



2024 Florida Swimming Spring Age Group Championships February 29 – March 3, 2024

North: Florida Aquatics Swimming & Training - Ocala
South: Rosen Aquatics & Fitness Center, Orlando

REMINDERS/CHANGES TO 2024 FLAGS – PLEASE REVIEW

Review Time Standards – there have been updates as of FL HOD in October 2023.

ENTRIES – review the Entry process for FLAGS - OME will be used like last year – it is accessed through a coach's SWIMS account. There will be **ONE** OME used for meet entry. There will **NOT** be a NEW Qualifier OME used.

OME OPENS: 12:01 PM EST Thursday, February 1, 2024
OME CLOSSES: 12:00 PM (NOON) EST Monday, February 26, 2024

LATE ENTRY will be submitted via email: flome.entries@gmail.com. Additional fees are assessed per the meet letter.

OME is set up with **zero entry fee charges** to allow all teams to pay by check. FL Office/Host will contact you with entry fee charges after ALL entries close.

CLUBS/COACHES – REVIEW your entry prior to submitting. There is a Reporting feature in your OME account that will allow you to check roster and entries prior to submitting. Once the entry is submitted, you can't go back and make changes. **CHECK YOUR ENTRY PRIOR TO SUBMITTING.**

Once the Psych Sheet is published – there will be **NO** corrections to entry times, events, etc.

Please review Entry Fees – per FL HOD October 2022, championship fees amounts have increased.

RELAYS – 11-12 and 13-14

200 Freestyle Relay – Friday FINALS

400 Medley Relay – Saturday FINALS

400 Freestyle Relay – Sunday PRELIMS

To enter a Relay, teams must have 2 individual qualifiers **compete on the relay** in that age and gender.

SPECTATOR FEES – will be charged – VOLUNTEERS timers are FREE. Sign-up link will be posted at a later date.

ZOOM COACH MEETING – Link will be sent at a later date.

NORTH FLAGS – Wednesday, 2/28 @ 7 p.m.

SOUTH FLAGS – Wednesday, 2/28 @ 8 p.m.

2024 Florida Swimming
Spring Age Group Championships
February 29 - March 3, 2024

North: Florida Aquatics Swimming & Training, Ocala, FL
South: Rosen Aquatics & Fitness Center, Orlando, FL

OME OPENS: 12:01 PM EST Thursday, February 1, 2024
OME CLOSES: 12:00 PM (NOON) EST Monday, February 26, 2024

Sanctioned By: Florida Swimming of USA Swimming Sanction # **FL-6553-NORTH-1/FL-6553-SOUTH-1**

"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:

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.

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

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.

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 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.

Hosted By:	North: Florida Aquatics Swimming & Training	South: Sarasota Tsunami Swim Team Rosen Aquatic & Fitness Center
------------	---	---

Location:	4635 SW 67th Ave. Rd Ocala, FL 34474	8422 International Drive Orlando, FL 32819
-----------	---	---

Type of Meet: 25yd Short Course
11-12 & 13-14: Prelims, Finals (Top 16 swimmers at each site)
10&Under: Timed Finals
The order of Final heats will be A (1st-8th seed) then B (9th-16th seed).

Date & Time: Thursday, February 29 - Timed Finals 5:00p

Friday, March 1st-Sunday, March 3rd-
11-12,13-14 Prelims/10&Under Timed Finals 9:00a
11-12 & 13-14 Finals 5:00p

BREAKS MAY BE ADDED, EVENTS AND/OR HEATS MAY BE MOVED, DELETED, COMBINED OR CONSOLIDATED AT THE DISCRETION OF MEET MANAGEMENT.

Spectator Access: Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, 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.

Pool Specifications: NORTH:
25 yard, 8-10 lane competition pool with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start and turn.

SOUTH:
25-yard courses with non-turbulent lane lines and regulation starting blocks. Water depth in the competition pool is a flat bottom with 7 feet depth at the start and turn ends. There is a separate eight (8) lane 25-yard diving well with non-turbulent lane lines for warm up/warm down.

*10 lanes may be used during Preliminary and Timed Finals sessions based on timelines and entries.

