

# Greater Orlando Aquatics Team



## ***“Swim Your Own Age Meet”***

**May 2, 2026**

**Pool Location:** Rosen Aquatic Center  
8422 International Dr, Orlando, FL 32819

**Sanctioned By:** Florida Swimming of USA Swimming – **#FL-7298**

It is understood and agreed that USA Swimming, Florida Swimming and Rosen Aquatic & Fitness Center, Greater Orlando Aquatics Team LLC 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.
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:** 25 Yard Course – All events are timed finals.

**Sponsored By:** Greater Orlando Aquatics Team

**Location:** Rosen Aquatic Center 8422 International Dr, Orlando, FL 32819

**Pool Specs:** 8 lane certified 25 yard course with non-turbulent lane lines. 8 Lanes warm up/down

**Pool & Timing:** One eight (8) lane 25-yard courses with non-turbulent lane lines and regulation starting blocks. Water depth in the competition pool is a flat bottom with 7 feet depth at the start and turn ends. There is a separate eight (8) lane 25-yard course with non-turbulent lane lines for warm up/warm down.

**Dates / Times:** **Saturday May 2, 2026**  
Timed Finals 8 Lanes .  
Warm-up – 8:00; Start – 9:00am.

**Medical Supervision:** Lifeguards on duty and AED device available

During warm up swimmers must enter feet first with at least one hand in contact with the pool deck except when executing a controlled racing start supervised by a coach. The referee/marshal may alter warm-up procedures to meet the needs of the swimmers. .

NOTE: Fly over starts may be used at the discretion of Meet Management.

**Eligibility:** Open to all current USA Swimming registered athletes and foreign swimmers with proper travel credentials. **Entries will close upon receipt of any team's entries that put any one session at the four hour limit.**

**Disability:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding at the time the entry is submitted.

**Relays:** No Relays.

**Seeding:** 25 yard times will be used.

**Entry Limit:** Five (5) individual events per day.

Greater Orlando Aquatics Team reserves the right to limit the entries in events 200YD if the timeline is too long. Meet Management may limit entries in the event the timeline exceeds 4 hours.

**Scratch Penalty:** No penalty for scratches on the block.

**Entry Deadline:** **Tues , April 28, 2026 @ 5:00 pm. Eastern**

Email entries to: [info@accurateswimtiming.com](mailto:info@accurateswimtiming.com)

**Entries:** USE SHORT COURSE YARDS TIMES ONLY FOR ENTRY

**Entry Fee:** \$ 5.50 per event

\$10.00 facility fee per swimmer

\$3.00 online heat sheet fee & \$2.00 per swimmer out of LSC Swimmer

**Check payable to Greater Orlando Aquatics Team LLC**

**Deck Entries:** Will Not be accepted at this meet.

**Officials:** **Meet Managers:** Rocco Aceto  
**Referee:** Chuck Travers  
**Scoring and Timing Operators :** Accurate Swim Timing  
**AO:** Quinn Sampson and Keith Yannessa  
**Head Marshall:** John Hunter

All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and FL Swimming for 2026 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Manager, Rocco Aceto [CoachRocco@goatswim.com](mailto:CoachRocco@goatswim.com) with your certification level and availability so he can plan accordingly.

**Rules:** Current USA Swimming Rules will govern the meet. "No Recall" starting procedures in effect. Safety rules as outlined by USA Swimming and recommended by the Referee will be in effect.

**Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

**Team Representative:** Prior to the start of the meet, the name of one person, other than the coach, who will check with the Meet Referee about any matter pertaining to the meet, may be given to the Meet Referee. The coach(es) and that person will only be recognized.

**Awards:** Individual Events: 1<sup>st</sup> – 8<sup>th</sup> Ribbons.

**High Point: 1<sup>st</sup> through 3<sup>rd</sup> receive Trophies for each age category, M & F.**

**Scoring:** Individual Events: 1<sup>st</sup> through 8<sup>th</sup> – 9,7,6,5,4,3,2,1

**Concession:** No concessions

**Admissions: \$15 per person for the meet. Children under 8 are free.** Cash or credit card.

**Info Update:** Time Lines and Psych Sheets will be available prior to the meet at [www accurateswimtiming.com](http://www accurateswimtiming.com)

**Coaches:** Rocco Aceto, Keith Yannessa, John Hunter Hughes

### **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, 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 239.2.

## ORDER OF EVENTS

<u>Event #</u> <u>Girls</u>	<u>Event #</u> <u>Boys</u>	<u>Age Group</u>	<u>Event</u>	<u>Codes</u>
1	2	14 Year Olds	50y Backstroke	T
3	4	13 Year Olds	50y Backstroke	T
5	6	12 Year Olds	50y Backstroke	T
7	8	11 Year Olds	50y Backstroke	T
9	10	10 Year Olds	50y Backstroke	T
11	12	9 Year Olds	50y Backstroke	T
13	14	8 Year Olds	25y Backstroke	T
15	16	7 Year Olds	25y Backstroke	T
17	18	6 and Under	25y Backstroke	T
19	20	14 Year Olds	50y Breaststroke	T
21	22	13 Year Olds	50y Breaststroke	T
23	24	12 Year Olds	50y Breaststroke	T
25	26	11 Year Olds	50y Breaststroke	T
27	28	10 Year Olds	50y Breaststroke	T
29	30	9 Year Olds	50y Breaststroke	T
31	32	8 Year Olds	25y Breaststroke	T
33	34	7 Year Olds	25y Breaststroke	T
35	36	6 and Under	25y Breaststroke	T
37	38	14 Year Olds	50y Butterfly	T
39	40	13 Year Olds	50y Butterfly	T
41	42	12 Year Olds	50y Butterfly	T
43	44	11 Year Olds	50y Butterfly	T
45	46	10 Year Olds	50y Butterfly	T
47	48	9 Year Olds	50y Butterfly	T
49	50	8 Year Olds	25y Butterfly	T
51	52	7 Year Olds	25y Butterfly	T

# G. A. T. S W I M

Event # Girls	Event # Boys	Age Group	Event	Codes
53	54	6 and Under	25y Butterfly	T
55	56	14 Year Olds	50y Freestyle	T
57	58	13 Year Olds	50y Freestyle	T
59	60	12 Year Olds	50y Freestyle	T
61	62	11 Year Olds	50y Freestyle	T
63	64	10 Year Olds	50y Freestyle	T
65	66	9 Year Olds	50y Freestyle	T
67	68	8 Year Olds	25y Freestyle	T
69	70	7 Year Olds	25y Freestyle	T
71	72	6 and Under	25y Freestyle	T
73	74	14 Year Olds	200y IM	T
75	76	13 Year Olds	200y IM	T
77	78	12 Year Olds	100y IM	T
79	80	11 Year Olds	100y IM	T
81	82	10 Year Olds	100y IM	T
83	84	9 Year Olds	100y IM	T
85	86	8 Year Olds	100y IM	T



**GOAT SWIM**  
**Alternate Coaches Form**  
**May 2, 2026**

The following swimmers are entered in the meet and are attending without a coach.

Swimmer's Name	USA #	Team	Age

**I am a certified coach of USA Swimming in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.**

***Signature***

\_\_\_\_\_

Print Name \_\_\_\_\_

Coaches Team \_\_\_\_\_