

**The PCL Don Richards Championship Meet**  
Sponsored by: **The Lakeland Country Club**  
Sanctioned by: **Florida Swimming of USA Swimming #**

**“In granting this approval it is understood and agreed that USA 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 meet”** CONDITION OF SANCTION:

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. It is the responsibility of the swimmer or swimmer’s legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with USA-S 104.2.2(C).  
Changing into or out of swimsuits other than in locker rooms or other designated are 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 me athletes, coaches, officials and/or spectator are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

TYPE OF MEET:           Closed meet. 25 Yard Short Course  
                                  8 and under and 6 and under timed finals, relay timed finals  
                                  10 & U, 11-12, 13-14 and 15-18 timed finals, relay timed finals  
                                  Sessions will be run in one 8 lane course

DATE AND TIME:       Saturday May 30, 2026  
LOCATION:                Gandy Pool, 404 Imperial Blvd., Lakeland, FL. 33803  
POOL SPECS:           Corfield 25 Yard, outdoor pool with a maximum of 8 short course racing lanes  
                                  having a minimum depth of 4 feet, at both ends, and non-turbulent lane lines.  
                                  Limited space in the diving well for constant warm-up.

TIMING EQUIPMENT:   Electronic timing system with scoreboard, manual back-up watches.

MEDICAL  
SUPERVISION:         Lifeguards on duty and AED device available.

- ELIGIBILITY:** Open to registered 2025 USA Swimming athletes who are members of invited summer teams in good standing with the Private Club League. On deck registration will not be allowed
- SEEDING:** Use 25 yard times. Conversions, using the formula in the current Florida Swimming Handbook, may be used for entry and seeding purposes. Timed final events will be swum fastest to slowest. Events will be seeded in 8 lanes. Where events can be combined the meet host, with the concurrence of the Meet Referee, will combine those events and heats before meet program is published.
- ENTRY LIMITS:** Limited to 3 individual events and two relays per swimmer. Each team may enter only one relay team per relay event. Over entries will automatically be dropped when they exceed the limit.
- MIXED RELAYS:** Each team can swim a Mixed Relay in a particular age-group even if they have enough swimmers for a boys relay and a girls relay. However, each PCL team may only swim two of the three relays per age-group. A swimmer may not swim in a single gender relay and a Mixed gender relay in that age-group. The mixed relay points will count towards the combined point total for the team. Mixed combinations (1boy 3 girls) or (1 girl 3 boys) or (2 boys 2 girls)
- ENTRY FORM:** Non-electronic or non-Hy-tek compatible entries incur an additional fee of \$50. All current USA swimming registration numbers, including those of relay-only swimmers, must be included in entry file, recap form must be signed by a current USA swimming member. Entries submitted in Hy-tek CL2 format are preferred. A signed hard copy printout is acceptable as proof of entry. **Entries will be accepted via electronic mail to johnware@midnightsports.com.** Disk or email entries must be accompanied by a backup hard copy of the entry. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours of notification. Electronic mail confirmation will be sent upon receipt of file. List all attending coaches and contact phone numbers in the body of the email, which serves as proof of entry.
- ENTRY FEE:** \$5.50 per individual event entry  
\$6.00 per relay entry  
\$10.00 facility fee per swimmer  
\$3.00 meet program charge  
**NO DECK ENTRIES**
- ENTRY DEADLINE:** **Entries must be received by Wednesday, May 20<sup>th</sup> by 5:00 PM.**  
**All entries must be paid in full before the meet. Make checks payable to The Lakeland Country Club**

SCORING: Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relays: 40, 34, 32, 30, 28, 26, 24, 22

AWARDS: Individual Events: scored to 16 places  
Individual events:  
1<sup>st</sup>-3<sup>rd</sup> Medals, 4<sup>th</sup>-8<sup>th</sup> Rosettes, 9<sup>th</sup>-16<sup>th</sup> Ribbons  
Relay Events: Scored to 8 places  
1<sup>st</sup>-3<sup>rd</sup> Medals, 4<sup>th</sup>-8<sup>th</sup> Ribbons  
Team Awards: 1<sup>st</sup>-3<sup>rd</sup> Plaques  
High Point: 1<sup>st</sup>-3<sup>rd</sup> awards for girls and boys each age group

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.

TIMERS: **Each Club must provide 2 Timers** for the meet.  
Please submit list of Timers with entry forms.

#### OFFICIALS

Head Referee:	Bob Griffiths
Admin Official	
Starter	Kieth Grimm
Safety Marshall	Gene Moore

IDENTIFICATION: Coaches/officials must visibly display a valid USA membership card at all times while on deck. Coaches and Officials can prove membership through Deck Pass. A current coach member of USA swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee or head marshal upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm up and competition.

CAMERA ZONES: Per Florida Swimming Rule 223.13, Meet Management shall designate the 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 SMOKING: Smoking of any kind, electronic or ignited is not allowed on the sun deck, stair wells, or immediate parking spaces adjacent to the athlete entries. No smoking in athlete accessed locations.

