



Last Chance to Dance Invitational

Hosted by the South Lake Aquatic Club

February 21st & 22nd, 2026

Orlando Health – National Training Center, Clermont, FL

Dates & Times

- **Saturday, February 21st:** 8:00 AM warm up, 9:00 AM start
- **Sunday, February 22nd:** 8:00 AM warm up, 9:00 AM start
- Time Trials, time permitting, 15 minutes following session end. Swimmers must provide their own timers for time trial events.

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: #FL-7232/7232-TT

It is understood and agreed that USA Swimming, Florida Swimming and the South Lake Aquatic Club, 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

Sponsored By

South Lake Aquatic Club

Location

Orlando Health – National Training Center
1935 Don Wickham Drive
Clermont, FL 34711

Type of Meet

Short Course, 25 Yards, Timed Finals. Time trials may be available at the discretion of meet management for swimmers targeting FLAGS, FL Senior Championships, and USA Swimming championship level meets.

Warm Up

Swimmers must enter the water feet first, with at least one hand in contact with the deck, unless they are executing a racing start under coach supervision in a designated one-way sprint lane.

Pool Specifications

Certified 25 yard, 10-lane competition course with non-turbulent lane lines. Water depth: minimum 12 feet at starting end, 9 feet at turn end. Moveable bulkhead separates competition course from warm-up/warm-down lanes. Continuous warm-up/warm-down available.

Timing Equipment

Colorado timing system with automatic touch pads and backup buttons.

Eligibility

Open to all currently registered USA Swimming athletes. No on-deck registrations. International teams/swimmers may contact coachgibb@southlakeaquatics.com for an invitation.

Entry Limit

Three individual events per day/ session. Entries exceeding limits will be dropped.

Meet Management

Breaks may be added, events/heats may be moved, deleted, combined, or consolidated at the discretion of meet management.

Seeding

All events seeded using 25-yard times. Conversions per Florida Swimming Handbook may be used. All events swum mixed gender, fastest to slowest.

Entries

CLUBS SHOULD CONTACT QUINN SAMPSON, ENTRY CHAIR, AT entries@accurateswimtiming.com FOR A MEET ENTRY FILE. PLEASE INCLUDE NUMBER OF EXPECTED TOTAL NUMBER OF SWIMMERS. Entries must be submitted by email to the USA Swimming SDIF or Hy-Tek CL2 format using Hy-Tek Team Manager. No deck entries for swimmers who did not enter the meet.

Entry Fees

\$5.50 per individual event

\$10.00 per deck entry event (cash)

\$10.00 facility fee per swimmer

\$3.00 heat sheet fee

\$20.00 per time trial event (cash)

Payment

Checks payable to: "SOUTH LAKE AQUATIC CLUB"

Entry Deadline

All entries must be received by Monday, February 16th, 2026 at 5:00 PM. Email entries to entries@accurateswimtiming.com

Officials

Referee: Robert Walsh
Admin Official: Quinn Sampson

All certified and in-training USA Swimming officials are invited to participate. Please contact Entry Coordinator Quinn Sampson at qsampson@gmail.com so that he can plan appropriate deck coverage.

Awards/Scoring

Random heat winner prizes awarded during each session.

Meet Committee

A meet committee will be appointed by meet management to discuss and address any meet-related changes that occur during the meet.

Identification

Coaches and officials must always wear their USA Swimming registration card in a conspicuous location while on deck.

Spectator Access

MAAPP requires policies and standards for athletes, adults, teams, and facilities. Only swimmers, coaches, officials, and assigned volunteers are allowed inside the competition course.

Camera Zones

Meet Management will designate “Camera Zones” and “Non-Camera Zones.” Camera Zones may include side courses, team areas, concession area, turn-end of competition course when not in use as a start-end, etc. Non-Camera Zones include areas behind starting blocks, locker rooms, restrooms, and dressing areas.

Rules

Current USA Swimming Rules and Regulations govern the competition.

Medical Supervision

Lifeguard on duty and AED available.

COVID-19 Statement

Participation in USA Swimming events may expose you to COVID-19. By attending, you voluntarily assume all risks and release USA Swimming and Florida Swimming from liability.

Warm-Up Schedule

No equipment permitted. Swimmers must enter first with one hand on the deck except for controlled racing stars supervised by a coach. The referee/marshal may alter procedures as needed.

Disability Athletes

Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

Coaches may use the [\(Accommodations Form\)](#) to satisfy this requirement.

ORDER OF EVENTS

This meet will be seeded from fastest to slowest.

Session 1: Saturday, February 21st, 2026

Warm up at 8:00 AM, Meet starts 9:00 AM

Event # Event Name

- 1 Open 200 Fly
- 2 Open 50 Breast
- 3 Open 200 Back
- 4 Open 50 Free
- 5 Open 200 Medley
- 6 Open 50 Fly
- 7 Open 200 Breast
- 8 Open 50 Back
- 9 Open 500 Free

Session 2: Sunday, February 22nd, 2026

Warm up at 8:00 AM, Meet starts at 9:00 AM

Event # Event Name

- 10 Open 400 Individual Medley
- 11 Open 100 Fly
- 12 Open 200 Free
- 13 Open 100 Back
- 14 Open 100 Breast
- 15 Open 100 Free
- 16 Open 100 IM
- 17 Open 1000 Free