

RAFC Last Splash Invitational

July 22-25, 2026

Hosted by the Rosen Aquatic & Fitness Center

Sanctioned by:

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7348**

It is understood and agreed that USA Swimming, Florida Swimming and the 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.

COVID-19:

An inherent risk of exposure to COVID-19 exists 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.

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 AND FLORIDA SWIMMING 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 ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Location:

8422 International Drive
Orlando, FL 32819

(See diagram on last page for facility and parking details)

Pool Specifications:

One eight (8) lane 50-meter course 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-meter diving well with non-turbulent lane lines for warm up/warm down. Colorado Automatic Timing Equipment and full video display scoreboard. Pool certification is on file with USA Swimming/Florida Swimming.

Medical Supervision:

Lifeguards on duty and AED device available.

Type of Meet:

-50-meter course

-Preliminary and Finals competition for 14 & Under (top 16) & 15 & Over (top 24) swimmers who meet the qualifying time standards.

-Please see the Order of Events section for more information on meet format for each session.

Dates & Times:

Wednesday, July 22 through Saturday, July 25 (all ages):

-7:00am Warm Up / 9:00am Warm Up (Prelims)

-4:00pm Warm Up / 5:30pm Meet Start (Finals)

Rules:

Current USA Swimming Technical Rules will govern the meet.

Eligibility & Bonus Events:

All currently registered USA Swimming athletes who have achieved the noted qualifying times where applicable may participate in this meet. On deck registration with USA Swimming/Florida Swimming will not be allowed. This meet is also open to foreign swimmer members of World Aquatics. There will be no qualifying times for the 50's of stroke or relays, and all swimmers entered in the meet with at least one (1) qualifying time may enter those events. There are NOT qualifying times in short course meters. Bonus events will be offered as follows:

One (1) qualifying time = Three (3) bonus events

Two (2) qualifying times = Four (4) bonus events

Three (3) qualifying times = Five (5) bonus events

NOTE: The 800 and 1500 Free are NOT allowed as bonus events. All swimmers entering those two events must have the qualifying time standard.

Disability Athletes:

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 any 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 Referee at least two weeks prior to the start of the event to allow for preparation.

Entry Limit:

Swimmers may enter a total of ten (10) individual events for the meet, but no more than three (3) individual events per day. Entries that exceed that limit will be automatically dropped. The 400 events *may* be limited to the top thirty-two (32) 14&Unders and the top forty-eight (48) 15&Over seeded swimmers per gender. Teams may enter an unlimited number of relays. Entries will be taken on a first come first served basis until the entry limit of has been reached.

Entry Fees:

Timed final events:	\$5.50
Prelim/final events:	\$8.50
Relay events:	\$6.00
Facility surcharge:	\$25.00
Electronic heat sheet fee:	\$3.00
Travel surcharge per out-of-LSC swimmer:	\$2.00

Please make entry fee checks payable to 'Rosen Aquatic & Fitness Center' and bring check to the meet. Credit card payment will also be available on site during the meet upon request.

Entry Deadline:

Entries must be received via Hy-Tek file only and no later than 11:59pm EST on Tuesday, July 14, 2026. Time updates (only) will be accepted until 11:59pm on Monday, July 20, 2026. **Entry file and time updates should be submitted to this email: RAFCentries@gmail.com.** Late entries and deck entries will not be accepted.

Seeding:

Non-conforming times will be seeded after long course meter times. Bonus events will be seeded after conforming and non-conforming times if applicable. Seeding will be long course meters, followed by short course yard times. There are no allowable time standards for short course meters.

PRELIMS & TIMED FINALS - All events will be seeded slowest to fastest except for distance events, (400 Free, 400 IM, 800 Free, 1500 Free, 400 Free Relay, 400 Medley Relay and 800 Free Relay), which will be seeded fastest to slowest at the end of their respective sessions.

FINALS - Order of Finals will be Championship heat (A) followed by Consolation heat (B) followed by Bonus heat (C).

Positive Check In:

The following events will have positive check in on pool deck and will close at 9:30am on their respective days.

Emails and texts will NOT be accepted for positive check.

