

**RAFC Almost Turkey Invitational  
Hosted by Rosen Aquatic & Fitness Center  
November 18-20, 2022**

Rosen Aquatic & Fitness Center  
8422 International Drive  
Orlando, FL 32819

Florida Swimming of USA Swimming: Sanction #FL-6205

“In granting approval, it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities for claims and damages arisen by reason of injuries to anyone during the conduct of the event.”

CO-MEET DIRECTORS	MEET ADMIN
Mike Brady / Mike Miller <a href="mailto:rafcentries@gmail.com">rafcentries@gmail.com</a>	Quinn Sampson <a href="mailto:info@accurateswimtiming.com">info@accurateswimtiming.com</a>
MEET REFEREE	MEET MARSHALL
Matt Stoneburg <a href="mailto:mes1024@gmail.com">mes1024@gmail.com</a>	Carlos Fonseca <a href="mailto:cfonseca@rosenaquatic.com">cfonseca@rosenaquatic.com</a>

**CODE 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 completion course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 time athletes, coaches, officials and/or spectators 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.

**COVID-19**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease

Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**RULES**

Current USA Swimming rules will govern the meet. Fly-over starts may be used.

**ELEGIBILITY**

This meet is open to all currently registered USA Swimming swimmers. On deck registration will not be allowed.

**MEET FORMAT**

The meet will be held in a 25-yard course. It is a 3-day format with all events on Friday and Sunday being timed final along with all 10 & Under events. Prelims/Finals for 11-12, 13-14 and Senior events on Saturday ONLY. The fastest eight (8) qualifiers for the 11-12 and 13-14 individual events and the fastest sixteen (16) qualifiers for the Open individual events will return for finals. Order of finals will be A-final then B-final. All relays will be conducted as timed finals during the morning preliminary session for 11-12, 13-14 and Open relays, and during the afternoon timed finals session for 10 & Under relays. Deck seeded events (500 Free and 400 IM) will be swum fastest to slowest and will alternate gender if run in one course. Meet management may opt to use fly-over starts where deemed appropriate at this competition. All events will be swum fastest to slowest.

**WARM UP & START:**

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	4:30pm	5:30pm	All ages
2	Saturday Prelims	7:30am	8:30am	11 & Older
3	Saturday Timed Finals	1:00pm	2:00pm	10 & Under
4	Saturday Finals	5:00pm	6:00pm	11 & Older
5	Sunday AM Timed Finals	7:30am	8:30am	11 and Older
6	Sunday PM Timed Finals	1:00pm	2:00pm	10 & Under

**DEADLINE AND MEETING SUMMARY:**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
Tuesday, November 8	11:59pm	Entry deadline
Friday, November 18	4:30pm	Official Briefings
Friday, November 18	5:00pm	Timer's Meeting
Saturday, November 19	7:30am	Official Briefings
Saturday, November 19	8:00am	Timer's Meeting
Saturday, November 19	8:00am	Coach's Meeting
Saturday, November 19	1:00pm	Official Briefings
Saturday, November 19	1:30pm	Timer's Meeting
Saturday, November 19	5:00pm	Official Briefings
Saturday, November 19	5:30pm	Timer's Meeting
Sunday, November 20	7:30am	Official Briefings
Sunday, November 20	8:00am	Timer's Meeting
Sunday, November 20	1:00pm	Official Briefings
Sunday, November 20	1:30pm	Timer's Meeting

**COACHES MTG**

There will be a coaches meeting on Saturday morning at 8:00am in the hospitality room.

**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 race competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side course of the pool, team gathering areas, concession areas, turn end of the competition course when not in use as a "start-end", etc. Meet Management shall 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 up, 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.

**FACILITY & SPECTATOR ACCESS**

Adopted by USA-Swimming, Florida Swimming and the Rosen Aquatic & Fitness Center, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and is a condition of the sanction of this meet.

Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

In accordance with the guidelines above, this meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Spectators will only be allowed in designate viewing areas, which may be standing room only without seating options due to facility renovations. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. We appreciate your help and understanding with this policy.

