

Greater Orlando Aquatics Team
“TYR Team Challenge” &
“Swim Your Own Age”
January 17-18, 2026
Rosen Aquatic Center



Type of Meet: **TYR Team Challenge:**
25 Yard Course for Prelims & Finals.

Swim Your Own Age: separate sessions from TYR Team Challenge
25 Yard Course for both days

Sponsored By: Greater Orlando Aquatics Team



Location: Rosen Aquatic Center, 8422 International Drive Orlando, FL 32819

Pool Specs: Two certified indoor, 25-yard, 8-lane competition pools with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start & turn ends.

Timing System: Full Video Display Scoreboard. Colorado Automatic and/or Semi-Automatic Timing

Dates / Times:

TYR Swim Saturday, January 17, 2026 - Preliminary session with one or two courses as needed. Warm-up – 7:30am; Start – 8:30am.

SYOA Saturday, January 17, 2026 - One or two courses as needed.
Warm-Up- guaranteed 30 minutes. Start - tba

TYR Swim Saturday, January 17, Warm-up 5:00pm; Start 6:00pm

TYR Swim Sunday, January 18, Warm-up – 7:30am; Start – 8:30am.

SYOA Sunday, January 18, 2026

Warm-Up- guaranteed 30 minutes. Start - tba

TYR Swim Sunday, January 18, 2026 –

*******Warm-up – 4:00pm; Start – 5:00pm**

Format: The TYR SWIM Team Challenge session will be Short Course Yards for Prelims and Finals

20 swimmers return from Prelims:

Bonus Final will have 8 swimmers (13th-20th),

Consolation Final 6 swimmers (7th – 12th),

Super Final 4 swimmers (3rd – 6th),

Ultra Final (1st – 2nd) in all events. All swimmers in finals score points.

The Swim Your Own Age session will be single age brackets timed finals

Eligibility: SYOA Entries will close upon receipt of the team that puts entries over the four-hour time limit per session. Teams will be accepted by the post date of their entries. "Open to all currently registered 2026 USA Swimming athletes." "On deck registration **will Not** be allowed."

Disability: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the Meet Director and or Meet Referee, as to the need for any special accommodation or seeding arrangements at the time the entry is submitted.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the coaches, athletes & Officials entrance. Coaches and officials will be required to show their current USA Swimming registration card when asked by meet management/Security. Volunteers will be given a pass to access the deck and help for that specific purpose.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet manager or the Director of Rosen Aquatic Center.

Seeding: 25 SCY will be used.

Entry Limit: The TYR SWIM Team Challenge sessions will be limited to three (3)

individual events per day. Swimmers over-entered will be considered as entered in the first three (3) individual events each day.

The Swim Your Own Age sessions will have a limit of four (4) individual events per day. Swimmers over-entered will be considered as entered in the first four (4) individual events each day.

Scratches Prelims- No penalty for scratches on the block during prelims or timed final events. However, as a courtesy, please notify the Admin or Meet Referee if you know any swimmers will not be competing in an event in advance.

Scratching From Finals: any swimmer who competes in a preliminary heat and qualifies as one of the 20 finalists, as originally seeded, must swim in that event in the final, or must notify the Clerk of Course that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers. Any swimmer seeded in a finals event who fails to swim that event shall be barred from their next event unless excused by the Meet Referee for illness or injury. **If a swimmer is "bumped" up into a final due to scratches above that swimmer's prelim finish, and **does not know they have been bumped into a final**, there is no penalty for that swimmer if they miss the final because they were not aware of the bump.

Entry Deadline: Monday, January 12, 2026 @ 5:00 pm. Eastern

Submit Entries to : entries@accurateswimtiming.com

Entry Fee: TYR Swim Team Challenge:

\$8.50 per individual event. \$25 Facility Fee + \$3 Heat Sheet Fee

Swim Your Own Age:

\$5.50 per individual event. \$25 Facility Fee + \$3 Heat Sheet Fee

Travel Surcharge: \$2.00 per out of LSC Swimmer

Spectator Fees:

- Weekend Fee (includes all sessions): \$20

All spectators age 9 and up. Children under the age of 8 enter for free.

