



SWIM MEET
Sponsored Saint Pete
Aquatics

JANUARY 23, 24 and 25, 2026

BLOOMIN' DEAL FOR COACHES

COACHES OF TEAMS PROVIDING OFFICIALS WILL RECEIVE A \$25 OUTBACK GIFT CARD FOR EVERY \$150 IN ENTRY FEES (\$3 HEAT SHEET SURCHARGE AND \$10 PER SWIMMER FACILITY SURCHARGE ARE NOT ENTRY FEES.)

This Meet will be Seeded Fastest to Slowest - \$3 Heat Sheet Surcharge All Events MAY be combined by Age and (Gender if needed), but scored separately

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: #FL-7212

It is understood and agreed that USA Swimming, Florida Swimming and St. Petersburg Aquatics club, 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.

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

Sponsored by: St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services

Type of Meet: Age Group and Senior 25 Yard Short course, Time Finals

Deck Changing: Deck Changing is not allowed at the North Shore Pool.

- Date and Time:** Friday January 23 – 5:00pm Start
Saturday January 24-(11 & Older 9:00am)(10 & Under 35 minutes after conclusion of morning session)
Sunday January 25-(11 & Older 9:00am)(10 & Under 35 minutes after conclusion of morning session)
- Location:** North Shore Pool
901 North Shore Drive NE, St. Petersburg, FL 33701
- Pool Spec:** Certified 25 Yard, outdoor pool with two racing courses. Locker room course has a max of 10 lanes and Bayside course has a max of 10 lanes. Both having a minimum depth of 4 feet, at both starting ends, and non-turbulent lane lines. Numerous lanes for constant warm down.
- Timing Equipment:** Colorado Timing System with scoreboard on both courses.
- Medical:** Lifeguards on duty and AED device available.
- Warm-up:** Friday 3:30pm; Saturday & Sunday 11 & Older - 6:30am to 8:50am; 10 & Under 35 minutes after conclusion of morning session
- Eligibility:** Open to all USA Swimming registered swimmers and invited international swimmers. ON DECK REGISTRATION WILL NOT BE ALLOWED
- Seeding:** **25 Yard times will be used for seeding of ALL EVENTS – NO CONVERTING TIMES**
- Scratches:** No penalty for scratching on the block.
- Entry Limit:** Entries will be limited to keep the meet under the four (4) hours per DAY. Fly Over Starts may be used to control the length of the meet. Swimmers will be limited to a maximum of four (4) INDIVIDUAL events per day. Swimmers posting entries over the event limit will be considered as entered in the first four (4) events listed.
- Entry Form:** Entries must be submitted on Hy-Tek disk. Please enclose hard copy of entries from Hy-along with the disk. TEXT AND HAND ENTRIES WILL NOT BE ACCEPTED. UNATTACHED SWIMMERS CAN NOT ENTER AS A TEAM. Unattached swimmers must enter individually and be under the supervision of a USA member swim coach.
- Entry Fee:** Individual events: \$5.50/event - \$3/swimmer heat sheet surcharge
\$2 per out of LSC Swimmer Surcharge
Facility Charge \$10.00 per swimmer. ALL ENTRY FEE MUST BE PAID BEFORE THE START OF THE MEET. NO SWIMMERS WILL BE PERMITTED TO COMPETE IN THE MEET, TILL ALL ENTRY FEES ARE PAID.

HEAT SHEETS will be posted on; www.stpetersburgaquatics.com , 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 heat sheets will be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.

- Deck Entry:** Deck entries from swimmers already entered swimmers will be accepted to fill heats only. No new heats will be created. Each deck entry will cost \$10.00, plus facility fee and heat sheet fee, if not already entered in meet. Entries will only be accepted from coaches with credentials. Parents and swimmers cannot deck enter an athlete. Deck entries must be accepted and assigned a lane 45 minutes before the start of the Session to be entered A swimmer may not drop an event to deck enter another event, and the entry limit of 4 pre-entered events remains.

