

FLORIDA WINTER LONG COURSE INVITATIONAL
Held at the Rosen Aquatic & Fitness Center
Hosted by; Sarasota Tsunami Swim Team
FRIDAY, SATURDAY and SUNDAY, Feb. 13-15, 2026

SANCTION

Held under the sanction of USA Swimming through Florida Swimming:

It is understood and agreed that USA Swimming, Florida Swimming and Sarasota Tsunami Swim 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.

**IN APPLY FOR THIS SANCTION, SRQ AGREES TO COMPLY AND ENFORCE ALL HEALTH AND SAFETY
GUIDELINES OF USA SWIMMING, FLORIDA SWIMMING AND THE CITY OF SARASOTA.**

AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST 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. BY VISITING THE ARLINGTON AQUATIC CENTER, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19. 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.

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, FLORIDA SWIMMING, SARASOTA TSUNAMI SWIM TEAM AND THE CITY OF SARASOTA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

CAMERA ZONE: 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 of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side course of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start end." 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 race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas. 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.

TYPE OF MEET: Timed finals, long course meters

DATES & TIMES: Friday, Saturday and Sunday February 13-15, 2026

LOCATION: The Rosen Aquatic & Fitness Center, 8422 International Drive, Orlando, FL 32819

WARM UP:

Friday	Session 1 Warm up 4:00 pm	Meet Start 5:00 pm
Saturday	Session 2 Warm up 8:00 am	Meet Start 9:00 am
Saturday	Session 3 Warm up 4:00 pm	Meet Start 5:00 pm
Sunday	Session 4 Warm up 8:00 am	Meet Start 9:00 am

POOL & FACILITY SPECS: Eight (8) lane 50-meter course with non-turbulent Competitor lane lines and regulation Paragon starting blocks. The competition pool has 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 Competitor lane lines for warm up/warm down. Colorado Gen7 (automatic) Swim Timing with Omega touchpads and a full video ViviLED display scoreboard will be used.

No parents allowed behind the blocks, unless properly credentialed.

ELIGIBILITY: Must be a 2026 USA Swimming registered athlete. USA-S registration will not be taken at the meet.

SEEDING: All entry times must be submitted in long course meters (LC). All events are timed final events and they will be seeded fastest to slowest.

RULES: Current USA Swimming Technical Rules will govern. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.)

DECK CHANGING: The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing will be subject to removal from further competition in the meet.

AWARDS: No individual or team awards will be used for this meet.

WARM-UP: Enclosed warm-up schedule will be used. Warm-up will be 60 minutes guaranteed prior to the start of each session.

First 1/2 hour is circle swimming all lanes (push off) no equipment

Last 1/2 hour is controlled Warm-Up with no equipment

Lanes 1 Pace lane no racing starts

Lanes 2 Racing Starts one length

Lanes 3,4, 5, 6 Circle swimming

Lanes 7 & 8 Racing Starts one length

Swimmers must enter the water feet first, with at least one hand in contact with the deck of the pool at all times, unless executing a racing start.

SCRATCHES: No penalty for scratching at the block.

ENTRY LIMIT: Swimmers will be limited to two (2) events per session. If a swimmer is over-entered, any events entered over the two-event limit will be dropped at the point of over entry.

Entries will be accepted on a first come, first served basis until the sessions are a maximum of four (4) hours in length.

DECK ENTRIES: Deck entries will ONLY be allowed for swimmers already entered into the meet. You may not scratch an event to enter a different event.

USA SWIMMING REGISTRATION: Same day registration will not be accepted.

ENTRY FEES: Individual: \$5.50 per event

Facility charge: \$10.00 per swimmer

Heat Sheet: \$3.00 per swimmer

Travel Surcharge: \$2.00 per out-of-state swimmer

A copy of the heat sheet will be sent to the Coaches

48 hours prior to the meet start.

CHECKS PAYABLE TO: Sarasota Tsunami Swim Team, bring payment to the meet please.

ENTRY DEADLINE: All entries must be received by 5:00 pm, Friday, February 6, 2026. Bring payment made out to the Tsunami Swim Team to the meet. Payment must be received prior to the start of the meet. Email entries to usacoachira@gmail.com. You can mail by Express Mail, Federal Express, UPS or rapid mail service. Mail hardcopies along with disk to:

Entry Chairman: Tsunami Swim Team

c/o Ira Klein

5123 Kestral Park Place

Sarasota, FL 34231

usacoachira@gmail.com

ENTRY FORMS: Entries must be in USA Swimming SDIF format or Hy-Tek CL2. Sent by email using Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant.

