and non-turbulent lane lines. Constant warm down lanes available.

**Timing Equipment:** Colorado Timing System with scoreboard

**Eligibility:** Open to all USA swimming registered swimmers.

**Seeding:** 50-meter times will be used for seeding. Real times only - **Converted times will not be accepted**, Meet will be seeded Fastest to Slowest

**Scratches:** No penalty for scratching on the block.

**Entry Limit:** Entries will be limited to keep the meet under 4 hours. Swimmers will be limited to a maximum three (3) individual events in Friday night's session and three (3) Individual events on Saturday. Swimmers posting entries over the Limit will be considered as entered in the first three (3) events Listed. NO times will not be accepted.

**Entry Form:** Entries must be submitted by electronic entry only, in SDIF or CL2 format. Disk and email entries must be accompanied by a back-up hard copy of the entry and the Master Entry Form.

**Entry Fee:** Individual events: \$5.50  
Facility Charge \$10.00 per swimmer **TEAMS MUST PAY WITH A SINGLE CHECK, BEFORE THE MEET STARTS. AN INDIVIDUAL SWIMMER'S CHECK WILL NOT BE ACCEPTED.**  
**\$3.00 PER SWIMMER HEAT SHEET SURCHARGE**  
**\$2.00 PER OUT OF LSC SWIMMER**

**Deck Entry:** Deck entries (from swimmers already in the meet) will be accepted to fill heats only. No new heats will be created. Each deck entry will cost \$10.00. All deck entries must be accepted by the Administrative Referee and assigned a Lane 45 minutes before the start of the session. A swimmer may not drop an event to deck enter another event, and the entry limit of 3 events remains.

**Entry Deadline:** All entries must be submitted by **Wednesday, April 9, 2025.**  
**Psych sheet will be posted on [www.midnightsports.com](http://www.midnightsports.com) .**  
Enclose checks and make payable to **St. Petersburg Aquatics.**  
Please send **Express Mail Overnight** to:  
Fred Lewis, St. Petersburg Aquatics, North Shore Pool  
901 North Shore Drive, NE  
St. Petersburg, FL 33701

**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:** Ribbons (1-10) for 11 and under Mixed events. No award for 12 & older and Senior Events.

- 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 all warm-up periods and in all warm-up areas. Fly over starts may be used at the referee's discretion.
- 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 must be given to the referee. The coach and only that person will be recognized.
- Identification:** **Coaches and Officials must check in with Meet Referee or his designate, prove USA Swimming Current membership, sign the Florida Swimming Meet Sign-in sheet and receive a wrist band to be on the pool deck. Coaches can use Deck Pass to prove membership.**
- Warm-Up Schedule:** Teams will have assigned lanes for warm-up.

**\*\*\*Except for racing start, swimmers must enter the pool feet first with one hand Touching the deck of the pool\*\*\***

#### **NO EQUIPMENT ALLOWED IN THE POOL AT ANY TIME**

- Officials:** Referee: Kevin Mooren  
AO: John Ware  
Head Marshall: Patty Nardozzi & Joe Novak
- Meet Manager:** Fred Lewis 727 440 9382 [swimstpete@aol.com](mailto:swimstpete@aol.com)

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.

**Heat Sheets:** Posted at [www.stpetersburgaquatics.com](http://www.stpetersburgaquatics.com), [www.midnightsports.com](http://www.midnightsports.com), no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3 charge will be applied to each swimmer's entry fee. A limited number of heats sheets will be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.

**Deck Changing:** **DECK CHANGING IS NOT PERMITTED AT THE NORTH SHORE POOL. SWIMMERS WHO DECK CHANGE ARE SUBJECT TO REMOVAL FROM THE POOL BY THE POOL STAFF.**

Friday May 18, 2025 (Swimmers may enter a maximum of Three (3) events.) 5:00PM START  
 Warm-up 11 and Older (3:00pm to 4:30pm) 10 and Under (4:30pm to 4:50pm)  
 USE 50 METER TIMES FOR ENTRY!!!!!!USE 50 METER TIMES FOR ENTRY!!!!!!

