

SWIMMING AND DIVING CHAMPIONSHIPS MANUAL



1500 Sugar Bowl Drive New Orleans, LA 70112 504-299-9066 SunBeltSports.org



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INTRODUCTION

SPONSORING INSTITUTIONS

Sun Belt Conference institutions that sponsor Women' Swimming and Diving Include:

Georgia Southern University James Madison University Marshall University Old Dominion University

IMPORTANT DATES

IMI ONIANI DAILO	
January 24, 2024	Sun Belt Conference Pre-Championship Zoom
	2:00pm eastern time
February 14, 2024	Head Coaches' Meeting
	10:30am eastern time
	Rosen Aquatic and Fitness Center
February 14 - 17, 2024	Sun Belt Conference Championships
	Rosen Aquatic and Fitness Center
	Orlando, FL
March 20-23 , 2024	NCAA Championships
	Jack Bauerle Pool at Gabrielsen Natatorium
	University of Georgia- Host
	Athens, GA

For questions regarding the Sun Belt Conference Women's Swimming and Diving Championships or information contained in this championships' handbook, please contact:

Kathy Keene

Deputy Commissioner Championships & Sport Administration 504-556-0887 (office) 504-251-4538 (cell) keene@sunbeltsports.org

Maura Smith

Associate Commissioner Governance & Compliance 504-556-0870 (office) 804-869-4678 (cell) smith@sunbeltsports.org



CONFERENCE PERSONNEL

Keith Gill, Commissioner	(504) 556-0881
Kathy Keene, Deputy Commissioner	
Bert Carter, Sr. Associate Commissioner, Chief Financial Officer	(504) 556-0885
Sam Knehans, Sr. Associate Commissioner, Chief Communications & Branding Officer	(504) 556-0880
Travis Llewellyn, Sr. Associate Commissioner, Football & Broadcasting	(504) 556-0886
Spencer Dodd, Associate Commissioner, Championships & Sport Administration	(504) 556-0879
Maura Smith, Associate Commissioner, Governance & Compliance	(504) 556-0870
Adam Miller, Associate Commissioner, Communications & Branding	(504) 556-0883
Lauren Shear, Assistant Commissioner, Communications & Branding	(504) 213-6643
Matt Ward, Assistant Commissioner, Compliance	(504) 556-0871
Al Wilson, Assistant Commissioner, Championships & Sport Administration	(504) 556-0882
Jean Czernia, Executive Director, Administration	(504) 556-0881
Jordan Harris, Director of Broadcasting	(843) 929-7035
Billy Mangum, Director of Communications & Branding	(504) 556-0882
Carl Mattox, Director, Championships	(504) 556-0875
TriMicheal Sanders, Director of Graphic Design	(504) 556-0881
Constantine Svingos, Director, Creative Video	(504) 556-0884



CHAMPIONSHIP INFORMATION

APPEALS

Appeals may only be lodged for errors in entries, scratches, recording of data, scoring and non-judgment errors in the application of rules. Films or video tape shall not be used in the appeals process. Appeal forms can be obtained from the Clerk of Course Table. The appeal form must be submitted to the Head Swim Referee no later than 15-minutes after the finish of the final heat/round of that event in which the appeal is applicable. The competition committee, whose decision is final, shall act upon appeals.

AWARDS

Awards will be given throughout each day of the championship. Awards for each event will be given out *after* the completion of the next event listed on the schedule. An awards ceremony shall be held at the awards presentation area for all 1st, 2nd, and 3rd place medalists. Every effort shall be made to have all medal winners available for the ceremony. Individuals receiving an award must wear team approved travel gear during the award ceremony.

Teams and patrons are encouraged to remain for the distribution of team awards following the conclusion of the championship on Saturday, February 17th. The following awards shall be provided by the Conference office and distributed at the awards ceremony at the conclusion of the 2024 SBC Swimming and Diving Championship Meet:

Women's 1 Team Champion, Champion T-Shirts, and Champion Hats Top Meet Scorer Swimmer Top Meet Scorer Diver

CODE OF CONDUCT/SPORTING BEHAVIOR

The Sporting Behavior Statement must be announced prior to the start of each competition.

