

# 2023 Summer Solstice Invitational

## June 8-11, 2023

*Hosted by the Rosen Aquatic & Fitness Center*

Sanctioned By:	Florida Swimming of USA Swimming Sanction # <b>FL-6472</b> "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."
Conditions of Sanction:	<ul style="list-style-type: none"><li>● 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.</li><li>● The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li><li>● 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.</li><li>● 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.</li><li>● 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.</li></ul>
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> <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</p>

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 attached for location)

Type of Meet: 50m Long Course  
12 & Under: Timed Finals  
13-14: Prelims & Finals (top 16 qualifiers return for Finals)  
15 & Over: Prelims & Finals (top 24 qualifiers return for Finals)

Date & Time: Thursday, June 8:  
13 & OVER FINALS: Warm Up – 3:30pm / Meet Start – 5:00pm

Friday & Saturday June 9-10:  
13 & Over PRELIMS: Warm Up – 6:30am / Meet Start – 8:00am  
12 & Under FINALS: Warm Up – 1:00pm / Meet Start – 2:00pm  
13 & Over FINALS: Warm Up – 5:00pm / Meet Start – 6:00pm

Sunday June 11:  
13 & Over FINALS: Warm Up – 6:30am / Meet Start – 8:00am  
12 & Under FINALS: Warm Up – 1:00pm / Meet Start – 2:00pm

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 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.

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:	<p>The following fees apply for spectators:</p> <ul style="list-style-type: none"><li>• Per Session Pass Fee (Prelims or Finals): \$5</li><li>• Weekend Fee (includes all sessions): \$25</li><li>• Session/Weekend Fees include a FREE heat sheet</li><li>• Session/Weekend Fees apply for all spectators age 9 and up. Children under age 8 and under enter for free.</li></ul>
Volunteers:	<p>The Rosen Aquatic &amp; 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.</p>
Pool Specifications:	<p>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.</p>
Medical Supervision:	<p>Lifeguards on duty and AED device available.</p>
Rules:	<p>Current USA Swimming Technical Rules will govern the meet.</p>
Timing Equipment:	<p>Full Video Display Scoreboard &amp; Colorado Automatic Timing Equipment</p>
Warm-Up:	<p>One (1) hour Thirty (30) minutes warm-up prior to each PRELIMS session One (1) hour warm-up prior to each FINALS session</p>
Eligibility:	<p>All current USA Swimming athletes may participate in this event. On deck registration with USA/Florida Swimming will not be allowed. Open to foreign FINA members.</p>
Disability Swimming:	<p>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</p>

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.

**Entry Limit:** Total of ten (10) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter an unlimited number of relays per event.

Please note that the 400 events will be limited to the top 48 seeded swimmers per gender.

**Positive Check-In:** EVENTS #3-4 13 & Over 1500 Freestyle 4:00pm Thursday, June 16

Swimmers not checked may ask to swim in empty lanes. No new heats will be created.

**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.

Entry Fees: \$5.50 per individual timed final event  
\$8.50 per individual prelim/final event  
\$6.00 per relay  
\$15.00 facility fee per swimmer  
\$3.00 electronic heat sheet fee  
\$2.00 Travel Surcharge per out of LSC swimmer

Checks Payable To: Rosen Aquatic & Fitness Center  
8422 International Drive  
Orlando, FL 32819

Entries: Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Entries and entry questions should be emailed directly to [rafcentries@gmail.com](mailto:rafcentries@gmail.com)

Entry Deadline: No later than 11:59pm on Thursday, June 1<sup>st</sup>.

Fines/Deck Entries: Late entries and deck entries will not be accepted.

Seeding: Non-conforming times will be seeded after long course meter 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. The 1500 will alternate women and men heats.

All evening Finals events will be swum bonus (C) followed by consolation (B) followed by championship heat (A).

Officials:	Meet Referee:	Bob Griffiths
	Admin Referee:	Quinn Sampson
	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 Florida Swimming (or other LSC) 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](mailto:rafcentries@gmail.com).

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

Awards: Individual/Team: No individual or team awards for this meet

High Point: Trophy for high point in each age group and gender

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.

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.

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.

Events:

**THURSDAY, JUNE 8**

**Timed Finals: Warm up @ 3:30 pm --- Meet Start @ 5:00 pm**

Girls		Event		Boys
1		13 & Over 200 Medley Relay *		2
		<b>10 MINUTE BREAK</b>		
3		13 & Over 1500 Freestyle #		4
		<b>10 MINUTE BREAK</b>		
5		13 & Over 200 Free Relay *		6

\* These timed final events will be seeded FAST to SLOW.