Medical: Lifeguards on duty with access to equipment such as AED, first aid and backboard.

Timing Equipment: NORTH: Colorado Timing System Gen 7 Timing with scoreboard. Manual back up
SOUTH: Colorado Automatic Timing Equipment and full video display scoreboard.

Warm-Up: 13-14, 11-12, 10&Under: Up to two (2) hours prior to prelim/timed final sessions.
Finals: One (1) hour Thirty (30) minutes before each final session

Eligibility: All current Florida Swimming athletes who have been registered with the LSC for 60 days prior to the first day of the Florida Age Group Championship Meet, and who have achieved the current Age Group Championship time standards as listed, from March 2, 2023 through the entry deadline, may participate in the Florida Swimming Age Group Championships. On deck registration with USA/Florida Swimming will not be allowed.

Former FL swimmers who are not registered/ re-registered by the 60 day point prior to the Age Group Championship Meet are eligible provided they did not register for any other team outside the LSC during the 60 days prior to the Age Group Championship Meet. They must be re-registered prior to the entry deadline for FLAGS.

In order to accommodate swimmers who transfer into the Florida LSC within the 60 day window, transfer swimmers may apply for an exemption of the 60 day rule provided they petition the Age Group Chairman and provide proof of permanent residence within LSC boundaries by the athlete and their parent/guardian. Proof of residence requires copies of all of the following documents:

1. Florida Driver's License
2. Florida Vehicle registration
3. Notarized statement from the parent/guardian as to the reason for transfer

Petitions must be submitted to Vanessa Brewer no later than two weeks prior to the entry deadline (February 12, 2024 at 11:59 pm) for the Age Group Championship Meet. The petitioner will be notified of the decision no less than one week prior (by February 19, 2024) to the entry deadline for the meet.

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 the included 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 Florida Swimming office.

Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". In order to enter an A Relay, teams must have 2 individual qualifiers **compete on the relay** in that age and gender. In order to enter a B Relay, teams must have 6 individual qualifiers. The B relay must have 2 individual qualifiers **compete on the relay** in that age and gender. No relay may compete with more than 2 relay only swimmers. Over-entries will be automatically dropped when the limit is met for the meet and/or day. There are no time standards for relays. Do not enter NT.

No conversions of times are acceptable. Deck entries will not be permitted.

Bonus Events: The "Bonus Event" rule will be in effect for this meet. The formula is as follows:

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	1
4 or more	0

Swimmers qualified in one or more events may swim up to two (2) bonus events of distances up to and including 200's during the course of the meet, subject to the meet rules on limitations on number of swims. There are no Bonus swim time standards.

Distance: Swimmers may swim the 1000 free if they have the 1650 cut or they may swim the 1650 if they have the 1000 cut.

Proof of Times: Times achieved between March 2, 2023 and the entry deadline for swimmers listed in the USA-S National TIMES Data Base with qualifying times will be permitted to swim individual events. Swimmers with qualifying times who are not listed in this data base must provide proof of time with their Age Group Championship entry, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time. No conversions of times are acceptable for entries. All individual entered times must be provable and be faster than or equal to the qualifying time.

Positive Check-In: EVENTS #

1-10:	200 Medley Relay, 1000 Freestyle, 800 Free Relay	4:00p Thursday February 29
37-38:	400 IM	8:00a Friday March 1
39-42:	200 Free Relay	10:00a Friday March 1
43-44:	200 Medley Relay	8:00a Saturday March 2
69-74	500 Freestyle	8:00a Saturday March 2
75-78	400 Medley Relay	10:00a Saturday March 2
77-78	1650 Freestyle	5:00p Saturday March 2
79-80	200 Free Relay	8:00a Sunday March 3
109-112	400 Free Relay	8:00a Sunday March 3

Fines: **Clubs with swimmers that fail to swim in Finals on Sunday night without Scratching will incur a \$100 club fine per event.**

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 as one of the original 16 finalists 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.
2. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.
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.

Entry Fees: \$15.00 per individual event
\$20.00 per relay
\$20.00 facility fee per swimmer
\$3.00 online heat sheet fee
\$1.00 per swimmer LSC Swimmer Support
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds.