OFFICIALS MEETING: 8:15am  
COACHES MEETING: 8:30am  
MEET START: 9:00am

PCL BYLAWS: During the Championship meet, the Private Club League bylaws will be followed and recognized. Judgment calls are only subject to review by the Meet Referee. There will also be a meet committee if needed to solve any protests, etc... Submit with entry form the name of one person, other than the coach, who will check with the referee about any mater pertaining to the meet. The coach and only that person will be recognized.

TEAM REP:  
ATHLETES: Athletes may enter the pool deck at 7:00am  
SPECTATORS: Spectators may enter the spectator area at 8:00am  
HEAT SHEETS: **Heat sheets will be posted on [www.midnightsports.com](http://www.midnightsports.com) no later than 48 hours prior to the start of the meet. These should be printed by swimmers and brought to the meet. A \$3 charge will applied to each swimmers 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.**

**WARM UP PROCEDURES:** 7:00am – 8:25am general swimming. Warm up lanes will be assigned to each team. At 8:00am **lanes 4, 6, 8, & 10** will become **designated one-way start lanes.**

**Swimmers must enter the water feet first with at least one hand in contact with the pool deck, except when doing a controlled racing start supervised by a coach.**

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

**Lane assignments will be emailed to each coach by Thursday May 28<sup>th</sup>.**

# The PCL Don Richards Championship Meet Order of Events

Saturday May 30, 2026

Warm-up: 7:00am, Start 9:00am

EVENT #	AGE GROUP	DISTANCE AND STROKE
1-2	6 & Under	25 yd. Freestyle
3-4	7 & 8	25 yd. Freestyle
5-6	10 & Under	50 yd. Freestyle
7-8	11-12	50 yd. Freestyle
9-10	13-14	50 yd. Freestyle
11-12	15-18	50 yd. Freestyle
13-14	6 & Under	25 yd. Backstroke
15-16	7 & 8	25 yd. Backstroke
17-18	10 & Under	50 yd. Backstroke
19-20	11-12	50 yd. Backstroke
21-22	13-14	50 yd. Backstroke
23-24	15-18	50 yd. Backstroke
25-26	6 & Under	100 yd. Freestyle Relay
27	6 & Under mixed	100 yd. Freestyle Relay
28-29	8 & Under	100 yd. Freestyle Relay
30	8 & Under mixed	100 yd. Freestyle relay
31-32	10 & Under	200 yd. Freestyle Relay
33	10 & Under mixed	200 yd. Freestyle Relay
34-35	11-12	200 yd. Freestyle Relay
36	11-12 mixed	200 yd. Freestyle Relay
37-38	13-14	200 yd. Freestyle Relay
39	13-14 mixed	200 yd. Freestyle Relay
40-41	Senior	200 yd. Freestyle Relay
42	Senior mixed	200 yd. Freestyle Relay
	<b>6 &amp; Under AWARD BREAK</b>	
43-44	8 & Under	100 yd. Individual Medley
45-46	10 & Under	100 yd. Individual Medley
47-48	11-12	100 yd. Individual Medley
49-50	13-14	100 yd. Individual Medley
51-52	15-18	100 yd. Individual Medley
53-54	8 & under	25 yd. Breaststroke
55-56	10 & Under	50 yd. Breaststroke
57-58	11-12	50 yd. Breaststroke
59-60	13-14	50 yd. Breaststroke
61-62	15-18	50 yd. Breaststroke
63-64	8 & Under	25 yd. Butterfly
65-66	10 & Under	50 yd. Butterfly
67-68	11-12	50 yd. Butterfly
69-70	13-14	50 yd. Butterfly
71-72	15-18	50 yd. Butterfly
73-74	8 & Under	100 yd. Medley Relay

75	8 & Under mixed	100 yd. Medley Relay
76-77	10 & Under	200 yd. Medley Relay
78	10 & Under mixed	200 yd. Medley relay
79-80	11-12	200 yd. Medley Relay
81	11-12 mixed	200 yd. Medley Relay
82-83	13-14	200 yd. Medley Relay
84	13-14 mixed	200 yd. Medley Relay
85-86	Senior	200 yd. Medley Relay
87	Senior mixed	200 yd. Medley Relay

**Meet Referee may add breaks in as needed**

MASTER ENTRY FORM  
 The PCL Don Richards Championship Meet  
 CHARTERED HOST CLUB Lakeland Country Club  
 May 31st 2025

Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_ LSC \_\_\_\_\_

Home Phone \_\_\_\_\_ Office Phone \_\_\_\_\_

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms 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 at the meet.

Name of coach	Team
_____	_____
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming members and that I am a current USA Swimming registered Non-athlete member.

\_\_\_\_\_  
 Signature Team Date

Entry Deadline: May 17<sup>th</sup> 2025

Mail to: Attention Gene Moore  
 The Lakeland Country Club  
 929 Lake Hollingsworth Dr.  
 Lakeland, Florida 33803

**Financial Recap** - We have entered the following:

Facility fee includes meet program charge

_____	Total Swimmers x \$13.00 (FACILITY FEE)	\$ _____
_____	Total Swimmers x \$ 5.50 (TF EVENT FEE)	\$ _____
_____	Total Relays x \$ 6.00 (RELAY EVENT FEE)	\$ _____
<b>TOTAL</b>		<b>\$ _____</b>

Make check payable to: **The Lakeland Country Club**