"ALL ATHLETIC ADMINISTRATORS, COACHES, STUDENT-ATHLETES, SPIRIT GROUPS AND FANS SHALL ACT WITH RESPECT, FAIRNESS, CIVILITY, AND HONESTY IN AN EFFORT TO CREATE AN APPROPRIATE ENVIRONMENT FOR ATHLETIC COMPETITION. HARASSING BEHAVIORS, INCLUDING RACIST OR SEXIST COMMENTS, OR PHYSICAL OR VERBAL ABUSE ARE STRICTLY PROHIBITED AND WARRANT IMMEDIATE REMOVAL FROM THE FACILITY WITHOUT WARNING. JOIN US IN RESPECTFULLY SUPPORTING SUN BELT CONFERENCE WOMEN'S SWIMMING AND DIVING CHAMPIONSHIPS."

Game management policies governed by the Conference for regular season, shall be in place for the championships to ensure control of all individuals participating in the championships, as well as spectators. These policies should include the Sun Belt Conference rules related to noisemakers, mascots, motorized vehicles, explosive devices and any other means of celebration that has the potential to hinder athletic competition or make the championship experience uncomfortable for those involved.



COMPETITION COMMITTEE

Competition Committee: A Competition Committee shall be appointed for the championship consisting of the Sun Belt Conference On-Site Administrators (who shall serve as co-chairs of the committee), the Head Swimming Referee, Head Diving Referee, Meet Manager and the Host Facility Director. The Competition Committee shall:

Ensure that the Championship is conducted in accordance with the rules and regulations of the Sun Belt Conference as contained in the Sun Belt Conference Sport Regulations and this Championship Manual.

Make decisions regarding situations that occur where resolution is not covered in the rules and regulations of the NCAA or the Sun Belt Conference Championship Manual and sport regulations.

Inspect the swimming facilities prior to the start of the event.

Be involved in any appeals during the championship meet. An appeal before, during, or immediately after an event should be resolved before the next event begins, and the decision of the competition committee is final.

DIVING FORMAT

The Diving Format is outlined in the Sun Belt Conference Swimming and Diving Sport Regulations as follows:

One Meter and Three Meter Diving

Prelims: All divers will do six optional dives including one from each of the five groups in any order. There will be no limit on degree of difficulty. Scores from the prelims will be used to determine the order of diving for consolations and finals.

Consolations: Divers #9-16 will dive in consolations following the conclusion of prelims. Each diver will do six optional dives – one from each of the five groups. There will be no limit on degree of difficulty. All divers competing in consolations will begin with a score of zero and dive in reverse order of prelims scores (#9 will dive last).

Finals: Divers #1-8 will dive in reverse order of prelims scores (#1 will dive last). Each diver will do six optional dives – one from each of the five groups. There will be no limit on degree of difficulty. All divers competing in finals will begin with a score of zero.

Platform Diving

For the 2024 season platform diving will consist of prelims and finals and will NOT be scored. Platform Diving will be exhibition only. Platform diving will be scored for the 2025 Sun Belt Conference Championship.

Diving Scoring

Scoring will be calculated using the DiveMeets software. Judging score cards must be present during all diving competitions at the Sun Belt Conference Women's Swimming and Diving Championships.

When five (5) judges are present the highest and lowest score shall be canceled, and the remaining scores shall be added. If there are identical scores, any may be canceled.

Team Diving Exhibition

Each team would name three divers to combine to complete a six-dive list, comprising a dive from each group and no more than two from any of the various apparatuses (1-meter, 3-meter and platform). The event would be a scored final with the sum of the list equaling the team score.



ENTRY PROCEDURES

The following items address the issues of event entries and scratches:

SWIM ENTRIES

All head coaches must enter the championship via the link: https://accurateswimtiming.com/event/sun-belt-conference-swimming-and-diving-championship/

by 5pm central time/6pm eastern time on Tuesday, February 6, 2024.

Each participant may swim a maximum of seven (7) events, with no more than three (3) individual events.

There shall be no qualifying standards for participation in the meet. However, student-athletes must swim the times for seeding during the current season to enter a time. If a student-athlete does not have a time for the respective event in the current season then a "NT" for "no time" would be indicated.