Entry Deadline: All entries must be submitted by **Thursday, January 15, 2026.**
Enclose checks and make payable to **St. Petersburg Aquatics.**
Please send **Express Mail Overnight** to:
Mr. Fred Lewis
St. Petersburg Aquatics
North Shore Pool
901 North Shore Drive, NE
St. Petersburg, FL 33701
SWIMSTPETE@AOL.COM

BLOOMIN' DEAL FOR COACHES WILL BE CALCULATED ON ENTRY FEES AS OF JANUARY 10, 2026. CARDS WILL BE PURCHASED ON JANUARY 15, 2026 AND AVAILABLE UPON PAYMENT OF ENTRY FEES AT THE SWIM MEET.

Awards: Age Group events: 1st - 10th Place: Ribbon-No awards for Seniors

Rules: Current USA Swimming and regulations 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.
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 shall sign in with the Meet Referee and show credentials prior to being on the pool deck. Proof of current membership can be made on the USA Swimming app.
Coaches without credential will not be permitted on the pool deck. Volunteers must have credentials to be on the pool deck.

Coach Supervision: All swimmers must be supervised by a USA Swimming Certified Coach. Any swimmers attending the meet without a certified coach must take responsibility for finding a certified coach, who will be responsible for them during all warm-ups and sessions of the meet. That agreement must be submitted in writing to the referee before the swimmer is allowed in the meet.

Warm-Up Schedule: The first 25 minutes will be general warm-up as listed below. The last 25 minutes will be controlled warm-up as listed below.

Lane 1 Push off 50's pace (circle swimming) Lane 1 Push off 50's pace (circle swimming)
Lane 2 Swimming and pulling only (push-off no equipment) Lane 2 Racing start one length only
Lane 3 Swimming and pulling only (push-off no equipment) Lane 3 Racing start one length only
Lane 4 Swimming and pulling only (push-off no equipment) Lane 4 Swimming and pulling only
Lane 5 Swimming and pulling only (push-off no equipment) Lane 5 Swimming and pulling only
Lane 6 Swimming and pulling only (push-off no equipment) Lane 6 Swimming and pulling only
Lane 7 Swimming and pulling only (push-off no equipment) Lane 7 Swimming and pulling only
Lane 8 Swimming and pulling only (push-off no equipment) Lane 8 Racing start one length only
Lane 9 Swimming and pulling only (push-off no equipment) Lane 9 Racing start one length only
Lane 10 Push off 50's pace (circle swimming) Lane 10 Rush off 50's pace (circle swimming)

*****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: Meet Referee Kevin Mooren

Admin Official: John Ware Head Marshall: Joe Finke,
Patty Nardozzi, Joe Novak,

Meet Manager: Fred Lewis 727 440 9382, Patty Nardozzi 727 440 9382

Camera Zones: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "camera zones" at each swim meet where still and video photography of a race or a competitor in a race may be taken. No "Camera Zones" are the area immediately behind the starting blocks at either end of the racing course while they are in use for "racing start 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.

For information Fred Lewis – email – swimstpete@aol.com

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.

THIS MEET WILL BE SEEDED FASTEST TO SLOWEST

Friday, January 23, 2026 (Swimmers may enter a maximum of 4 events/day)

3:30pm to 4:50pm warm-up 5:00pm Start –

Event#	Age	Event Name
G - B		
1 – 2	Senior	50 Free
3 – 4	Senior	50 Breaststroke
5 – 6	Senior	50 Back
7 – 8	Senior	50 Butterfly
9 – 10	Senior	500 Free\$2

Saturday, January 24, 2026. (Swimmers may enter a maximum of four (4) events/day)