Heat Sheet Fee: No Heat Sheets will be sold at the meet. Heat sheets will be provided to coaches & officials.

Deck Entries: NO Deck entries will be accepted.

Checks payable to: Greater Orlando Aquatics Team LLC

Officials: **Meet Manager:** Rocco Aceto
 Head Referee: Chuck Travers
 Scoring and Timing Operators :Accurate Swim Timing
 Head Marshall: John Hunter
 Administrative Official: Keith Yannessa / Quinn Sampson

All currently certified and in training USA Swimming officials are cordially invited to participate. Please email Rocco Aceto at CoachRocco@GoatSwim.com with your certification level and availability.

Rules: Current USA Swimming Rules will govern the meet. "No Recall" starting procedures in effect. Safety rules as outlined by USA Swimming and recommended by the Referee will be in effect.

NOTE: Fly over starts will be used and HEATS may be combined.

Awards: TYR Swim Team Challenge

1st place– TYR hat for Ultra Heat Winner

1st Place Combined Team Award

Swim Your Own Age:

- High Point Trophy places 1-3 in each age group based upon most points scored from the combined Saturday & Sundays events
- Ribbons 1-8 places

Scoring: Individual Events: 1st through 20th –
21,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1

Vendors: TBA

Info Update: Time Lines and Psyche Sheets will be available the at
www accurateswimtiming.com

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7203**

It is understood and agreed that USA Swimming, Florida Swimming and the Greater Orlando Aquatics Team, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

1. 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 without the use of the backstroke ledge. 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.

2. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
3. Deck changes are prohibited.
4. Operation of a drone or any other flying devices 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 Program & Events Coordinator (or his/her designee).

5. 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.
6. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations

Supervision: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. An unattached athlete or an athlete not escorted by a Coach member must check in with the Meet Referee upon arrival at the meet. Such athletes must find a substitute Coach who will supervise him/her during warm up and competition and must submit the enclosed Alternate Coaches Form (signed) to the Meet Referee.

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 when 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

Medical: Lifeguards and AED on site and on duty during warm-up and meet.



TYR Swim Team Challenge Event List
Saturday January 17, 2026

Event # Women 1	Event # Men	Age Group	Event	Prelims/Finals
	2	13 and Over	200 Free	P
3	4	13 and Over	100 Fly	P
5	6	13 and Over	400 Ind. Med.	Preseeded
7	8	13 and Over	200 Back	P
9	10	13 and Over	100 Breast	P
11	12	13 and Over	50 Free	P

Sunday January 17, 2026

Event # Women 13	Event # Men	Age Group	Event	Prelims
	14	13 and Over	200 Ind. Med.	P
15	16	13 and Over	100 Back	P
17	18	13 and Over	500 Free	Preseeded
19	20	13 and Over	200 Breast	P
21	22	13 and Over	200 Fly	P
23	24	13 and Over	100 Free	P

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SYOA EVENTS – Saturday January 17, 2026

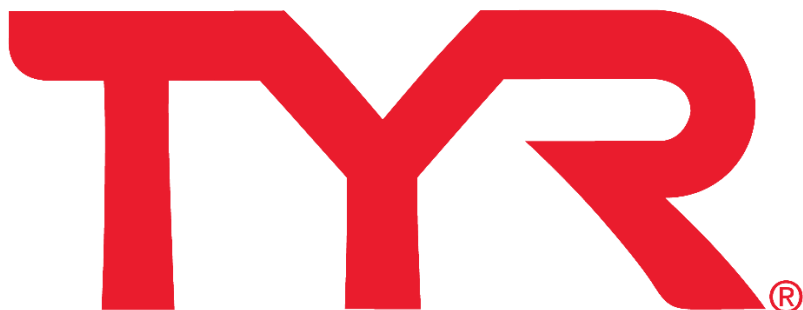
Event # Women 25	Event # Men	Age Group	Event	Timed Finals
	26	12 year old	100 Backstroke	TF
27	28	11 year old	100 Backstroke	TF
29	30	10 year old	50 Backstroke	TF
31	32	9 year old	50 Backstroke	TF
33	34	8 year old	25 Backstroke	TF
35	36	7 & under	25 Backstroke	TF