Student-athletes will be permitted to enter no time, a 1,000 yd time, or a 1,650 yd time in order to be entered in the 1,650. Those entering a 1,650 yd time will be seeded first, followed by those with 1,000 times and then those with no time.

The Meet Director, shall return official psych sheets to the head coaches no later than **5pm ct/6pm et on Thursday, February 8, 2024.** Any corrections, not changes in events can be made from Friday, February 9-Sunday, February 12 at 5:00pm ct/6:00pm et. A final set of psych sheets will be distributed shortly after the deadline on Sunday.

At the coaches meeting on **Wednesday, February 14**th at 10:30 am eastern time each head coach must designate the 20 scoring participants for the championships. Divers count as 1/3 participant when determining the list of 20.

The scratch deadlines and location of the scratch box for the championships will be stated on the official entry form. All entries not scratched will become official entries.

DIVE ENTRIES

All head coaches must enter the championship via the link:

https://secure.meetcontrol.com/divemeets/system/meetinfoext.php?meetnum=9846.

by 5pm central time/6pm eastern time on Tuesday, February 6, 2024.

The Meet Director, shall return official psych sheets to the head coaches no later than **5pm ct/6pm et on Thursday, February 8, 2024.** Any corrections, not changes in events can be made from Friday, February 9-Sunday, February 12 at 5:00pm ct/6:00pm et. A final set of psych sheets will be distributed shortly after the deadline on Sunday.

At the coaches meeting on **Wednesday, February 14**th at 10:30 am eastern time each head coach must designate the 20 scoring participants for the championships. Divers count as 1/3 participant when determining the list of 20.

The scratch deadlines and location of the scratch box for the championships will be stated on the official entry form. All entries not scratched will become official entries.

HOSPITALITY AREA

The hospitality area will be available to all coaches, administrators, and championship personnel. This room is located in the Conference Room at the east (starting block) end of the pool.



INSURANCE

Each team shall have adequate medical and accident insurance to cover all student-athletes during the tournament, including all transportation involved. Each institution should also carry life insurance or other liability insurance.

LOCKER ROOMS

There are two locker rooms located on the pool deck across from team seating. Both locker rooms will be designated student-athlete locker rooms during the duration of our championship meet. The locker rooms are not open to the general public. There are no lockers available to the student-athletes during the meet. Student-athletes are asked to not leave any items in the locker room. **The Sun Belt Conference will not be held responsible for any stolen or missing items taken from the locker room areas.**

Shaving is not permitted in the locker rooms nor on-site at the facility, at any time.

LODGING

Each team is responsible for making its own reservations and is also responsible for all hotel costs.

MEDIA

Each institution's communications contact or his/her representative shall provide an **updated roster with** pronunciation guide via email to Billy Mangum (<u>Billy@sunbeltsports.org</u>) no later than Friday, February 9, 2024.

The Sun Belt Conference will provide attending media with updated scoring and event information. Complete daily results will be e-mailed to the respective team's communications contact after each day. Periodic updates will be distributed via email.

In an effort to promote the sport of swimming and diving and the Sun Belt Conference, all head coaches must cooperate and fulfill any reasonable media requests for interviews. In addition, coaches should make players available in the same manner.

Interviews will be conducted in pool area following a cooling off period. A member of SBC's Communications staff will inform each institution's sports information representative or head coach of any requests for interviews following the meet.

MEDICAL INFORMATION

A certified athletic trainer will be on site for all scheduled practice times and during competition from one hour prior to the start of competition and until all competition is complete. The training area will be located at on the pool deck near the ready area for finals. EMS will also be located by the Athletic Training Area. The Conference office will have a physician on call during the championship. Institutions are required to travel with their own athletic trainer for the championship.



MEETINGS

Coaches - Conference Call

The Sun Belt Conference office and the host institution will hold a conference call for head coaches on Wednesday, January 24 at 1:00pm (CT)/2:00pm (ET) to discuss matters specifically pertaining to the upcoming championships. In preparation of the call, an official agenda will be distributed electronically, as we get closer to the date of the call. Call in information is as follows:

Date: Wednesday, January 24, 2024

Time: 2:00pm ET

Zoom link: https://us06web.zoom.us/j/86125409194

Passcode: SBC

Coaches - In Person

A mandatory head swim coaches meeting will be held Wednesday, February 14th at 10:30am local time in the Hospitality Room of Rosen Aquatic Center. Representatives from the Sun Belt Conference, Head Swimming Official, Head Diving Official, Communications, Athletic Training and other support areas will be in attendance to review information and answer questions pertaining to the championships.