Outside chairs are not allowed in facility for spectators.

#### **SPECTATOR FEES**

The following fees apply for all spectators:

- Per Session Pass Fee (Prelims or Finals): \$5
- Weekend Fee (includes all sessions): \$15
- Session/Weekend Fees include a FREE heat sheet
- Session/Weekend Fees apply for all spectators age 9 and up. Children under the age of 8 enter for free.

#### **MEET VOLUNTEERS**

The Rosen Aquatic & Fitness Center is a membership based facility that no longer has a resident swim team and holds events solely for the benefit of the Florida and USA Swimming communities. Therefore, meet volunteers will need to be provided by the attending teams for each meet. **This event will require each team to provide volunteer coverage for one session per day for every ten (10) swimmers entered in the meet, (i.e. 15 swimmers entered in the meet will require one volunteer session covered per day, while 30 swimmers entered in the meet will require three volunteer sessions covered per day).** Volunteer sessions will be assigned and released to teams after the entry deadline the week before the meet. We appreciate your help and understanding with this policy.

#### **CONCESSIONS**

Concessions will not be available at this meet.

#### **ENTRIES**

Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Entries should be emailed to [rafcentries@gmail.com](mailto:rafcentries@gmail.com). You will receive an email confirmation within 24 hours of submitting your entries. If you need to submit updated entry files, you can submit a new form and file to the same email address up until the entry deadline. Entry questions can be emailed to [rafcentries@gmail.com](mailto:rafcentries@gmail.com).

#### **DECK ENTRIES**

Deck entries will not be accepted at this meet.

#### **ENTRY LIMITATIONS**

The meet will be limited to either the first 650 swimmers received and/or the team who puts the timeline longer than 4 hours per session. Prelim/Finals swimmers are limited to three (3) individual events per day, (which is Saturday ONLY). Timed final swimmers are limited to four (4) individual events per day. All swimmers may swim in a maximum of 10 individual events for the meet plus relays.

**ENTRY DEADLINES** Entries must be received by 11:59 pm on Tuesday, November 8, 2022 using the submission process detailed above. No phone or fax entries accepted.

**ENTRY FEES**

<b>Make checks payable to: Rosen Aquatic &amp; Fitness Center - All fees are non-refundable</b>	
Individual Event	\$7.00 per Prelim/Final Event \$4.50 per Timed Final Event
Relays	\$8.00 per relay
Facility Surcharge	\$15.00 per swimmer
Electronic Heat Sheet Fee	\$3.00 per swimmer

<b>OFFICIALS</b>	Meet Referee	Matt Stoneburg
	Admin Referee	Quinn Sampson
	Starter	Bob Walsh
	Stroke and Turn	Michelle Perez
	Meet Marshall	Carlos Fonseca
	Meet Director	Mike Brady / Mike Miller

**VISITING OFFICIALS** Visiting teams are encouraged to bring USA-S certified Florida Swimming (or other LSC) officials to assist with officiating the meet. Teams should email names and certification levels of their team officials to: [mes1024@gmail.com](mailto:mes1024@gmail.com)

**SEEDING** 25-yard short course times will be used for seeding. Conversions may be made using the formula in the current Florida Swimming Handbook. All events will be swum fastest to slowest.

**SCRATCHES** We will be using a virtual scratch table. Details and procedures will be available at the admin/check in table on deck at the meet.

PRELIMS – There is no penalty for scratching on the block in the Preliminary events except for deck-seeded events. Any swimmer entered in an individual event that is “deck seeded” who has checked in for the event, must swim the event unless he/she notifies the clerk of course before the seeding for that event has begun, that he/she wishes to scratch. Failure to do so and not swim will result in the swimmer being barred (scratched) from the next individual event (preliminary or timed final) in which the swimmer is entered. Declared false starts will be accepted from the swimmer prior to the start of the heat.