Checks Payable To: NORTH:
Florida Aquatics Swimming & Training (FAST)
Attn: Kevin Milak
4635 SW 67th Ave Road
Ocala, FL 34474

SOUTH:
Sarasota Tsunami Swim Team
5123 Kestral Park Place
Sarasota, FL 34231

Entries:

ENTRY PROCEDURES - READ CAREFULLY

On-Line Meet Entry (OME) - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) accessed through SWIMS. Coach members must be assigned Club OME Access as a staff role to access OME for the club. **Paper or Fax entries will not be accepted.**

OME OPENS: 12:01 AM EST Thursday – February 1, 2024

OME CLOSES: 12:00pm (noon) EST Monday - February 26, 2024

Late Entries will be through email ONLY and accepted up to 24 hours after the psych sheet is posted.

Email: flome.entries@gmail.com

Late Entry fees will be twice the standard entry fee and a one-time fee of \$100 per team will be charged for late entries.

NO ENTRIES WILL BE ACCEPTED AFTER THE LATE ENTRY CLOSES.

Seeding: Non-conforming times will be seeded after short course yard qualifying times. Seeding is as follows:
1. Short Course Yards
2. Long Course Meters
3. Short Course Meters
All events will be seeded and swum in the prelim/timed final sessions slowest heats to fastest heats, unless otherwise noted in this meet letter.

Prelim/Final Events have top 3 heats circle seeded (Top 2 Heats in the 400 IM and 500 Free).
The order of Final heats will be A (1st-8th seed) then B (9th-16th seed).

Officials:

North:
Meet Referee: Don George
Admin Referee: Gary Sanderson
Chief Judge: Billy Brewster
Head Marshall: TBD
Meet Manager: TBD

South:
Meet Referee: Nathan Dean
Admin Referee: Mike Krajewski
Chief Judge: Deanna Kaufman
Head Marshall: TBD
Meet Manager: Chris Daly

Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Team: High Point 1st - 3rd
Individual: High Point Award for each age group and gender
Individual Events: 1-3 Medals, 4-8 Ribbons
Relay Events: 1-3 Medals, 4-8 Ribbons

Team Representative: 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/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.

Identification: Coaches and Officials shall wear their 2024 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2024 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.

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.

For Information: FL Age Group Chair: John Bruenning (JBruenning@Sarasotasharks.org)
FL Swimming Office: Vanessa Brewer, (352)242-5145 or vanessa.brewer@floridaswimming.org

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

Spectator Fees: \$10 per day or \$25 for the meet
Volunteer timers will be FREE.
Children 10 years and younger attending the meet as non swimmers will be FREE.

Media: Media Credential requests must be submitted at least 7 days prior to the start of the event (link [HERE](#)) and must meet the Florida Swimming Media Credential Policy (posted on FL website).

Order of Events

Breaks may be added at the discretion of the Meet Management

Thursday 2/29/24 – 5:00p Start

Event #	Event
1-2	13-14 200 Medley Relay
3-4	11-12 200 Medley Relay
5-6	13-14 1000 Freestyle
7-8	11-12 1000 Freestyle
9-10	13-14 800 Freestyle Relay
Events 1-10: -Are Timed Finals -Positive Check-In Events -Will be swum fastest to slowest	

Friday 3/1/24 – Prelim/Timed Final Session – 9:00a Start

Event #	Events
11-12	10&Under 200 Freestyle
13-14	11-12 200 Freestyle
15-16	13-14 200 Freestyle
17-18	11-12 200 Breaststroke*
19-20	13-14 200 Breaststroke
21-22	10&Under 50 Butterfly
23-24	11-12 50 Butterfly
25-26	13-14 50 Butterfly
27-28	10&Under 100 Backstroke
29-30	11-12 100 Backstroke
31-32	13-14 100 Backstroke
33-34	10&Under 100 IM
35-36	11-12 100 IM
37-38	13-14 400 IM
*Events 17-18: Timed Finals Events 37-38: Positive Check-In Events, Circle Seeded and then Swum Fastest to Slowest, event could be flighted	

Friday 3/1/24 – Finals Session – 5:00p Start

Event #	Events
13-14	11-12 200 Freestyle
15-16	13-14 200 Freestyle
19-20	13-14 200 Breaststroke
23-24	11-12 50 Butterfly
25-26	13-14 50 Butterfly
29-30	11-12 100 Backstroke
31-32	13-14 100 Backstroke
35-36	11-12 100 IM
37-38	13-14 400 IM
39-40	11-12 200 Freestyle Relay
41-42	13-14 200 Freestyle Relay
Events 39-42: Timed Finals, Positive Check-In Events, all teams will compete at the end of finals	

Saturday 3/2/24 – Prelim/Timed Final Session – 9:00a Start

Event #	Events
43-44	10&Under 200 Medley Relay
45-46	11-12 50 Freestyle
47-48	13-14 50 Freestyle
49-50	10&Under 50 Freestyle
51-52	11-12 200 IM
53-54	13-14 200 IM
55-56	10&Under 200 IM
57-58	11-12 50 Breaststroke
59-60	13-14 50 Breaststroke
61-62	10&Under 50 Breaststroke
63-64	11-12 100 Butterfly
65-66	13-14 100 Butterfly
67-68	10&Under 100 Butterfly
69-70	11-12 500 Freestyle
71-72	13-14 500 Freestyle
73-74	10&Under 500 Freestyle
Events 43-44 & 73-74: Timed Finals, Positive Check-In Events	
Events 69-72: Positive Check-In Events, Circle Seeded and then Swum Fastest to Slowest, event could be flighted	

Saturday 3/2/24 – Final Session – 5:00p Start

Event #	Events
45-46	11-12 50 Freestyle
47-48	13-14 50 Freestyle
51-52	11-12 200 IM
53-54	13-14 200 IM
57-58	11-12 50 Breaststroke
59-60	13-14 50 Breaststroke
63-64	11-12 100 Butterfly
65-66	13-14 100 Butterfly
69-70	11-12 500 Freestyle
71-72	13-14 500 Freestyle
75-76	11-12 400 Medley Relay
77-78	13-14 400 Medley Relay
Events 75-78: Timed Finals, Positive Check-In Events, all teams will compete at the end of finals	

Sunday 3/3/24 – Prelim/Timed Final Session – 9:00a Start

Event #	Events
79-80	13-14 1650 Freestyle
81-82	10&Under 200 Freestyle Relay
83-84	13-14 50 Backstroke
85-86	11-12 50 Backstroke
87-88	10&Under 50 Backstroke
89-90	13-14 200 Butterfly
91-92	11-12 200 Butterfly*
93-94	13-14 100 Freestyle
95-96	11-12 100 Freestyle
97-98	10&Under 100 Freestyle
99-100	13-14 100 Breaststroke
101-102	11-12 100 Breaststroke
103-104	10&Under 100 Breaststroke
105-106	13-14 200 Backstroke
107-108	11-12 200 Backstroke*
109-110	13-14 400 Freestyle Relay
111-112	11-12 400 Freestyle Relay
<p>Events 79-80: Timed Finals, Positive Check-In Events, Top 8 seeded swimmers will compete at the start of the finals session, the remaining swimmers will swim fastest to slowest at the conclusion of prelims after relays.</p> <p>*Events 91-92 & 107-108: Timed Finals</p> <p>Events 109-112: Timed Finals, Positive Check-In Events, all teams will compete at the end of Prelims</p>	

Sunday 3/3/24 – Finals Session – 5:00p Start

Event #	Events
79-80	13-14 1650 Freestyle
83-84	13-14 50 Backstroke
85-86	11-12 50 Backstroke
89-90	13-14 200 Butterfly
93-94	13-14 100 Freestyle
95-96	11-12 100 Freestyle
99-100	13-14 100 Breaststroke
101-102	11-12 100 Breaststroke
105-106	13-14 200 Backstroke