Coaches who do not attend the meeting are subject to disciplinary action imposed by the Commissioner.

Officials - In Person

The Sun Belt Conference will conduct a meeting with meet officials prior to the start of Championship on Wednesday, February 14th at 2:00pm in the Hospitality Room of Rosen Aquatic Center. All meet officials are encouraged to attend this meeting. Lunch will be provided.

MERCHANDISE

Commemorative Sun Belt Conference memorabilia will be sold on the pool deck area of the Rosen Aquatic Center during the Women's Swimming and Diving Championship.

NATIONAL ANTHEM

The National Anthem will be played prior to the start of each evening final session.

NOISE MAKERS AND FLASHLIGHTS

Noise makers and flashlights are not permitted in the pool area. This policy applies to student-athletes as well.

OFFICIALS

There shall be no public comments made in reference to SBC Swimming and Diving Championship officials. No student-athlete, coach, administrator or other member of a Sun Belt Conference institution shall criticize the performance of any official in a public manner. This includes, but is not limited to, references in newspapers, television, radio, and social media platforms. Violations of this policy may result in private or public reprimands, suspension or any other action deemed appropriate by the Commissioner.



OFFICIAL PARTICIPANT LISTS/SQUAD LIMITATIONS AND CERTIFICATION

All participating institutions must complete and submit the Travel Party Form through the links below by Thursday, February 8 at 5:00pm central/6:00pm eastern.

Student-Athlete Travel Party Form: https://form.jotform.com/Sun_Belt/SBCtravelpartyform23-24

Staff/Admin Travel Party Form: https://form.jotform.com/Sun_Belt/Staff-Admin-TravelParty23-24

Travel Party Forms should include all individuals who will be traveling with the team (student-athletes, coaches, managers, trainers and support staff). By signing the form, the Directors of Compliance are attesting that the names of the student-athletes listed on the official travel roster have been certified as eligible to compete in the conference championship. The conference office will review the travel roster and notify individual institutions if any concerns arise.

Additional information on travel party forms can be found on pages 17 and 18.

There is no limit to the size of the travel squad. However, the maximum limit on the number of scoring entrants designated by each institution shall be 20. A scoring entrant who swims and dives shall be counted as one entrant in the total of 20 allowed for each institution. A scoring entrant who ONLY dives shall be counted as one-third of the entrant when determining the 20.

Participants: An institution may enter an unlimited number of participants in each individual event: however, only the designated 20 individuals will be scored. Non-scoring athletes are permitted to swim in the championship meet but may only qualify for the C-heat during final sessions.

PARKING

Free parking is available at Rosen Aquatic Center for spectators. Teams can be dropped off at the Rosen Aquatic Center and then team busses are required to park across the street from the Aquatic Center at ICON Park at 8375 International Dr, Orlando, FL 32819. Bus parking is free at ICON Park. Overflow parking for spectators will also take place at ICON Park.

PARTICIPANT GIFTS

Championship participant gifts will be distributed to teams during the practice day, prior to the start of the meet.

READY AREA FOR FINALS

The ready area for finals will be located in the hallway space between the competition pool and the diving well. The area will be marked with signage.

RESULTS

Results will be posted in two (2) locations: 1) the team seating area on the pool deck, and 2) next to the ready area for finals on the pool deck. Results will also be available online at www.sunbeltsports.org.



SCHEDULE OF EVENTS

See Appendix A.

SCORING

Sixteen (16) places will be scored for individual events on the following scale: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1; and to eight places for the relay events on the following scale: 40-34-32-30-28-26. According to NCAA scales.

Team scoring will be shown on the scoreboard and updated after each final.

SCRATCH PROCEDURE AND DEADLINES

A Scratch Box will be located at the clerk of course table. All scratches are due 30 minutes prior to the start of finals each day of the championship meet with the exception of Wednesday relay events. All entries not scratched will become official entries.

