

# 2023 Last Splash Invitational

July 27-30, 2023

*Hosted by the Rosen Aquatic & Fitness Center*

Sanctioned By:	<p>Florida Swimming of USA Swimming Sanction # <b>FL-6484</b></p> <p>"In granting this sanction it is understood and agreed that USA Swimming and Florida 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 event."</p>
Conditions of Sanction:	<p>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. 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.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.</p> <p>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.</p> <p>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.</p>
COVID-19:	<p>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.</p> <p>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.</p>

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.

Hosted By: Rosen Aquatic & Fitness Center

Location: 8422 International Drive  
Orlando, FL 32819  
(See diagram on last page for location and parking)

Pool Specifications: 50 meter, 8 lane competition pool with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start and turn. Separate 25 meter, 8 lane diving well with non-turbulent lane lines for warm up/warm down. Colorado Automatic Timing Equipment and full video display scoreboard.

Medical Supervision: Lifeguards on duty and AED device available.

Rules: Current USA Swimming Technical Rules will govern the meet.

Type of Meet: 50m Long Course  
14 & Under: Prelims & Finals (top 16 qualifiers return for Finals)  
15 & Over: Prelims & Finals (top 24 qualifiers return for Finals)  
200 Relays: Prelims & Finals (top 16 qualifiers return for Finals)  
400 Relays: Timed Finals (all heats swim in Finals)  
800 Relay: Timed Finals (all heats swim in Finals)

Date & Time: Thursday, Friday, Saturday and Sunday, July 27-30:  
-All Ages PRELIMS: Warm Up – 7:00am / Meet Start – 9:00am  
-All Ages FINALS: Warm Up – 4:00pm / Meet Start – 5:30pm

Eligibility: All current registered USA Swimming athletes who have achieved the qualifying times, (2021-2024 National Age Group Motivational 'A' Times as listed on the event list), may participate in this meet. On deck registration with USA/Florida Swimming will not be allowed. There are no qualifying times for the 50's of stroke or relays and all swimmers entered in the meet with at least one (1) qualifying time may enter those events. Bonus events are available as follows:

- One (1) qualifying time = Three (3) additional bonus events
- Two (2) qualifying times = Four (4) additional bonus events
- Three (3) qualifying times = Five (5) additional bonus events

Entry Limit:	Swimmer may enter a total of eight (8) individual events for the meet, but no more than three (3) individual events per day, plus relays. Teams may enter an unlimited number of relays per event.		
Entry Fees:	\$5.50 per individual TIMED FINAL event \$8.50 per individual PRELIM/FINAL event \$6.00 per relay event \$15.00 facility fee per swimmer \$3.00 electronic heat sheet fee per swimmer \$2.00 per out of state swimmer		
Entries:	Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Entries and entry questions should be emailed directly to <b>RAFCentries@gmail.com</b> prior to the entry deadline.		
Entry Deadline:	Entries must be received no later than 11:59pm on Tuesday, July 18.		
Late/Deck Entries:	Late entries and deck entries will not be accepted.		
Checks Payable To:	Rosen Aquatic & Fitness Center Please bring checks to the meet (preferred) or mail to: -8422 International Drive Orlando, FL 32819		
Seeding:	Non-conforming times will be seeded after long course meter times. Bonus events will be seeded after conforming and non-conforming times. Seeding is as follows:  1. Long Course Meters 2. Short Course Meters 3. Short Course Yards  All events will be seeded and swum in the preliminaries slowest to fastest, unless otherwise noted in this meet letter.  All evening Finals events will be swum bonus (C) followed by consolation (B) followed by championship heat (A).		
Positive Check-In:	1-2 3-4 33-36 51-54 55-56 57-58 59-60	Women's 800 Free Men's 1500 Freestyle 400 Free 400 IM 800 Free Relay Women's 1500 Free Men's 800 Free	9:30a Thursday, July 27 9:30a Thursday, July 27 9:30a Friday, July 28 9:30a Saturday, July 29 9:30a Saturday, July 29 9:30a Sunday, July 30 9:30a Sunday, July 30

Scratch Penalty: Preliminary and Timed Final events:

No penalty for scratching on the blocks in prelims with the exception of individual positive check-in deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the Admin Ref, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

1. Any swimmer who competes in a preliminary heat and qualifies among the top 16 places for 13-14 and the top 24 places in 15 & Over events must swim in that final's event; or must notify the Admin Ref that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers. It is also requested that the next 8 placed swimmers also scratch if they have no intention of swimming in Finals if 'scratched' in.
2. Swimmers must confirm their intention to scratch finals within 30 minutes of the conclusion of the preliminary session for that day or else they will be seeded into finals.
3. Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.
4. A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

There will be a virtual scratch process set up for this meet and details will be distributed after entries have been received.

Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

For relays, scoring will be double the individual points listed above but only two (2) relays per team may score points.