2024 Florida Swimming Age Group Championships Time Standards

GIRLS			10 & Under	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
35.89	36.69	32.99	50 Free	32.99	36.69	35.89
1:19.99	1:20.69	1:12.39	100 Free	1:12.39	1:20.69	1:19.99
2:51.09	2:54.19	2:35.99	200 Free	2:35.99	2:54.19	2:51.09
5:54.99	6:02.69	6:41.79	500/400 Free	6:41.79	6:02.69	5:54.99
42.99	43.79	38.39	50 Back	38.39	43.79	42.99
1:32.69	1:36.99	1:24.09	100 Back	1:24.09	1:36.99	1:32.69
48.89	49.89	43.79	50 Breast	43.79	49.89	48.89
1:46.49	1:49.59	1:37.99	100 Breast	1:37.99	1:49.59	1:46.49
40.99	41.79	37.99	50 Fly	37.99	41.79	40.99
1:36.99	1:38.79	1:27.19	100 Fly	1:27.19	1:38.79	1:36.99
1:32.09	XX	1:24.99	100 IM	1:24.99	XX	1:32.09
3:14.09	3:21.69	2:58.99	200 IM	2:58.99	3:21.69	3:14.09

GIRLS			11 - 12	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
31.29	31.59	28.19	50 Free	28.29	31.89	31.59
1:08.59	1:09.79	1:01.49	100 Free	1:00.99	1:08.99	1:07.99
2:27.39	2:28.39	2:12.99	200 Free	2:14.69	2:27.99	2:28.19
5:07.09	5:13.99	5:50.19	500/400 Free	5:57.09	5:13.99	5:11.89
10:39.49	10:56.99	12:06.99	1,000/800 Free	12:19.99	11:07.99	10:49.39
36.59	37.29	32.99	50 Back	33.49	37.99	37.29
1:19.09	1:21.09	1:10.79	100 Back	1:11.89	1:21.49	1:19.99
**	**	**	200 Back	**	**	**
41.39	42.09	37.19	50 Breast	38.09	43.09	42.39
1:30.29	1:32.19	1:20.79	100 Breast	1:22.09	1:34.59	1:32.19
**	**	**	200 Breast	**	**	**
34.09	34.29	31.09	50 Fly	31.99	35.89	35.49
1:18.19	1:18.99	1:10.99	100 Fly	1:11.69	1:20.99	1:19.79
**	**	**	200 Fly	**	**	**
1:18.99	XX	1:10.99	100 IM	1:11.49	XX	1:19.49
2:47.19	2:52.69	2:32.99	200 IM	2:34.69	2:54.29	2:49.09

** - Must have the corresponding 100 time standard to swim this event.

GIRLS			13-14	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
29.19	29.59	26.29	50 Free	24.89	28.69	28.09
1:03.09	1:03.79	56.79	100 Free	54.59	1:01.69	1:00.79
2:16.49	2:18.39	2:02.39	200 Free	1:58.79	2:14.29	2:12.49
4:46.09	4:51.29	5:28.29	500/400 Free	5:14.29	4:41.19	4:36.69
9:55.09	10:10.49	11:20.99	1,000/800 Free #	10:59.99	9:59.99	9:40.59
19:02.69	19:39.99	18:59.99	1,650/1,500 Free #	18:29.99	19:05.89	18:30.89
34.99	35.89	31.99	50 Back	29.99	33.89	32.99
1:12.09	1:14.09	1:04.39	100 Back	1:02.69	1:12.69	1:10.49
2:34.79	2:38.49	2:18.79	200 Back	2:16.99	2:35.99	2:32.59
36.99	37.89	33.99	50 Breast	31.49	35.39	34.49
1:23.19	1:25.49	1:14.19	100 Breast	1:12.09	1:21.29	1:19.89
2:59.29	3:02.99	2:40.99	200 Breast	2:35.29	2:58.49	2:53.69
32.99	33.89	29.99	50 Fly	27.49	31.39	30.49
1:10.29	1:11.59	1:03.29	100 Fly	1:02.69	1:09.79	1:09.19
2:40.39	2:44.89	2:23.39	200 Fly	2:20.29	2:39.99	2:36.49
2:33.29	2:38.99	2:20.19	200 IM	2:15.99	2:36.99	2:29.99
5:29.09	5:38.99	4:58.69	400 IM	4:51.99	5:31.99	5:23.59

- Must have 1,000 time to swim 1,650 Freestyle or 1,650 time to swim 1,000 Freestyle.