The Scratch Box will be open as follows:

Tuesday	Noon-6p.m.	All Wednesday Events
Wednesday	by 3:30 p.m.	All Thursday Events
Thursday	by 5:30 p.m.	All Friday Events
Friday	by 5:30p.m.	All Saturday Events

TEAM SEATING PROCEDURES

The seating for the 2024 Championship will be based on random drawing at the Pre-Championship Meeting on Wednesday, January 24th at 1:00pm central time. In future years the order of finish at the 2024 Sun Belt Conference Championship will determine the seating for the meet in 2025. Beginning in 2025, the winning team will have first selection of seating and will continue in that order until all teams have seating assignments.

TICKETS/HEAT SHEETS

Entrance to the Sun Belt Conference Women's Swimming and Diving Championship will be free. Heat Sheets and results will be available online at www.sunbeltsports.org

TIMERS

Two backup timers must be available in each lane for each event for scoring purposes. Each institution may be required to provide backup timers for each session. (two timers per session will be required from each institution).

TIME STANDARD TRIALS

Time standard trials are allowed at the Sun Belt Conference Swimming and Diving Championships. Please refer to the NCAA Swimming and Diving Rules (Rule 5, article 2). Time standard trials will be conducted each day, no more than twenty minutes after the completion of all preliminary heats. If a swim-off is needed to



seed finals, time trials will be held before the swim-off to allow the swim-off participants the required rest following their last preliminary event.

TRANSPORTATION

Each institution, its administration, staff, support groups, etc. shall be responsible for their own transportation before, during and after the tournament.

UNIFORMS

In accordance with NCAA Bylaw 12.5.4, all competitors must wear exclusively the official uniform of their institution in competition and warm-up. During the post-championships awards ceremony student-athletes must wear their institutional warm-up top. One piece swimming suits in identifying school colors shall be worn throughout the competition. In accordance with NCAA rules, the institutions' official uniform (including warm-ups) and all other items of apparel (socks, head bands, t-shirts, wrist bands, towels, etc.) should bear only a single manufacturer's or distributor's normal label or trademark. The label or trademark may not exceed 2 1/4 inches square in size. Equipment (i.e., gloves, shoes) may bear only the manufacturer's normal label or trademark as it is used on all such items for sale to the general public. Failure to comply with this regulation may cause disqualification or may jeopardize a student-athlete's eligibility.

WARM-UP PROCEDURE/PRACTICE SCHEDULE

Rosen Aquatic Center will be available for open practice/warm-up throughout the duration of the championship. Detailed warm-up procedures (during competition) will be available at the pre-championship head coaches call on January 24th and provided to the coaches via email following the meeting.

Practice prior to official practice day (Tuesday, February 13th) must be arranged through the Rosen Aquatic Center. Additional charges may apply.

The official championship practice date is Tuesday, February 13th. Practice time will be scheduled for Wednesday as well. The aquatic center is available for open practice from 8am to 8pm. Warm-up procedures/timeline during the championships will be discussed during the pre-championship coaches' call.



SCHEDULE OF EVENTS



2024 Women's Swimming and Diving Championship Timeline

Notes:

- All event start times will be subject to meet entries.
- During preliminaries, there will be a ten-minute break at the conclusion of each event.
- Award times are TBD.
- During finals, the C Heat may include non-scoring swimmers, while B Heat will include scoring athletes only.
- Platform diving will be exhibition with both prelims and finals.

Tuesday, February 13 - Practice Day

Competition pool available 8 am - 8 pm

*Scratch box will be open from Noon - 6 pm.

Wednesday, February 14 - Finals

3:30 pm SCRATCHES FOR THURSDAY'S EVENTS DUE

3:45 pm Relay Cards and Time Trial Entries Due

3:50 pm Competition Pool Closed, Announcements, National Anthem

4:00 pm 200 M.R.

Team Diving (Exhibition)

Awards - 200 M.R.

800 F.R.

Awards - Team Diving, 800 F.R.