# These timed final events will require positive check in, be seeded FAST to SLOW and alternate women and men heats.

**FRIDAY, JUNE 9****Prelims: Warm up @ 6:30 am --- Meet Start @ 8:00 am****Finals: Warm up @ 5:00 pm --- Meet Start @ 6:00 pm**

<b>Girls</b>			<b>Event</b>			<b>Boys</b>
7			13 & Over 400 Free Relay **			8
			<b>10 MINUTE BREAK</b>			
9			13-14 100 Fly			10
11			15 & Over 100 Fly			12
13			13-14 200 Free			14
15			15 & Over 200 Free			16
17			13-14 50 Breast			18
19			15 & Over 50 Breast			20
21			13-14 100 Back			22
23			15 & Over 100 Back			24
25			13 & Over 400 IM ***			26

\*\* These timed final events will be seeded SLOW to FAST in the evening FINALS session.

\*\*\* These prelim/final events will be seeded SLOW to FAST in the morning PRELIMINARY session and limited to the top 48 seeded swimmers per gender.

**FRIDAY, JUNE 9****Timed Finals: Warm up @ 1:00 pm --- Meet Start @ 2:00 pm**

<b>Girls</b>			<b>Event</b>			<b>Boys</b>
27			12 & Under 200 Free Relay			28
			<b>10 MINUTE BREAK</b>			
29			10 & Under 50 Fly			30
31			11-12 50 Fly			32
33			10 & Under 200 Free			34
35			11-12 200 Free			36
37			10 & Under 50 Back			38
39			11-12 50 Back			40
41			12 & Under 400 IM ****			42

\*\*\*\* These timed final events will be seeded SLOW to FAST and limited to the top 48 seeded swimmers per gender.



**SATURDAY, JUNE 10****Prelims: Warm up @ 6:30 am --- Meet Start @ 8:00 am****Finals: Warm up @ 5:00 pm --- Meet Start @ 6:00 pm**

<b>Girls</b>			<b>Event</b>			<b>Boys</b>
43			13 & Over 400 Medley Relay **			44
			<b>10 MINUTE BREAK</b>			
45			13-14 50 Free			46
47			15 & Over 50 Free			48
49			13-14 100 Breast			50
51			15 & Over 100 Breast			52
53			13-14 200 Back			54
55			15 & Over 200 Back			56
57			13-14 50 Fly			58
59			15 & Over 50 Fly			60
61			13 & Over 400 Free ***			62

\*\* These timed final events will be seeded SLOW to FAST in the evening FINALS session.

\*\*\* These prelim/final events will be seeded SLOW to FAST in the morning PRELIMINARY session and limited to the top 48 seeded swimmers per gender.

**SATURDAY, JUNE 10****Timed Finals: Warm up @ 1:00 pm --- Meet Start @ 2:00pm**

<b>Girls</b>			<b>Event</b>			<b>Boys</b>
63			12 & Under 200 Medley Relay			64
			<b>10 MINUTE BREAK</b>			
65			10 & Under 50 Free			66
67			11-12 50 Free			68
69			10 & Under 50 Breast			70
71			11-12 50 Breast			72
73			10 & Under 100 Back			74
75			11-12 100 Back			76
77			12 & Under 400 Free ****			78

\*\*\*\* These timed final events will be seeded SLOW to FAST and limited to the top 48 seeded swimmers per gender.

**SUNDAY, JUNE 11****Timed Finals: Warm up @ 6:30 am --- Meet Start @ 8:00 am**

<b>Girls</b>			<b>Event</b>			<b>Boys</b>
79			13-14 200 IM			80
81			15 & Over 200 IM			82
83			13-14 100 Free			84
85			15 & Over 100 Free			86
87			13-14 200 Breast			88
89			15 & Over 200 Breast			90
91			13-14 50 Back			92
93			15 & Over 50 Back			94
95			13-14 200 Fly			96
97			15 & Over 200 Fly			98

**SUNDAY, JUNE 11****Timed Finals: Warm up @ 1:00 pm --- Meet Start @ 2:00 pm**

<b>Girls</b>			<b>Event</b>			<b>Boys</b>
99			10 & Under 200 IM			100
101			11-12 200 IM			102
103			10 & Under 100 Free			104
105			11-12 100 Free			106
107			10 & Under 100 Breast			108
109			11-12 100 Breast			110
111			10 & Under 100 Fly			112
113			11-12 100 Fly			114

Map Location & FREE Parking:

