

2026 Florida Swimming Spring Senior Championships

March 12-15, 2026

OME OPENS: 12:01 PM EST Monday, February 2, 2026

OME CLOSES: 12:00 PM (NOON) EST Tuesday, March 3, 2026

SANCTION: Held under the sanction of USA Swimming through Florida Swimming: **#FL-7262**

It is understood and agreed that USA Swimming, Florida Swimming and Rosen Aquatic & Fitness Center, 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

Hosted By & Location: Rosen Aquatic & Fitness Center
8422 International Drive
Orlando, FL 32819

Type of Meet: 25Y Short Course
A - Super Finals Top 8 (Open)
A-B 17-18 Finals Top 16
A-B 15-16 Finals Top 16

Prelims will be swum all ages combined slow to fast unless otherwise stated.

**400 IM and 500 free prelim heats will be swum as follows: Fastest two circle seeded heats followed by the remaining heats swimming fast to slow. 10 minute break may precede distance events (400IM, 500Free, 1000Free, 1650Free).

5 minute breaks may be added on Thursday prior to the Mixed 200 Medley Relay and 800 Free Relay.

In the Finals Sessions, the order of events shall be A Final (15-16), B Final (15-16), A Final (17-18), B Final (17-18), A Super Finals.

Flyover starts may be used at the discretion of the meet referee. No changes in meet operation will occur without concurrence of the Sr. Chair & Committee. Warm up assignments may be made by Sr. Chair or designee if needed.

- Distance Events:** Swimmers may swim the 1000 free if they have the 1650 cut or they may swim the 1650 if they have the 1000 cut.
- Thursday night events will be the 1000 freestyle for Men and Women.
- In the event of floating, 400's and above will swim fast to slow. The fastest four heats of each swimming in session 1.
- Sunday will be the 1650 for Men and Women. The fastest two heats 1 M/F of 1650 will be swum at the beginning of Finals. There are no AM request swims allowed. Swimmers in Prelims of the 1650 need to provide their own timer.
- Date & Time:** Thursday, March 12 - Timed Finals 4:30 PM
Friday & Saturday, March 13nd March 14 - Prelims 9:00 AM, Finals 5:00 PM
Sunday, March 15 - Prelims 9:00 AM, Finals 4:30 PM
****START TIME MAY CHANGE BASED ON ENTRIES SUBMITTED.****
- Spectator Access:** Adopted by USA-Swimming, Florida Swimming, 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.
- \$10 per day or \$25 all sessions pass for the meet
Volunteer timers will be FREE for the day(s) that they volunteer.
Children 10 years and younger attending the meet as non-swimmers will be FREE.
- Pool Specifications:** Two eight (8) lane 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.
- Medical:** Lifeguards on duty with access to AED.
- Timing Equipment:** Colorado Automatic Timing Equipment and full video display scoreboard. Pool certification is on file with USA Swimming/Florida Swimming
- Warm-up:** Thursday afternoon warm-up at 3:00 p.m.
Friday – Sunday prelim warmups to start at 7:00 a.m. Friday & Saturday finals warmups to start at 3:30 p.m. Sunday finals warmups to start at 3:00 p.m.
- ***WARMUP SCHEDULE TO FOLLOW ONCE ENTRIES CLOSE AND PRIOR TO THE START OF THE MEET.*****
- Eligibility:** Open to all currently registered 2026 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed between February 23, 2024 and March 3, 2026, the meet entry deadline.
No conversions of times are acceptable. Late entries will be permitted as stated in the meet letter.
- 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 Meet Director at least two weeks prior to the start of the event to allow for preparation.

Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. In order to enter the "A" relay, you must have 2 individual qualifiers in that gender. To enter the "B" relay, you must have 8 individual qualifiers in that gender. There are no time standards for relays. Do not enter NT.

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	2
4	2
5	1
6	0

Each bonus swim entered must be a provable time. NT entries will not be accepted.

In the OME system, select "Enter as Bonus" to enter bonus events. No Bonus Events for 400s, 800s or 1500s

Positive Check-In Events: 45-46 1650 Free 6:30 PM Saturday

Fines: **Clubs with swimmers that fail to swim in Finals without Scratching will incur a \$100 club fine per event they originally qualified for.**

Scratch Policy:

- Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

Scratch Deadlines

Thursday events	60 min after the conclusion of the technical meeting on Wed. night.
Friday events	6:30 PM Thursday
Saturday events	6:30 PM Friday
Sunday events	6:30 PM Saturday

- Declared False Starts will be accepted either by the admin or deck referee after the scratch deadline has passed for an event.
- Any swimmer who competes in a preliminary heat and qualifies in A Final (15-16), B Final (15-16), A Final (17-18), B Final (17-18), or A Super Finals as announced must swim in that final's event; 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 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. No penalty shall apply for failure to withdraw or compete in an individual event if:
 - The referee is notified in the event of illness or injury and accepts the proof thereof.
 - It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- Swimmers who fail to compete in either prelims or finals of an event will be required to positive check-in all remaining events in the meet.