6:30am to 8:50am Warm-up

9:00am Start

Event#	Age	Event Name
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G - B

Locker room end course -

11 - 12	Senior	50 Freestyle
13 – 14	Senior	200 Back
15 – 16	11 & 12	50 Back
17 – 18	Senior	100 Butterfly
19 – 20	11 & 12	100 Butterfly
21 – 22	Senior	200 Freestyle
23 - 24	11 & 12	50 Freestyle
25 - 26	Senior	100 Breaststroke
27 - 28	11 & 12	100 Breaststroke
29 - 30	Senior	400 IM \$ 2
31 - 32	11 & 12	200 IM

SATURDAY JANUARY 24, 2026

10 AND UNDER AFTERNOON
SESSION – 35 MINUTE WARM-
UP AFTER CONCLUSION OF AM
SESSION

Event Group	Age	Event Number
G - B		
33 - 34	10 & under	100 Backstroke
35 - 36	8 & under	50 Backstroke
37 - 38	10 & Under	50 Butterfly
39 - 40	8 & Under	25 Butterfly
41 - 42	10 & Under	100 Freestyle
43 - 44	8 & under	50 Freestyle
45 - 46	10 & Under	50 Breaststroke
47 - 48	8 & Under	25 Breaststroke
49 - 50	10 & Under	200 IM 1
51 - 52	10 & Under	100 IM

**Sunday, January 25, 2026 (Swimmers may enter a maximum of four (4) events/day) Locker room
end course -**

6:30am to 8:50am Warm-up 9:00am Start

Event Group	Age	Event Number
G - B		
53 - 54	Senior	100 Backstroke
55 - 56	11 & 12	100 Backstroke
57 - 58	Senior	200 Butterfly
59 - 60	11 & 12	50 Fly
61 - 62	Senior	100 Freestyle
63 - 64	11 & 12	100 Freestyle
65 - 66	Senior	200 Breaststroke
67 - 68	11 & 12	50 Breaststroke
69 - 70	Senior	50 Freestyle
71 - 72	Senior	200 IM
73 - 74	Senior	1000 Freestyle\$ # 2

**SUNDAY JANUARY 25, 2026 –
10 AND UNDER SESSION. 35
MINUTE WARM-UP AFTER
CONCLUSION OF MORNING
SESSION**

Event	Age	Event Number
Group		
G - B		
75 - 76	10 & Under	50 Backstroke
77 - 78	8 & Under	25 Backstroke
79 - 80	10 & Under	100 Butterfly
81 - 82	8 & Under	50 Butterfly
83 - 84	10 & Under	50 Freestyle
85 - 86	8 & Under	25 Freestyle
87 - 88	10 & Under	100 Breaststroke
89 - 90	8 & Under	50 Breaststroke
91 - 92	10 & Under	200 Freestyle
93 - 94	9 & 10	500 Freestyle 1 # 2

\$ These events will be limited to eight heats, 80 fastest females and 80 fastest males. If one gender doesn't have the max, the other gender can be substituted. Swimmers not making the cut will be given the option of swimming another event, if an empty lane is available, no new heats will be created. No refunds will be given. Coaches must check-in swimmers for these events to be seeded. Check-in will close 70 minutes before the start of the Session that the event is competed. Swimmers failing to check-in, may swim in an empty lane on a first come basis, **NO NEW HEATS WILL BE CREATED. Swimmers must provide their own timer and counter for the 1000 free.**

1 These events MAY be combined by gender and limited to the fastest 30 females and fastest 30 males. If one gender doesn't have the max entered, the other gender can be seeded. Swimmers must check in 70 minutes before the start of the session. Swimmers not making the cut will be given the option of swimming another event, if an empty lane is available, no new heats will be created. No refunds will be given.

Swimmers must provide their own counters and timers for events (73 – 74 1000 Free) (93-94, 9&10 500 free). Check-in for the 9 & 10 500 free (#93^) by 9:00am on Sunday 1/23.

2 NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT OF 400 YARDS AND UP. (400IM, 500FREE, 1000FREE)