Thursday, February 15 - Prelims

9:50 am Competition Pool Closed

TIME TRIAL ENTRIES DUE PRIOR TO THE START OF THE SESSION

10:00 am 500 Free Prelims

Announce 500 Free A/B/C Finalists

200 IM Prelims

Announce 200 IM A/B/C Finalists

50 Free Prelims

Announce 50 Free A/B/C Finalists

After session: Time Trials

1:00 pm 3-Meter Diving Prelims Begin

Diving Prelims Conclude

Diving Consolation



Thursday, February 15 - Finals

5:30 pm SCRATCHES FOR FRIDAY'S EVENTS DUE

5:50 pm Competition Pool Closed, Announcements, National Anthem

6:00 pm March/Intro 3-Meter Diving Finalists

500 Free C & B Heats

March/Intro

Final Awards

200 IM C & B Heats

March/Intro

Final Awards

50 Free C & B Heats

March/Intro

Final Awards

3-Meter Diving Final

200 F.R. Final

3-Meter and 200 F.R. Awards

Friday, February 16 - Prelims

9:50 am Competition Pool Closed

TIME TRIAL ENTRIES DUE PRIOR TO THE START OF THE SESSION

10:00 am 100 Fly Prelims

Announce Women's 100 Fly Qualifiers

400 IM Prelims

Announce Women's 400 IM Qualifiers

200 Free Prelims

Announce Women's 200 Free Qualifiers

100 Breast Prelims

Announce Women's 100 Breast Qualifiers

100 Back Prelims

Announce Women's 100 Back Qualifiers

After session: Time Trials

1:00 pm 1-Meter Diving Prelims Begin

Diving Prelims Conclude

Diving Consolation



Friday, February 16 - Finals

5:30 pm SCRATCHES FOR SATURDAY'S EVENTS DUE

5:50 pm Competition Pool Closed, Announcements, National Anthem

6:00 pm March/Intro 1-Meter Diving Finalists

100 Fly C & B Heats

March/Intro

Final Awards

400 IM C & B Heats

March/Intro

Final Awards

200 Free C & B Heats

March/Intro

Final Awards

100 Breast C & B Heats

March/Intro

Final Awards

100 Back C & B Heats

March/Intro

Final Awards

1-Meter Diving Final

400 M.R. Final

1-Meter and 400 M.R. Awards

Saturday, February 17 - Prelims

9:50 am Competition Pool Closed

TIME TRIAL ENTRIES DUE PRIOR TO THE START OF THE SESSION

10:00 am 200 Back Prelims

Announce Women's 200 Back Qualifiers

100 Free Prelims

Announce Women's 100 Free Qualifiers

200 Breast Prelims

Announce Women's 200 Breast Qualifiers

200 Fly Prelims

Announce Women's 200 Fly Qualifiers

After session: Time Trials



1:00 pm Platform Diving (Exhibition)

Saturday, February 17 - Finals

Timeline for 1650 heats will be developed based on entries, working back from the start of warm-up for Saturday night finals.

5:45 pm Competition Pool Closed, Announcements, National Anthem

Senior Recognition- Read Name/Hometown,/Major Line-up between diving well and competition pool

6:00 pm March/Intro Platform Diving Finalists

1650 Free March/Intro

Final Awards

200 Back C & B Heats

March/Intro

Final Awards

100 Free C & B Heats

March/Intro

Final

Awards

200 Breast C & B Heats

March/Intro

Final

Awards

200 Fly C & B Heats

March/Intro

Final

Platform Diving Final

400 F.R. Final

Platform Diving and 400 F.R. Awards

Championship Awards Presentation

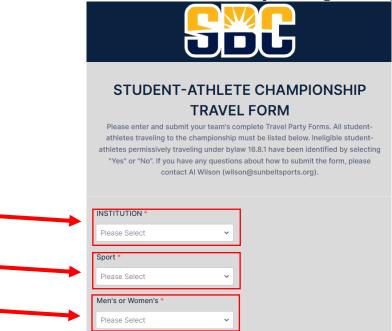
Meet Concludes



CHAMPIONSHIP TRAVEL PARTY FORM INSTRUCTIONS

Please follow the provided link and complete the Student-Athlete form. If you have issues accessing the form, please contact Al Wilson (wilson@sunbeltsports.org). Travel Party Forms can be found here: https://form.jotform.com/Sun_Belt/SBCtravelpartyform23-24

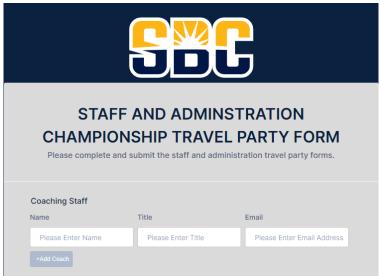
Please select the correct institution, sport, and gender of your team.