NO TIME ENTRIES NOT ACCEPTED

Event Number	Age Group	Event
Mixed		
1	Senior Mixed	100 Free
2	Senior Mixed	50 Breast
3	Senior Mixed	50 Back
4	Senior Mixed	50 Fly
5	Senior Mixed	50 Free
6	Senior Mixed	800 Free****
7	Senior Mixed	400 IM****

Saturday, May 19, 2025. (Swimmers may enter a maximum of three (3) events each day.)  
 USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES -

NO TIME ENTRIES NOT ACCEPTED

Warm-up Senior Mixed

6:30am to 7:50am - 8:00am Start

Event Number	Age Group	Event
8	SENIOR MIXED	400 Free****
9	SENIOR MIXED	100 Breast
10	SENIOR MIXED	200 Breast****
11	SENIOR MIXED	50 Breast
12	SENIOR MIXED	100 Back
13	SENIOR MIXED	200 Back****
14	SENIOR MIXED	50 Back
15	SENIOR MIXED	100 Fly
16	SENIOR MIXED	200 Fly****
17	SENIOR MIXED	50 Fly
18	SENIOR MIXED	100 Free
19	SENIOR MIXED	200 Free****
20	SENIOR MIXED	50 FREE
21	SENIOR MIXED	1500 Free****

**Warm-up for 11 & Under for 40 minutes after Event #21**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
22	11 & Under Mixed	100 Breast
23	11 & Under Mixed	50 Breast
24	11 & Under Mixed	100 Back
25	11 & Under Mixed	50 Back
26	11 & Under Mixed	200 Free**** check in before start of Event #21
27	11 & Under Mixed	100 Fly
28	11 & Under Mixed	50 Fly
29	11 & Under Mixed	100 Free
30	11 & Under Mixed	50 Free
31	11 & Under Mixed	400 Free**** check in before start of Event #21
32	11 & Under Mixed	200 IM**** check in before start of Event #21

**NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENTS EVENTS. SWIMMERS MUST PROVIDE THEIR OWN COUNTER AND TIMER FOR THE 800 & 1500 FREE and 400IM.**

\*\*\*\* May be limited, flighted and deck seeded, All Swimmers must have Senior Champ Cut or FLAGS cut for 400 or longer), event will be deck seeded. Coaches must check in swimmers by Friday 4:15pm for 800 & 400IM, Saturday 7:15am for 400 Free 1500 Free. Swimmers not making the cut may swim in another event in an open lane. USA Swimming. SWIMMERS MUST PROVIDE THEIR OWN COUNTER AND TIMER FOR THE 800, 1500 FREE and 400IM. Times Data Base may be used to verify entry times. No time entries will not be accepted.

**DECK PASSES FOR COACHES:** Deck passes for team coaches (THAT HAVE SWIMMERS ENTERED IN THE MEET) with current USA Swimming coaching credentials will be available based on the following formula.

1-7 SWIMMERS: 2 DECK PASSES

1-15 SWIMMERS: 3 DECK PASSES

16-23 SWIMMERS: 4 DECK PASSES

24-32 SWIMMERS: 6 DECK PASSES

OVER 32 SWIMMERS: 7 DECK PASSES

**CHECK IN EVENTS AND DEADLINES: NO TIME ENTRIES WILL NOT BE ACCEPTED**

#6 & #7 FRIDAY AT 4:15PM – MINIMUM OF 15 GIRLS AND 15 BOYS WITH THE AGE GROUP CUTS

#8 & #21 SATURDAY AT 7:15AM – MINIMUM OF 10 GIRLS & 10 BOYS WITH THE AGE GROUP CUTS

#26 & #31 & #32 SATURDAY BEFORE THE START OF #21. ALL 3 EVENTS MAY BE LIMITED