Event # Women 37	Event # Men	Age Group	Event	Timed Finals
	38	12 year old	100 Breaststroke	TF
39	40	11 year old	100 Breaststroke	TF
41	42	10 year old	50 Breaststroke	TF
43	44	9 year old	50 Breaststroke	TF
45	46	8 year old	25 Breaststroke	TF
47	48	7 & under	25 Breaststroke	TF



Event # <u>Women</u>	Event # <u>Men</u>	Age Group	Event	Timed Finals
49	50	12 year old	100 Fly	TF
51	52	11 year old	100 Fly	TF
53	54	10 year old	50 Fly	TF
55	56	9 year old	50 Fly	TF
57	58	8 year old	25 Fly	TF
59	60	7 & under	25 Fly	TF

Event # <u>Women</u>	Event # <u>Men</u>	Age Group	Event	Timed Finals
61	62	12 year old	100 Free	TF
63	63	11 year old	100 Free	TF
65	66	10 year old	50 Free	TF
67	68	9 year old	50 Free	TF
69	70	8 year old	25 Free	TF
71	72	7 & under	25 Free	TF



SYOA EVENTS – Sunday January 18, 2026

Event # <u>Women</u> 73	Event # <u>Men</u>	Age Group	Event	Timed Finals
	74	12 year old	200 Backstroke	TF
75	76	11 year old	200 Backstroke	TF
77	78	10 year old	100 Backstroke	TF
79	80	9 year old	100 Backstroke	TF
81	82	8 year old	50 Backstroke	TF
83	84	7 & under	50 Backstroke	TF

Event # <u>Women</u> 85	Event # <u>Men</u>	Age Group	Event	Timed Finals
	86	12 year old	200 Breaststroke	TF
87	88	11 year old	200 Breaststroke	TF
89	90	10 year old	100 Breaststroke	TF
91	92	9 year old	100 Breaststroke	TF
93	94	8 year old	50 Breaststroke	TF
95	96	7 & under	50 Breaststroke	TF

Event # <u>Women</u> 97	Event # <u>Men</u>	Age Group	Event	Timed Finals
	98	12 year old	200 Fly	TF
99	100	11 year old	200 Fly	TF
101	102	10 year old	100 Fly	TF
103	104	9 year old	100 Fly	TF
105	106	8 year old	50 Fly	TF
107	108	7 & under	50 Fly	TF

Event # <u>Women</u> 109	Event # <u>Men</u>	Age Group	Event	Timed Finals
	110	12 year old	200 Free	TF
111	112	11 year old	200 Free	TF
113	114	10 year old	100 Free	TF
115	116	9 year old	100 Free	TF
117	118	8 year old	50 Free	TF
119	120	7 & under	50 Free	TF





Alternate Coaches Form
January 17-18, 2026

The following swimmers are entered in the meet and are attending without a coach.

Swimmer's Name	USA #	Team	Age

I am a certified coach of USA Swimming in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.

Signature

Print
Name _____

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WARM UP SCHEDULE

A detailed warm-up assignment schedule will be provided via email and posted at goatswim.com website prior to the meet.

- * NO EQUIPMENT IS TO BE USED DURING WARM-UP.
- * NO RACING STARTS IN WARMUP OR WARM DOWN LANES DURING THE MEET.
- * ENTER THE WATER FEET FIRST