Preferred: Entries will be accepted via electronic mail attachment to eva@fastswimresults.com. Free text email will not be accepted. Please list all attending coaches and contact phone numbers in the body of the email. A signed hard copy printout also serves as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry file

OFFICIALS: Head Referee – Vinny Bathala
Admin Referee – Quinn Sampson
Starter –
Stroke & Turn: Jennifer DiPasquale, Jack Smitowsky
Meet Director – Ira Klein
Meet Marshall –

COACHES/OFFICIALS Coaches/officials must use Deck Pass to show membership. A 2026 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee or head marshal upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm-up and competition. There will be a coach meeting before the first session of the meet on Saturday..

TEAM REPRESENTATIVE: Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.

INFORMATION: Ira Klein 941-928-7946, email usacoachira@gmail.com

NOTE: *Events/heats may be combined at the discretion of the meet referee.

WARM-UP SCHEDULE:

First ½ hour will be warm-up as follows: Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming Lane 1 pace 50 & 100 circle swimming

Lane 2 push off 25s one way only Lane 2 racing starts 25s one length

Lane 3 swim & pulling, push off Lane 3 swim & pulling, push off

Lane 4 swim & pulling, push off Lane 4 swim & pulling, push off

Lane 5 swim & pulling, push off Lane 5 swim & pulling, push off

Lane 6 swim & pulling, push off Lane 6 swim & pulling, push off

Lane 7 swim & pulling, push off Lane 7 swim & pulling, push off

Lane 8 swim & pulling, push off Lane 8 racing starts 25s one length

Lane 9 push off 25s, one way only Lane 9 racing starts 25s one length

Lane 10 pace 50 & 100 circle swimming Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.

FLORIDA WINTER LONG COURSE INVITATIONAL
THIS MEET WILL BE SEEDED FASTEST TO SLOWEST

Limit 2 events per session.

Friday, February 13, 2026

Session 1		Warm up 4:00 pm	Meet Start 5:00 pm	
No.	Women QT	Event	Men QT	No.
		<u>SC / LC</u>	<u>LC / SC</u>	
1	:29.99/:33.89	50 Back	:31.19/27.59	2
3	10:50.49/9:35.69	W 800 Free	-----	X
4	:33.39/:38.09	50 Breast	:34.39 / :30.09	5
X	-----	M 800 Free	9:08.99/10:12.19	6
7	:28.09/:31.89	50 Butterfly	:29.29 / :25.79	8

Saturday, February 14, 2026

Session 2		Warm up 8:00 am	Meet Start 9:00 am	
No.	Women QT	Event	Men QT	No.
		<u>SC / LC</u>	<u>LC / SC</u>	
9	1:03.59/1:11.79	100 Back	1:06.09 / :58.49	10
11	2:00.69/2:17.19	200 Free	2:05.99/1:50.69	12
13	2:39.99/3:01.59	200 Breast	2:46.09/2:25.99	14
15	4:45.69/5:26.19	400 Ind. Med.	4:58.59/4:18.29	16

Saturday, February 14, 2026

Session 3		Warm up 4:00 pm	Meet Start 5:00 pm	
No.	Women QT	Event	Men QT	No.
		<u>SC / LC</u>	<u>LC / SC</u>	
17	1:02.19/1:10.63	100 Butterfly	1:03.19 / :55.69	18
19	2:18.59/2:37.09	200 Ind. Med.	2:24.29/2:07.09	20
21	4:45.79/5:17.69	400 Free	4:23.09/4:53.29	22
23	:25.49/:29.09	50 free	:26.59/:23.29	24

Sunday, February 15, 2026

Session 4		Warm up 8:00 am	Meet Start 9:00 am	
No.	Women QT	Event	Men QT	No.
		<u>SC / LC</u>	<u>LC / SC</u>	
25	2:17.99/2:35.59	200 Back	2:26.69/2:09.99	26
27	1:13.79/1:23.89	100 Breast	1:15.69/1:06.39	28
29	2:21.99/2:40.39	200 Butterfly	2:28.09/2:10.89	30
31	:56.59/1:04.39	100 Free	:58.19/:50.89	32