

**The Lightning Invitational**  
Hosted by:  
**West Florida Lightning Aquatics**  
Courtesy of:  
**The City of Largo Parks and Recreation Department**

**SANCTION:** Held under the sanction of USA Swimming through Florida Swimming: **#FL-7327**

It is understood and agreed that USA Swimming, Florida Swimming and West Florida Lightning Aquatics, 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 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.
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.

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

**TYPE OF MEET:** 50 Meter Long Course; Age Group and Senior Prelim/ Final (FRIDAY AND SATURDAY) and Timed Finals (SUNDAY A.M.). 11-12 Finals top 8, 13-14 and Senior Finals top 16. 10 and Under all Timed Final events.

**DATE & TIME:** Friday, June 19 - Sunday, June 21, 2026; Friday and Saturday 13 and older prelims 7:00 warm up/ 8:00 start. Finals 4:00 warm up/ 5:00 p.m. start. 12 and under session not before 11:30 Friday and Saturday. Distance Session to begin 10 minutes after the conclusion of the morning session on Sunday.

**LOCATION:** Southwest Recreation Complex Pool, 13120 Vonn Road, Largo, 33774

**ELIGIBILITY:** Participants must be USA Swimming registered members or foreign athletes who are members of invited teams.

**POOL SPECS:** Certified 50 meter by 25 yard heated/ cooled outdoor pool with a water depth ranging from 4 feet to 17 feet at the starting end. Kiefer non-turbulent lane lines and KDI Paragon starting blocks. (8 lanes to be used in this competition with one buffer lane and one lane open for continuous warm-up/ warm-down.)

**MEDICAL SUPERVISION:** Lifeguards are on duty and AED device available.

**TIMING EQUIP:** Colorado Timing Equipment with pads and buttons plus 1 watch/ lane. Full scoreboard.

**WARM-UP/ START TIME:** Friday, June 19, and Saturday, June 20, WarmUp 13 and Older 7:00 a.m./ 12 and under Warm-Up guaranteed 45 minutes and sessions will not start before 11:30 a.m. Finals Warm-Up 4:00 p.m. with Meet Starting at 5:00 p.m. Sunday, June 21, Warm-Up 7:00 a.m.

and Meet will start at 8:00 a.m. The Distance Session will begin 10 minutes following the end of the morning session.

**SEEDING:** 50 Meter times will be used for seeding.

**ENTRY LIMIT:** Swimmers will be limited to 3 individual events per session.

**DECK ENTRIES:** Deck entries will be available to swimmers already entered into the meet at \$10 per event.

**SCRATCHES:** No penalty for scratches on the block in prelims **WITH THE EXCEPTION OF DECK SEEDED EVENTS.** Any swimmer entered in a deck-seeded individual event, who has checked in for that event, must swim in the event unless he/she notifies the Clerk of Course before the seeding of that event has begun that he/she wishes to scratch. Failure to do so will result with the swimmer being barred from the next individual event which he/ she is entered in on that day or the next day of the meet, whichever is first.

**FINALS:** Any swimmer who qualifies for finals and does not scratch prior to the scratch deadline is obligated to swim in finals. Failure to do so will result in that swimmer being barred from competing in their next individual event on that day, or the next day, whichever applies. Medical issues must be reported to the Referee and approved prior to the event being swum.

**ENTRIES:** Entries will be accepted via email attention to:

**[johnware@midnightsports.com](mailto:johnware@midnightsports.com)**

Payment is due by check to WFLA upon arrival to the meet.

**ENTRY FEES:**

\$5.50 Individual Timed Final Events

\$8.50 Individual Prelim/ Final Events

Facility Fee/ Swimmer: \$15.00

Non- FL LSC Fee/ Swimmer : \$2.00

Online Heat Sheet Fee: \$3.00 per swimmer

**ENTRY DEADLINE:** Entries must be received by 5:00 p.m., Tuesday, June 9th, 2026

**SCORING:**

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

**RULES:** Current USA Swimming Rules will govern the meet. 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 will be used. Heats may be combined at the discretion of the referee.

**TEAM REP:** 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 that person only will be recognized.

**AWARDS:**

Individual Events: Medals 1st Place, Ribbons 2nd - 8th Places

Relay Events: Ribbons 1st - 3rd Places

Individual Age Group and Senior High Point Awards First and Second Place Visiting Team Awards.

**OFFICIALS:**

**HEAD REFEREE:** Kay Caldwell

**ADMIN. OFFICIAL:** John Ware

**HEAD MEET MARSHALL:** Karen Smalley

**INFORMATION:**

Cashel Mack: [zookeeper5721@gmail.com](mailto:zookeeper5721@gmail.com)/ 727-686-6418

Karen Smalley: [smalleyka@pcsb.org](mailto:smalleyka@pcsb.org)

**SPECTATOR SEATING:**

There are specific areas designated for spectators. The Coach/ Athlete areas need to remain clear of spectators during the meet. The designated spectator areas including restroom facilities will be labeled .