Once selected please complete the student-athlete information and indicate if every student-athlete listed is eligible for the championship.

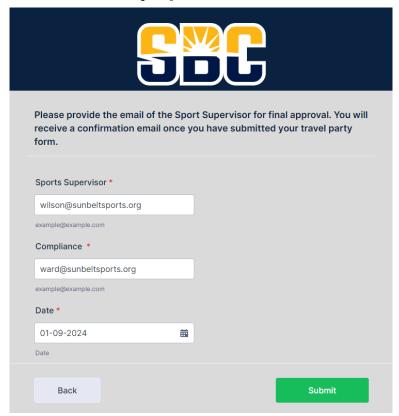


After completing the student-athlete information continue to the next page and complete the staff and administration travel party form. If you need to add additional staff press the add button under each section.

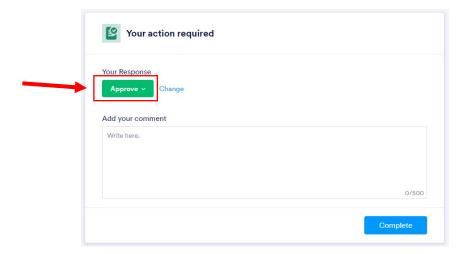




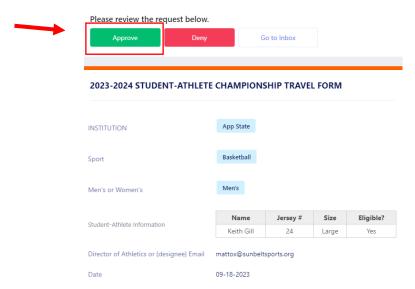
After completing the staff and administration page select next to continue to the approval page. please provide an email for the sport supervisor or compliance officer for your sport to approve the final student-athlete travel party form and submit the form.



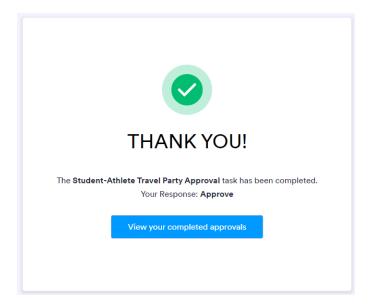
Once Submitted the provided approver will receive an email from "Jotform" with the title "Your action is required".



Click the green approve button and it will take you to Jotform's website to approve the final travel party form. If you have a Jotform account, you can review all completed approvals. If not, you will have the option to create one. You do **not** have to create an account to complete approvals.



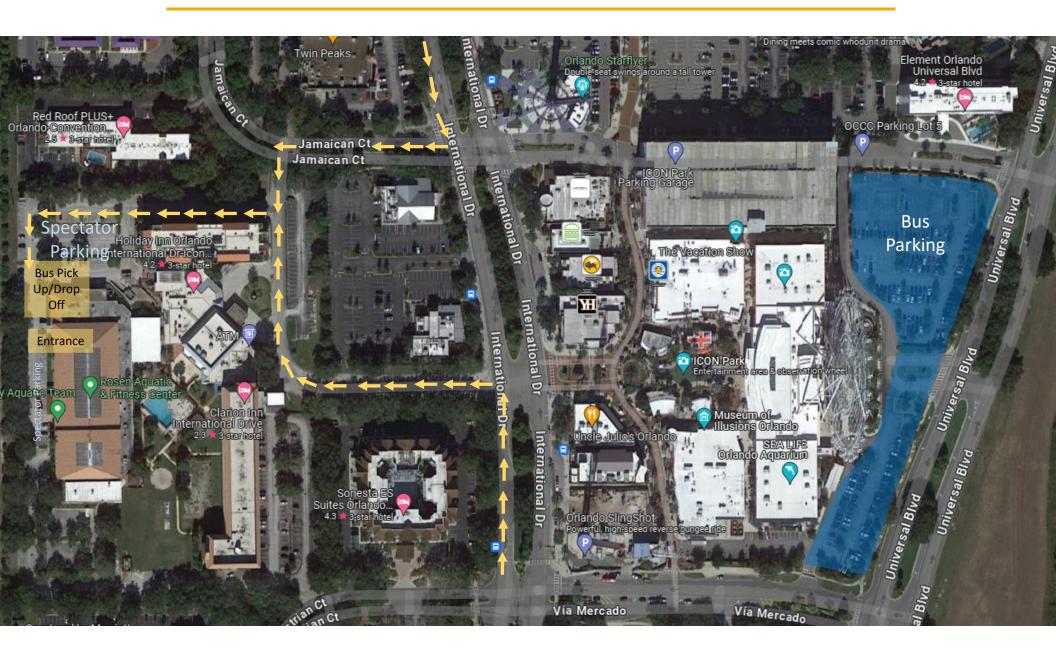
If you have a Jotform account, you can review all completed approvals. If not, you will have the option to create one. You do **not** have to create an account to complete approvals. Once you have completed the approval you will see a message that the task has been completed.