Deck Registration: Deck Registration will not be permitted.

Deck Entries: Deck Entries will not be permitted.

Entry Fee: \$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

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

Checks payable to: Rosen Aquatic & Fitness Center

Mailing Address: Rosen Aquatic & Fitness Center
Attn: Mike Brady
8422 International Drive
Orlando, FL 32819

CHECKS MUST BE RECEIVED BY START OF THE MEET

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: 12:00 PM (NOON) EST Monday, February 2, 2026

OME CLOSSES: 12:00 PM (NOON) EST Tuesday, March 3, 2026

NEW Qualifying Swims

Swims achieving the qualifying Senior Champs time standard from Spring FLAGS from Thursday, March 5th - Sunday, March 8th have til NOON, Monday, March 9th to submit entry.

Entry must be sent to: flome.entries@gmail.com

Psych sheet will be published on Monday, March 9th.

LATE ENTRY OPENS – after the Psych sheet is published – for 24 hours. Late Entry is for **A MISSED ATHLETE OR ADDING AN EVENT.**

Late Entry fee will be \$100 per athlete + the entry fee and athlete/facility surcharge.

Entry must be sent to: flome.entries@gmail.com

Proof of Time: Swimmers listed in the National Data Base with qualifying times achieved within the qualifying period (February 23, 2024 to March 3, 2026) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times. No conversions will be allowed. The swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules. Entry times may require official proof. **Prior to the meet being seeded, in the event that another provable time within the time standard is not available, the swimmer will not be allowed to swim.**

Any entry time that cannot be proven will result in a \$50 penalty, per event, to the club or individual responsible for the entry.

Seeding: All swimmers must enter with times achieved within the two year qualifying period. Nonconforming times will be seeded after short course yard qualifying times.

Seeding is as follows:

1. Short Course Yards
2. Long Course Meters

All events will be seeded and swum in the preliminaries slowest heats to fastest heats, unless otherwise noted in this meet letter.

Officials: Meet Referee: Deanna Calderone-Kaufman
Admin Referee: Quinn Sampson/Gary Sanderson
Chief Judge: Matt Stoneburg
Head Starter: Brett Ewald
Meet Manager: TBD

Evaluator: Melissa Hellervik-Bing

Scoring: Super Finals - 32, 28, 27, 26, 25, 24, 23, 22
17-18 A Finals - 20, 17, 16, 15, 14, 13, 12, 11
17-18 B Finals - 9, 7, 6, 5, 4, 3, 2, 1
15-16 A Finals - 20, 17, 16, 15, 14, 13, 12, 11
15-16 B Finals - 9, 7, 6, 5, 4, 3, 2, 1
Relays (1-16) - 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 4, 2

Awards: Team: Championship and Runner-Up Trophy
Individual: High Point Plaque for 15-16 and 17-18 per
gender 1-8 Medals for Super Finals
1-8 Ribbons for 15-16 and 17-18
Relays: 1-3 Medals

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 2026 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2026 USA Swimming coach membership.

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.

Deck passes for team coaches with current USA Swimming coaching credentials will be available based on the following formula:

- 1 Swimmer - 1 deck pass
- 2-7 Swimmers - 2 deck passes
- 8-15 Swimmers - 3 deck passes
- 16-23 Swimmers - 5 deck passes
- 24- 32 Swimmers - 6 deck passes
- Over 32 Swimmers - 7 deck passes

Deck passes for coaches must be entered through OME prior to checking out. There is no option for "on deck request" of deck passes. **Teams may purchase extra deck passes for \$100.**

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 Senior Chair: John Hulvey (john@gatorswimclub.com)

FL Swimming Office: Vanessa Brewer, (352)242-5145 or vanessa.brewer@floridaswimming.org

Rules:

Current USA Swimming Technical Rules will govern the meet.

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).

Warm-Up Schedule

***** NO EQUIPMENT PERMITTED *****

*** EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL.

Training equipment is not allowed during warmup.

General Warm-up until the last 40 minutes prior to meet start unless otherwise specified by meet management.

Controlled warm up is:

1. Pace 50 and 100 circle swimming - push off
2. Racing starts (one length from start end only)
3. Racing starts (one length from opp.end)
4. Swimming and pulling, push off
5. Swimming and pulling, push off
6. Racing starts (one length from opp.end)
7. Racing starts (one length from start end only)
8. Pace 50 and 100 circle swimming - push off

Order of Events

Thursday, 3/12/26 – Start at 4:30 p.m.

Ev #	Event
1-2	Senior 1000 Free
3	Senior 200 Mixed Medley Relay
5-6	Senior 800 Free Relay

Events 1-2, 3-6 are swum on Thursday and are Timed Finals.
Event 3 may be swum in two courses: odd heats in girls course event heats in boys course.

Friday, 3/13/26 – Prelims 9:00 a.m./Finals start at 5 p.m.