**CAMERA ZONES:** Still and video photography will be allowed only from the sides (north and south ends) of the pool and the pool except when it is being used for starting 50 meter or relay events.

**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 Florida Swimming Accommodations Form to satisfy this requirement.

**COACHES PLEASE NOTE:**

Events/ Heats may be combined at the discretion of the Referee.

Senior Events: Finals will swim PRIOR to consolation finals.

All Sunday morning events are timed finals events. The 1500 will be swum with 13-14 and Senior combined, but scored separately, swum fastest to slowest alternating girls and boys heats.

**WARM UP GUIDELINE:**

**ABSOLUTELY NO EQUIPMENT AT ANY TIME**

**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.**

**There will be a 50 minute warm up prior to the start of the meet. The first 30 minutes is general warm up. The last 20 minutes will be controlled warm up with Dive Sprints in Lanes 2 and 7 and Pace in Lanes 1 and 8. Dive Sprint lanes will start from the Bleacher side ONLY.**

**HOTEL/ LODGING:**

Holiday Inn Harbourside, Indian Rocks Beach: 727-595-9484

Holiday Inn Express: 727-536-7275

Hampton Inn Largo: 727-585-3333

## ORDER OF EVENTS

### FRIDAY, JUNE 19TH

7-8 13-14 200 FREESTYLE  
9-10 SENIOR 200 FREESTYLE  
17-18 13-14 100 BACKSTROKE  
19-20 SENIOR 100 BACKSTROKE  
25-26 13-14 200 BREASTSTROKE  
27-28 SENIOR 200 BREASTSTROKE  
33-34 13-14 100 BUTTERFLY  
35-36 SENIOR 100 BUTTERFLY  
41-42 13-14 400 IM  
43-44 SENIOR 400 IM

\* 400 IM'S WILL BE DECK SEEDED

THE FOLLOWING EVENTS WILL NOT START PRIOR TO 11:30 WITH A  
GUARANTEED 45 MINUTE WARM UP

1-2 8 AND UNDER 50 FREE  
3-4 10 AND UNDER 50 FREE  
5-6 11-12 200 FREESTYLE  
11-12 8 AND UNDER 50 BACKSTROKE  
13-14 10 AND UNDER 100 BACKSTROKE  
15-16 11-12 100 BACKSTROKE  
21-22 10 AND UNDER 100 BREASTSTROKE  
23-24 11-12 100 BREASTSTROEK  
29-30 10 AND UNDER 100 BUTTERFLY  
31-32 11-12 100 BUTTERFLY  
37-38 10 AND UNDER 200 FREESTYLE  
39-40 11-12 200 IM

**SATURDAY, JUNE 20TH**

**49-50 13-14 100 FREESTYLE**  
**51-52 SENIOR 100 FREESTYLE**  
**57-58 13-14 200 BACKSTROKE**  
**59-60 SENIOR 200 BACKSTROKE**  
**67-68 13-14 100 BREASTSTROKE**  
**69-70 SENIOR 100 BREASTSTROKE**  
**77-78 13-14 200 BUTTERFLY**  
**79-80 SENIOR 200 BUTTERFLY**  
**81-82 13-14 200 IM**  
**83-84 SENIOR 200 IM**  
**87-88 13-14 400 FREESTYLE**  
**89-90 SENIOR 400 FREESTYLE**

**\* 400 FREESTYLES WILL BE DECK SEEDED.**

**THE FOLLOWING EVENTS WILL NOT START PRIOR TO 11:30 WITH A  
GUARANTEED 45 MINUTE WARM UP**

**45-46 10 AND UNDER 100 FREESTYLE**  
**47-48 11-12 100 FREESTYLE**  
**53-54 10 AND UNDER 50 BACKSTROKE**  
**55-56 11-12 50 BACKSTROKE**  
**61-62 8 AND UNDER 50 BREASTSTROKE**  
**63-64 10 AND UNDER 50 BREASTSTROKE**  
**65-66 11-12 50 BREASTSTROKOE**  
**71-72 8 AND UNDER 50 BUTTERFLY**  
**73-74 10 AND UNDER 50 BUTTERFLY**  
**75-76 11-12 50 BUTTERFLY**  
**85-86 11-12 400 FREESTYLE**

**\*400 FREESTYLE WILL BE DECK SEEDED.**

**SUNDAY, JUNE 21ST: Timed Finals**

**91-92 OPEN 50 FLY**  
**93-94 11-12 50 FREE**  
**95-96 13-14 50 FREE**  
**97-98 SENIOR 50 FREE**  
**99-100 10 AND UNDER 400 FREE**  
**101-102 OPEN 50 BREAST**  
**103-104 11-12 400 IM**  
**105-106 OPEN 50 BACK**

**\* 400 FREE (10 AND U), AND 400 IM 11-12 WILL BE DECK SEEDED.**

**DISTANCE SESSION**

**107-108 13-14 1500**  
**109-110 SENIOR 1500**

**\* 1500'S WILL BE DECK SEEDED.**

**\* SWIMMER MUST PROVIDE TIMER AND COUNTER**