



SOUTH LAKE AQUATIC CLUB

ORLANDO
HEALTH®

NTC National
Training Center

11th Annual Matt & Karen Hohne Memorial Invitational

Dates & Times

- **Saturday April 25th:** 7:30 AM warm up, 9:00 AM start
- **Sunday April 26th:** 7:30 AM warm up, 9:00 AM start

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7283/7283-TT**

It is understood and agreed that USA Swimming, Florida Swimming and the South Lake Aquatic 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.

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

Sponsored By South Lake Aquatic Club & Orlando Health - National Training Center

Location

Orlando Health – National Training Center 1935 Don Wickham Drive Clermont, FL 34711

Type of Meet

50-Meter Long Course Timed Finals. At the discretion of the meet host, time trials for swimmers targeting FLAGS, FL Senior Championships, and USA Swimming championship level Meets may be available. All meet proceeds will go to support the Matt & Karen Hohne Memorial Scholarship Fund.

Warm Up

Swimmers must enter the water feet first, with at least one hand in contact with the deck, unless they are executing a racing start under coach supervision in a designated one-way sprint lane.

Pool Specifications

Certified 50-meter 10 lane competition course with non-turbulent lane lines. Water depth at the competition starting end is a minimum of 12 feet and the turn end is a minimum of 6 feet, 7 inches. Moveable bulkhead separates the competition course from warm-up/warm-down lanes. Continuous warm-up/warm-down available.

Timing Equipment

Colorado timing system with automatic touch pads and backup buttons.

Eligibility

Open to all currently registered USA Swimming athletes. No on-deck registrations. International teams/swimmers may contact coachgibb@southlakeaquatics.com for an invitation.

Entry Limit

Four individual events per day/ session. Entries exceeding limits will be dropped.

Meet Management

Breaks may be added, events/heats may be moved, deleted, combined, or consolidated at the discretion of meet management.

Seeding

All events will be seeded using 50-Meter times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes.

All events will swim as Senior in the morning sessions and 12&Under during the afternoon sessions, and fastest to slowest.

Individual events will be scored separately by age groups as listed in the Awards & Scoring section of the meet information.

Entries

CLUBS SHOULD CONTACT QUINN SAMPSON, ENTRY CHAIR, AT entries@accurateswimtiming.com FOR A MEET ENTRY FILE. PLEASE INCLUDE NUMBER OF EXPECTED TOTAL NUMBER OF SWIMMERS. Meet will be capped at first 400 athletes. Entries must be submitted by email to the USA Swimming SDIF or Hy-Tek CL2 format using Hy-Tek Team Manager. No deck entries for swimmers who did not enter the meet.

Entry Fees

\$5.50 per individual event

\$10.00 per deck entry event (cash)

\$10.00 facility fee per swimmer

\$3.00 heat sheet fee

\$20.00 per time trial event (cash)

Payment Checks payable to: "OH-National Training Center"

Entry Deadline

All entries must be received by Monday, April 20th, 2026 at 5:00 PM. Email entries to entries@accurateswimtiming.com

Officials

Referee: Bob Walsh

Admin Official: Quinn Sampson

All certified and in-training USA Swimming officials are invited to participate. Please contact Entry Coordinator Quinn Sampson at qsampson@gmail.com so that he can plan appropriate deck coverage.

Awards/Scoring

11-12 and 10&Under events: 1st-8th place ribbon. High Point award for top scorer in 10&Under, 11-12, 13-14 girls and boys. There are no awards for Open Division.

Meet Committee

A meet committee will be appointed by meet management to discuss and address any meet-related changes that occur during the meet.

Identification

Coaches and officials must always wear their USA Swimming registration card in a conspicuous location while on deck.

Spectator Access

MAAPP requires policies and standards for athletes, adults, teams, and facilities. Only swimmers, coaches, officials, and assigned volunteers are allowed inside the competition course.