FINALS – Any swimmer who competes in a preliminary heat and qualifies for either championship or consolation finals and fails to swim in the final without notifying the Meet Referee that he/she may withdraw from the finals within thirty (30) minutes after the announcement of qualifiers for that event and further fails to declare his/her final intention within thirty (30) minutes of his/her last individual preliminary event, will be penalized by being automatically scratched from their next individual final or individual event, whichever occurs first. The Referee may insert the next eligible swimmer into Finals or Consolation Finals once a “failure to swim” is declared and in any vacant lanes resulting from the penalty. Declared False Starts in Finals will be considered a “failure to

swim” and will draw the same penalty. In the event of an illness or injury, certified to the satisfaction of the Meet Referee, there will be no penalty.

**SCORING**

Individual events: 9-7-6-5-4-3-2-1  
Relay events: 18-14-12-10-8-6-4-2

**AWARDS**

Individual High Point: 1<sup>st</sup> – 3<sup>rd</sup> place for each age group

**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. Only that person and the coach will be recognized.

**COACHES & OFFICIALS**

All coaches and officials on deck must be registered and certified with USA Swimming. Coaches and officials shall wear USA Swimming registration cards in a conspicuous location at all times while on deck during the meet or prove membership via the Deck Pass app. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coach’s meetings. Official Briefings will be held prior to each session at the times listed in the Deadline and Meeting Summary.

**ADAPTED SWIMMERS**

Swimmers with disabilities are welcome to enter the meet. Coaches:

1. Enter the swimmers on Hy-Tek or paper form.
2. Provide advanced notice on any necessary accommodations
3. List the email with the entries (or on paper) the swimmer’s name, entry times, strokes/distances, days/sessions and how the swimmer prefers to be seeded.

Swimmers with disability will be seeded with the same age group either the same distance race or a longer distance race (i.e. 100 Free during the 200 Free). Qualifying time standards at regular season meets are waived for swimmers with disability. For more information, please contact the Meet Director, Mike Brady, at [rafcentries@gmail.com](mailto:rafcentries@gmail.com)

**MEET COMMITTEE**

A committee consisting of the Meet Director, Meet Referee, two volunteer coaches from visiting teams and one senior athlete, will be formed prior to the meet, and shall be wholly responsible for making decisions regarding delaying, postponing, or canceling the meet or any portion of the meet in the event of any situation requiring a decision of the Committee regarding the meet. The Committee will meet as needed.

**WARM-UP**

First 30 minutes of each warm-up session:

- General Warm Up (circle swimming only)

Minutes 31-50 of each warm-up session:

- Lane 1 - Pace 50s (push off)
- Lane 2 - Racing Starts (one way only)
- Lane 3 - Circle swimming only
- Lane 4 - Circle swimming only
- Lane 5 - Circle swimming only
- Lane 6 - Racing Starts (one way only)
- Lane 7 - Racing Starts (one way only)
- Lane 8 - Pace 50s (push off)

NO EQUIPMENT PERMITTED. SWIMMERS MUST ENTER THE WATER 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.

For more information, please contact Meet Director, Mike Brady, at [rafcentries@gmail.com](mailto:rafcentries@gmail.com).

**MORE INFO**

**MAP &  
FREE  
PARKING**



**ORDER OF EVENTS**

**Friday, November 18**

**Finals: Warm up – 4:30pm Meet Starts – 5:30pm**

Women		Event		Men
1		10 & Under 200 Free		2
3		11-12 500 Free*		4
5		13-14 500 Free*		6
7		Open 500 Free*		8
9		10 & Under 200 IM		10
11		11-12 200 IM		12
13		13-14 400 IM*		14
15		Open 400 IM*		16

**\*500 Free and 400 IM will be swum fastest to slowest and alternating gender OR swum in two separate courses by gender, (to be determined after entries are received).**