7-8	Senior 200 Free Relay
9-10	Senior 200 Free
11-12	Senior 200 Breast
13-14	Senior 100 Fly
15-16	Senior 50 Breast
17-18	Senior 400 IM
19-20	Senior 400 Medley Relay

Events 7-8: are Timed Finals in Prelims.
Events 17-18: Heats for the 400 IM will be swum fastest to slowest.
Events 19-20: are Timed Finals in Finals and will be swum fastest to slowest. 2 heats of Girls, 2 heats of boys, and then alternate heats until completion for the 400 relays.

Saturday, 3/14/26 - Prelims 9:00 a.m./Finals start at 5 p.m.

21-22	Senior 200 Medley Relay
23-24	Senior 50 Free
25-26	Senior 200 IM
27-28	Senior 100 Back
29-30	Senior 50 Fly
31-32	Senior 500 Free
33-34	Senior 400 Free Relay

Events 21-22: are Timed Finals in Prelims.
Events 31-32: Heats for the 500 Free will be swum fastest to slowest.
Events 33-34: are Timed Finals in Finals and will be swum fastest to slowest. 2 heats of Girls, 2 heats of boys, and then alternate heats until completion for the 400 relays.

Sunday, 3/15/26 - Prelims 9:00 a.m./Finals start at 4:30 p.m.

35-36	Senior 50 Back
37-38	Senior 200 Fly
39-40	Senior 100 Free
41-42	Senior 100 Breast
43-44	Senior 200 Back
45-46	Senior 1650 Free

Events 45-46: are positive check-in events and will be consolidated by gender but scored separately. The fastest two heats 1 M/F of 1650 will be swum at the beginning of Finals before Event 35.

**Senior Championships
Qualifying Times
Open Qualification Standards**

Women							Men					
15-16	15-16	17-18	17-18	Open	Open		Open	Open	17-18	17-18	15-16	15-16
SCY	LCM	SCY	LCM	SCY	LCM		LCM	SCY	LCM	SCY	LCM	SCY
25.49	29.09	25.29	28.89	24.89	28.49	50 FR	25.49	22.29	25.99	22.69	26.59	23.29
56.59	1:04.39	55.49	1:03.19	54.09	1:01.69	100FR	55.19	48.29	56.49	49.49	58.19	50.99
2:00.69	2:17.19	1:58.99	2:15.29	1:56.69	2:12.69	200FR	2:00.69	1:45.79	2:02.40	1:47.39	2:05.99	1:50.69
5:21.79	4:47.19	5:16.99	4:42.89	5:09.89	4:36.59	500FR	4:15.39	4:46.09	4:21.49	4:52.99	4:27.69	4:59.89
10:58.79	9:47.99	10:55.99	9:45.49	10:50.49	9:40.59	1000FR	8:52.99	9:57.19	9:00.49	10:05.59	9:03.19	10:08.59
18:38.39	19:00.79	18:25.99	18:48.09	18:05.29	18:26.99	1650FR	17:08.89	16:48.69	18:01.19	17:39.99	18:21.59	17:59.99
29.99	33.89	28.79	32.59	28.29	31.99	50BK	29.89	26.39	30.79	27.19	31.19	27.59
1:03.59	1:11.79	1:02.99	1:11.09	1:00.79	1:08.69	100BK	1:02.35	55.09	1:05.09	57.59	1:06.09	58.49
2:17.99	2:35.59	2:15.99	2:33.29	2:13.29	2:30.39	200BK	2:18.19	2:02.29	2:24.49	2:07.99	2:26.69	2:09.99
33.39	38.09	32.59	37.19	31.99	36.49	50BR	33.19	28.99	34.19	29.89	34.39	30.09
1:13.79	1:23.89	1:12.99	1:22.99	1:10.89	1:20.69	100BR	1:11.59	1:02.69	1:14.39	1:05.19	1:15.69	1:06.39
2:39.99	3:01.59	2:37.99	2:59.39	2:36.29	2:57.49	200BR	2:38.61	2:19.29	2:42.69	2:22.99	2:46.09	2:25.99
28.09	31.89	27.79	31.49	27.19	30.89	50FL	27.69	24.29	28.69	25.19	29.29	25.79
1:02.19	1:10.63	1:01.79	1:10.19	59.09	1:07.19	100FL	59.49	52.29	1:01.66	54.29	1:03.19	55.69
2:21.99	2:40.39	2:16.99	2:34.89	2:12.19	2:29.99	200FL	2:14.29	1:58.49	2:24.89	2:07.99	2:28.09	2:10.89
2:18.59	2:37.09	2:16.79	2:35.09	2:12.59	2:30.39	200IM	2:15.69	1:59.39	2:20.79	2:03.99	2:24.29	2:07.09
4:52.19	5:30.69	4:45.99	5:23.89	4:38.69	5:15.69	400IM	4:46.09	4:11.99	5:06.09	4:29.99	5:10.59	4:34.09