Awards: Individual: Medals 1<sup>st</sup>-3<sup>rd</sup> & Ribbons 4<sup>th</sup>-16<sup>th</sup> in each event  
Relay: Medals 1<sup>st</sup>-3<sup>rd</sup> & Ribbons 4<sup>th</sup>-8<sup>th</sup> in each event  
Team: Special award for overall high point and runner up  
Individual: Trophy for high point in each age group and gender

Disability  
Swimming:

Florida Swimming encourages the participation of USA Swimming members with disabilities in this meet. The swimmer's disability must meet the definition of a disability as outlined in USA-Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved any qualifying times for this meet.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-Swimming Rule 105.4.

Any athlete with a disability will be accommodated to the best of meet management's ability. Please contact the Meet Referee at least two weeks prior to the start of the event to allow for preparation.

Officials:	Meet Referee:	Quinn Sampson
	Admin Official:	Joy Krause
	Starter:	Bob Walsh
	Stroke & Turn:	Cheryl Pavlacka
	Head Marshall:	Carlos Fonseca
	Meet Manager:	Mike Brady

Visiting Officials: Visiting teams are strongly encouraged to bring USA-S certified officials to assist with officiating this meet. Teams should email names, certification levels and contact information of their attending team officials to **RAFCentries@gmail.com**.

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, may be given to the referee. This person must be a current member of USA Swimming to represent the team. For each team, the coach and that person only will be recognized.

Warm Up: Start of warm up until the last 30 minutes of each warm up session:  
-General Warm Up (circle swimming only)

The last 30 minutes of each warm up session:

- Lane 1 – Pace 50's (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 50's (push off)

**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.

**Facility & Spectator Access:** Adopted by USA-Swimming, Florida Swimming and the Rosen Aquatic & Fitness Center, the 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 are 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 also operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only current registered 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. 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 inside facility for spectators.

**Identification:** Coaches and Officials shall always wear (or have available) their 2023 USA Swimming registration card in a conspicuous location during the swim meet OR show current 2023 USA-S coach membership on the USA Swimming app. USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area. Deck changing is prohibited.

**Spectator Fees:** The following fees apply for all spectators:

- Per session admission fee (Prelims or Finals): \$5
- OR entire meet admission fee (includes all sessions): \$25
- All fees above include a FREE hard copy heat sheet
- Admission fees apply to all spectators ages 9 and up. Children 8 and under may enter the facility for free.

**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, we will reach out for lane timer volunteers to be provided by the attending teams in order to run this meet. We will send out a volunteer sign up link after entries are received and we appreciate your help and understanding with this request.

**Concessions:** Concessions will NOT be available at this meet.

**Location Map/Parking:**



Events:

**THURSDAY, JULY 27**

**Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am**

**Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm**

Women	SCY	LCM	Event	LCM	SCY	Men
			<b>800 Free*</b>			
1	12:01.69	10:47.99	14 & Under Time Standard	-	-	
2	11:50.79	10:35.39	15 & Over Time Standard	-	-	
			<b>1500 Free*</b>			
	-	-	14 & Under Time Standard	19:48.39	19:07.59	3
	-	-	15 & Over Time Standard	18:59.09	18:30.39	4
			<b>50 Breast</b>			
5	NA	NA	14 & Under Time Standard	NA	NA	6
7	NA	NA	15 & Over Time Standard	NA	NA	8
			<b>200 Fly</b>			
9	2:24.89	2:45.49	14 & Under Time Standard	2:35.09	2:15.59	10
11	2:21.69	2:40.59	15 & Over Time Standard	2:27.69	2:09.69	12
			<b>50 Free</b>			
13	27.89	31.79	14 & Under Time Standard	29.49	25.69	14
15	27.19	31.19	15 & Over Time Standard	27.89	24.39	16
			<b>100 Back</b>			
17	1:05.69	1:17.09	14 & Under Time Standard	1:11.89	1:01.29	18
19	1:03.99	1:14.89	15 & Over Time Standard	1:08.69	58.39	20
			<b>400 Free Relay**</b>			
21	NA	NA	Open	NA	NA	22

*\*These events will be timed final with the top 8 seeded swimmers competing in the evening finals session. All other swimmers will be combined by gender regardless of age and swim fastest to slowest and alternating gender at the end of the morning preliminary session. Positive check-in is required.*

*\*\*These events will be timed final with all heats swimming in the evening finals session. They will be swum fastest to slowest in the following order; B girls, A girls, B boys, A boys, followed by all remaining heats fastest to slowest and alternating gender.*