Camera Zones

Meet Management will designate "Camera Zones" and "Non-Camera Zones." Camera Zones may include side courses, team areas, concession areas, turn-end of competition course when not in use as a startend, etc. Non-Camera Zones include areas behind starting blocks, locker rooms, restrooms, and dressing areas.

Rules

Current USA Swimming Rules and Regulations govern the competition.

Medical Supervision

Lifeguard on duty and AED available.

COVID-19

Statement Participation in USA Swimming events may expose you to COVID-19. By attending, you voluntarily assume all risks and release USA Swimming and Florida Swimming from liability.

Warm-Up Schedule

No equipment permitted. Swimmers must enter first with one hand on the deck except for controlled racing stars supervised by a coach. The referee/marshal may alter procedures as needed.

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.

ORDER OF EVENTS

This meet will be seeded from fastest to slowest.

Session 1: Saturday, April 25th

Warm up 7:30 AM, Meet starts 9:00 AM

Event #	Event Name
1	Girls Senior 200 Individual Medley
2	Boys Senior 200 Individual Medley
3	Girls Senior 100 Breast
4	Boys Senior 100 Breast
5	Girls Senior 50 Free
6	Boys Senior 50 Free
7	Girls Senior 200 Fly
8	Boys Senior 200 Fly
9	Girls Senior 100 Back
10	Boys Senior 100 Back
11	Girls Senior 100 Freestyle
12	Boys Senior 100 Freestyle
13	Girl Senior 50 Fly
14	Boys Senior 50 Fly
	5 MINUTE BREAK
15	Girls Senior 400 Freestyle
16	Boys Senior 400 Freestyle

Session 2: Saturday, April 25th

30 Minutes after the conclusion of the AM session, not before 1:00 pm.

Event #	Event Name
17	Girls 12 & Under 50 Freestyle
18	Boys 12 & Under 50 Freestyle
19	Girls 12 & Under 200 Back
20	Boys 12 & Under 200 Back
21	Girls 12 & Under 50 Breast
22	Boys 12 & Under 50 Breast
23	Girls 12 & Under 50 Fly
24	Boys 12 & Under 50 Fly
25	Girls 12 & Under 200 Freestyle
26	Boys 12 & Under 200 Freestyle
27	Girls 12 & Under 50 Back
28	Boys 12 & Under 50 Back
29	Girls 12 Under 200 Breast
30	Boys 12 & Under 200 Breast

Session 3: Sunday, April 26th

Warm up 7:30 AM, Meet starts 9:00 AM

Event #	Event Name
31	Girls Senior 400 Individual Medley
32	Boys Senior 400 Individual Medley
33	Girls Senior 50 Back
34	Boys Senior 50 Back
35	Girls Senior 200 Freestyle
36	Boys Senior 200 Freestyle
37	Girls Senior 200 Breast
38	Boys Senior 200 Breast
39	Girls Senior 100 Fly
40	Boys Senior 100 Fly
41	Girls Senior 50 Breast
42	Boys Senior 50 Breast
43	Girls Senior 200 Back
44	Boys Senior 200 Back
	5 MINUTE BREAK
45	Girls Senior 800 Free
46	Boys Senior 800 Free

Session 4: Sunday, April 26th

30 Minutes after the conclusion of the AM session, not before 1:00 pm.

Event #	Event Name
47	Girls 12 & Under 100 Free
48	Boys 12 & Under 100 Free
49	Girls 12 & Under 200 Fly
50	Boys 12 & Under 200 Fly
51	Girls 12 & Under 100 Back
52	Boys 12 & Under 100 Back
53	Girls 12 & Under 100 Breast
54	Boys 12 & Under 100 Breast
55	Girls 12 & Under 100 Fly
56	Boys 12 & Under 100 Fly
	5 MINUTE BREAK
57	Girls 12 & Under 400 Freestyle
58	Boys 12 & Under 400 Freestyle