FLAGS SITE ASSIGNMENTS

NORTH		SOUTH	
ATAC	Area Tallahassee Aquatic Club	AAC	Academy Aquatic Club
BAC	Beaches Aquatic Club, Inc.	BERK	Berkeley Aquatics
BD	Blue Dolphins	BMAC	Blue Marlins Aquatic Club
BSS	Bolles School Sharks	BRSC	Brevard Swim Club
CCST	Celebration Cyclones Swim Team	BW	Blue Wave Swimming
CS	Club Seminole	CAT	Clearwater Aquatic Team
CST	Columbia Swim Team	CBS	Central Brevard Swimming-Islanders
EAJ	Episcopal AmberJax	CBTS	Cocoa Beach Tsunami Swimmers
FAST	Fast Falcons	CBYC	Carlouel Beach and Yacht Club
FFST	Flagler Fluid Swim Team	CCS	Charlotte County Swimming
FSLA	Fast Lane Aquatics	CVST	Carrollwood Village Swim Team
GOAT	Greater Orlando Aquatic Team	FE	Florida Elite Swimming
GSC	Gator Swim Club	GCST	Gulf Coast Swim Team
H4S	Hydro4 Swimming	GTSA	Greater Tampa Swim Association
HCTY	Haines City Tritons	HHST	Highland Hurricanes Swim Team
HIGH	Highlander Aquatic Club	HSA	Hardee Swim Association
ICC	Interlachen Country Club	HURR	YMCA of Southwest Florida Hurricanes
ISC	Isle Swim Club	LAS	Lakeland Area Swimming
KSA	Kissimmee Swim Association	LRSA	Lakewood Ranch Swim Association
LA	Loggerhead Aquatics	MELB	Swim Melbourne
LAKR	Laker Swim	NRG	Swim Energy Aquatics
MAKO	Makos Aquatics Club of Gainesville	OSC	Ohana Swim Club
MVAC	Montverde Aquatic Club	PIA	Pine Island Aquatics
NBT	Nocatee Bluetide Swim Team	PS	Pipeline Swimming
NFS	North Florida Swimming, Inc.	PYP	PiranhasYMCA of the Suncoast
PA	Patriot Aquatics	RAD	Radiant Aquatics
PSA	Planet Swim Aquatics	RATS	Indian River Aquatics
SA	Seminole Aquatics	RCKT	Rocoa Rockets
SAST	Saint Augustine Swim Team	RSC	Racers Swim Club
SC	Stone Crabs Swim Team	SCST	Sun Coast Swim Team
SCAT	Saint Cloud Aquatic Team	SDA	Sea Dragon Aquatics
SLAC	South Lake Aquatics Club	SEA	Saint Edwards Aquatics
SPAC	Spartan Aquatics	SPA	Saint Petersburg Aquatics
SRA	SwimRise Aquatics	SRQ	Sarasota Tsunami Swim Team
STAR	Southwest Stars Swim Club	STA	Swim Tampa Aquatics
STTB	St. Cloud Thunderbolts Aquatics	SWIM	Swim Florida
TMSC	Tekmasters Swim Club	SYS	Sarasota Sharks
TPA	Trinity Prep Aquatics	T2	T2 Aquatics
TTS	Titan Swim Team	TBAC	Tampa Bay Aquatic Club
USC	United Swim Club	TBAY	Tampa Bay Aquatics
WOJ	Wahoo's of Jax	TCA	Treasure Coast Aquatics
WVKW	West Volusia Swim Club, Inc.	TCSC	Treasure Coast Swimming Conquistadores
YCF	YMCA of Central Florida	TEAM	Tampa Elite Aquatics
YFFC	YMCA of Florida's First Coast	TIDE	Riptide Aquatics
		TST	Titusville Swim Team
		TYS	Tampa Y Swimming
		WCA	West Coast Aquatics
		WFLA	West Florida Lightning Aquatic
		YWCF	YMCA of West Central Florida Barracudas