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**FRIDAY, JULY 28**

**Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am**

**Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm**

Women	SCY	LCM	Event	LCM	SCY	Men
			<b>200 Free Relay</b>			
23	NA	NA	<i>Open</i>	NA	NA	24
			<b>10 MINUTE BREAK</b>			
			<b>50 Back</b>			
25	NA	NA	<i>14 &amp; Under Time Standard</i>	NA	NA	26
27	NA	NA	<i>15 &amp; Over Time Standard</i>	NA	NA	28
			<b>200 Breast</b>			
29	2:43.69	3:08.29	<i>14 &amp; Under Time Standard</i>	2:56.09	2:31.39	30
31	2:39.49	3:05.09	<i>15 &amp; Over Time Standard</i>	2:47.49	2:24.19	32
			<b>400 Free*</b>			
33	5:49.59	5:14.39	<i>14 &amp; Under Time Standard</i>	4:59.19	5:31.39	34
35	5:43.39	5:07.29	<i>15 &amp; Over Time Standard</i>	4:46.09	5:17.69	36
			<b>400 Medley Relay**</b>			
37	NA	NA	<i>Open</i>	NA	NA	38

*\*These events will be prelim/final with all preliminary heats swimming fastest to slowest starting with the fastest three girls heats, followed by the fastest three boys heats, and then alternating gender until the event is completed. Positive check-in is required.*

*\*\*These events will be timed final with all heats swimming in the evening finals session. They will be swum fastest to slowest in the following order; B girls, A girls, B boys, A boys, followed by all remaining heats fastest to slowest and alternating gender.*

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**SATURDAY, JULY 29****Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am****Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm**

Women	SCY	LCM	Event	LCM	SCY	Men
			<b>200 Free</b>			
39	2:10.39	2:29.39	14 & Under Time Standard	2:20.59	2:02.59	40
41	2:08.09	2:26.19	15 & Over Time Standard	2:14.89	1:56.99	42
			<b>100 Breast</b>			
43	1:15.39	1:27.49	14 & Under Time Standard	1:21.29	1:09.69	44
45	1:13.59	1:25.29	15 & Over Time Standard	1:16.99	1:05.59	46
			<b>100 Fly</b>			
47	1:05.49	1:14.29	14 & Under Time Standard	1:09.69	1:00.99	48
49	1:03.99	1:13.19	15 & Over Time Standard	1:06.29	57.89	50
			<b>400 IM*</b>			
51	5:11.69	5:56.19	14 & Under Time Standard	5:36.59	4:52.69	52
53	5:04.99	5:49.69	15 & Over Time Standard	5:20.59	4:40.29	54
			<b>800 Free Relay**</b>			
55	NA	NA	Open	NA	NA	56

*\*These events will be prelim/final with all preliminary heats swimming fastest to slowest starting with the fastest three girls heats, followed by the fastest three boys heats, and then alternating gender until the event is completed. Positive check-in is required.*

*\*\*These events will be timed final with all heats swimming in the evening finals session. They will be swum fastest to slowest in the following order; B girls, A girls, B boys, A boys, followed by all remaining heats fastest to slowest and alternating gender. Positive check-in is required.*

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**SUNDAY, JULY 30**

**Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am**

**Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm**

Women	SCY	LCM	Event	LCM	SCY	Men
			<b>200 Medley Relay</b>			
57	NA	NA	<i>Open</i>	NA	NA	58
			<b>10 MINUTE BREAK</b>			
			<b>1500 Free*</b>			
59	20:02.99	20:39.79	<i>14 &amp; Under Time Standard</i>	-	-	
60	19:47.29	20:20.49	<i>15 &amp; Over Time Standard</i>	-	-	
			<b>800 Free*</b>			
	-	-	<i>14 &amp; Under Time Standard</i>	10:22.19	11:26.69	61
	-	-	<i>15 &amp; Over Time Standard</i>	10:00.09	11:02.59	62
			<b>50 Fly</b>			
63	NA	NA	<i>14 &amp; Under Time Standard</i>	NA	NA	64
65	NA	NA	<i>15 &amp; Over Time Standard</i>	NA	NA	66
			<b>200 Back</b>			
67	2:22.99	2:44.89	<i>14 &amp; Under Time Standard</i>	2:36.09	2:13.99	68
69	2:19.69	2:41.49	<i>15 &amp; Over Time Standard</i>	2:28.89	2:06.89	70
			<b>100 Free</b>			
71	1:00.49	1:08.99	<i>14 &amp; Under Time Standard</i>	1:04.49	56.29	72
73	58.99	1:07.89	<i>15 &amp; Over Time Standard</i>	1:01.69	53.49	74
			<b>200 IM</b>			
75	2:25.49	2:47.79	<i>14 &amp; Under Time Standard</i>	2:38.29	2:17.09	76
77	2:22.99	2:44.49	<i>15 &amp; Over Time Standard</i>	2:31.39	2:10.09	78

*\*These events will be timed final with the top 8 seeded swimmers competing in the evening finals session. All other swimmers will be combined by gender regardless of age and swim fastest to slowest and alternating gender at the end of the morning preliminary session. Positive check-in is required.*

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