POOL DIAGRAM



PAR ING MAP



DIRECTIONS

Rosen Aquatic & Fitness Center

8422 International Dr, Orlando, FL 32819 407-996-3444

From Orlando International Airport

Get on FL-528 W/FL-528 Toll W from Jeff Fuqua Blvd- 5 min (2.8 mi)

Follow FL-528 W/FL-528 Toll W until exit 2-8 min (8.7 mi)

Take exit 2 from FL-528 W/FL-528 Toll W onto Universal BLVD

Continue Universal Blvd-8 min (2.9 mi)

Turn Left onto Via Mercado

Turn right onto International Dr.

Turn Left towards the Holiday Inn Orlando International Dr-Icon

Rosen Aquatic Center is located behind the Holiday Inn

From Downtown Orlando

Begin on I-4 South

Continue on I-4 W to FL-482 E/W Sand Lake Rd. - 11 min (9.6 mi)

Take exit 74A from I-4 W Left onto FL-482/E Sand Lake Road

Turn right onto International drive- 2 min (.5 mi)

Turn Right onto Jamaican Ct

Rosen Aquatic Center is located behind the Holiday Inn



RESTAURANTS

Olive Garden Italian Restaurant

8984 International Dr Orlando, FL 32819 407-264-0420 Red Robin Gourmet Burgers

8167 International Dr Orlando, FL 32819 407-574-2295 <u>Firehouse subs</u> 10725 International Dr Ste 130 Orlando, FL 32821

<u>Carrabba's Italina Grill</u> 8355 International Dr

Orlando, FL 32819 407-351-5494 <u>UNO Pizzeria & Grill</u> 8250 International Dr Orlando, FL 32819 Mellow Mushroom 10725 International Dr. Orlando, FL 32821 407-351-9670

407-930-3727

Jimmy John's

7335 Sand Lake Rd #111 Orlando, FL 32819 407-363-0244

<u>Fogo de Chao</u>

407-351-8667

8282 International Dr Orlando, FL 32819 407-370-0711 Whole Foods Market 8003 Turkey Lake Rd Orlando, FL 32819 407-355-7100

Chick-fil-A

7333 W Sand Lake Rd Orlando, FL 32819 407-370-9295

Charley's Steak House

8255 International Dr #100

Orlando, FL 32819 407-363-0228 Publix

7640 W Sand Lake Rd Orlando, FL 32819 407-226-3315

Panera Bread

10739 International Dr Orlando, FL 32821 407-985-3390

Outback Steakhouse 8351 International Dr

Orlando, FL 32819 407-351-5482 Walmart Supercenter 8990 Turkey Lake Rd Orlando, FL 32819 407-351-2229

Longhorn Steakhouse

8181 International Dr Orlando, FL 32819 407-226-3381

Buffalo Wild Wings

8363 International Dr Orlando, FL 32819 407-251-7408

<u>Chuy's</u>

8123 International Dr Orlando, FL 32819 407-730-3602

Saltgrass Steak House

8440 International Dr Orlando, FL 32819 407-352-0314

BJ's Restaurant & Brewhouse

8103 International Dr Orlando, FL 32819 321-732-8190

The Pub- Orlando

9101 International Dr. Ste 1003

Orlando, FL 32819 407-352-2305