**Saturday, November 19**

**Prelims: Warm up – 7:30am    Meet Starts – 8:30am**

**Finals: Warm up – 5:00pm    Meet Starts – 6:00pm**

<b>Women</b>		<b>Event</b>		<b>Men</b>
17		11-12 200 Medley Relay*		18
19		13-14 200 Medley Relay*		20
21		Open 200 Medley Relay*		22
23		11-12 50 Free		24
25		13-14 50 Free		26
27		Open 50 Free		28
29		11-12 100 Fly		30
31		13-14 200 Fly		32
33		Open 200 Fly		34
35		11-12 50 Back		36
37		13-14 100 Back		38
39		Open 100 Back		40
41		11-12 50 Breast		42
43		13-14 100 Breast		44
45		Open 100 Breast		46
47		11-12 200 Free		48
49		13-14 200 Free		50
51		Open 200 Free		52

**\*These relay events will be timed finals with all relays swimming in prelims.**

**Saturday, November 19**

**Timed Finals: Warm up – 1:00pm    Meet Starts – 2:00pm**

<b>Women</b>		<b>Event</b>		<b>Men</b>
53		8 & Under 100 Medley Relay		54
55		10 & Under 200 Medley Relay		56
57		6 & Under 25 Free		58
59		8 & Under 50 Free		60
61		10 & Under 100 Free		62
63		6 & Under 25 Fly		64
65		8 & Under 50 Fly		66
67		10 & Under 100 Fly		68
69		6 & Under 25 Back		70
71		8 & Under 25 Back		72
73		10 & Under 50 Back		74
75		6 & Under 25 Breast		76
77		8 & Under 25 Breast		78
79		10 & Under 50 Breast		80



**Sunday, November 21**  
**Timed Finals: Warm up – 7:30am      Meet Starts – 8:30am**

<b>Women</b>		<b>Event</b>	<b>Men</b>
81		11-12 200 Free Relay	82
83		13-14 200 Free Relay	84
85		Open 200 Free Relay	86
87		11-12 100 Breast	88
89		13-14 200 Breast	90
91		Open 200 Breast	92
93		11-12 100 Free	94
95		13-14 100 Free	96
97		Open 100 Free	98
99		11-12 50 Fly	100
101		13-14 100 Butterfly	102
103		Open 100 Butterfly	104
105		11-12 100 Back	106
107		13-14 200 Back	108
109		Open 200 Back	110
111		11-12 100 IM	112
113		13-14 200 IM	114
115		Open 200 IM	116

**Sunday, November 21**  
**Timed Finals: Warm up – 1:00pm      Meet Starts – 2:00pm**

<b>Women</b>		<b>Event</b>	<b>Men</b>
117		8 & Under 100 Free Relay	118
119		10 & Under 200 Free Relay	120
121		8 & Under 50 Breast	122
123		10 & Under 100 Breast	124
125		8 & Under 25 Free	126
127		10 & Under 50 Free	128
129		8 & Under 25 Fly	130
131		10 & Under 50 Fly	132
133		8 & Under 50 Back	134
135		10 & Under 100 Back	136
137		8 & Under 100 IM	138
139		10 & Under 100 IM	140

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Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Coach \_\_\_\_\_ LSC \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

**Swimmer / Coach Registration**

I certify that all individuals listed on the attached entry forms are currently registered members of United States Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on the 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 Coach Members, and that I am a current USA Swimming registered Non-Athlete Member.

_____	_____	_____
Signature	Team	Date
(must be USA Swimming Non-Athlete Member)		

Entries must be received by 11:59 pm on Tuesday, November 8, 2022. Please submit entries via email to [rafcentries@gmail.com](mailto:rafcentries@gmail.com).

**Financial Recap**

We have entered the following:

Facility Fee per swimmer	_____ @ \$15.00 =	\$ _____
Individual timed final entries	_____ @ \$4.50 =	\$ _____
Individual prelim/final entries	_____ @ \$7.00 =	\$ _____
Relay entries	_____ @ \$8.00 =	\$ _____
Electronic heat sheet per swimmer	_____ @ \$3.00 =	\$ _____
<b>TOTAL ENTRY FEES PAID</b>		<b>\$ _____</b>