Wednesday, July 22 -	Womens 800 Free, Mens 1500 Free, 400 Free Relay
Thursday, July 23 -	400 Free, 400 Medley Relay
Friday, July 24 -	400 IM, 800 Free Relay
Saturday, July 25 -	Womens 1500 Free, Mens 800 Free

Scratches:

We may be using a virtual scratch table and/or may opt for hard copy scratches at the discretion of the Meet Referee based on the size of the meet. Details and procedures will be available at the admin/check in table on deck at the meet if applicable.

PRELIMS - There is no penalty for scratching on the block in the Preliminary events with the exception of deck-seeded events. Any swimmer entered in an individual event that is 'deck seeded' who has checked in for their event must swim the event unless he/she notifies the clerk of course before the seeding for that event has begun. Failure to do so and not swim will result in the swimmer being barred (scratched) from the next individual event (preliminary or timed final) in which the swimmer is entered. Declared false starts will be accepted from the swimmer prior to the start of the heat.

FINALS - Any swimmer who competes in a preliminary heat and qualifies for either championship or consolation finals and fails to swim in the final without notifying the Meet Referee that he/she may withdraw from the finals within thirty (30) minutes after the announcement of qualifiers for that event, and further fails to declare his/her final intention within thirty (30) minutes of his/her last individual preliminary event, will be penalized by being automatically scratched from their next individual final or individual event, whichever occurs first. The Referee may insert the next eligible swimmer into Finals or Consolation Finals once a 'failure to swim' is declared and in any vacant lanes resulting from the penalty. Declared False Starts in Finals will be considered a 'failure to swim' and will draw the same penalty. In the event of an illness or injury, certified to the satisfaction of the Meet Referee, there will be no penalty.

Distance Events:

All swimmers in the 800 Free and 1500 Free must provide their own counter **AND lane timer.**

Scoring:

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

Awards:

Individual-	Medals 1 st -3 rd & Ribbons 4 th -8 th in each event
Relay-	No relay awards
Team-	Special award for overall high point and runner up
Individual-	Trophy for high point in each age group and gender

Coaches Meeting:

A coaches meeting may be held in the hospitality room on Wednesday, July 22 at 8:00am if needed. It is the responsibility of each team to be aware of any changes or updates to the conduct of the meet made during this meeting.

Officials:

Meet Referee	Quinn Sampson
Admin Official	Andrew Rzepecki
Meet Marshall	Mike Miller
Meet Director	Mike Brady

Visiting Officials:

Visiting teams are encouraged to provide USA-S certified officials to assist with officiating our meets. Teams with officials who are able and willing to assist with officiating should email their names and certification levels to RAFCentries@gmail.com.

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.

Deck Restriction:

This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only currently registered swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Registered individuals should be prepared to show proof of their current USAS credentials to gain access to the pool deck.

Spectators will only be allowed in designated viewing areas. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. **Outside chairs are also not allowed in the spectator areas.** We appreciate your help and understanding with these policies.

Spectator Fees:

The following fees apply for all spectators age 8 and above:

- \$10 admission fee per day OR \$25 admission fee for all sessions
- Children aged 7 and under may enter the facility for FREE
- AND meet volunteers also receive a FREE day pass on the day of any session that they work

Volunteer Lane Timers:

The Rosen Aquatic & Fitness Center is a membership-based facility that no longer has a resident swim team, and holds swim meets solely for the benefit of the Florida and USA Swimming communities. Therefore, we reach out to (and rely on) all our attending teams to help provide lane timers in order to run these meets. We will send out a volunteer sign up link after all entries are received. **All volunteers receive a FREE day pass AND a \$10 Amazon gift card for each session they work.** We appreciate your help and understanding with this request and thank you on behalf of RAFC and your swimmers!

Concessions:

There will not be concessions available for this event.

Warm Up:

The competition pool will be general warm up (circle swimming only) from the start of warm up until the last thirty (30) minutes of each warm up session, when the pool will then be as follows:

- Lane 1 – Pace 50's (push off)
- Lane 2 – Racing Starts (one way only)
- Lane 3 – Circle Swimming only
- Lane 4 – Circle Swimming only
- Lane 5 – Circle Swimming only
- Lane 6 – Racing Starts (one way only)
- Lane 7 – Racing Starts (one way only)
- Lane 8 – Pace 50's (push off)

The diving well will be general warm up throughout all warm up sessions and during the meet.

Recommended RAFC Partners:

- Courtyard Orlando International Drive – 8600 Austrian Ct, Orlando, FL 32819 – (407) 351-2244
- Noodles & Company – 7822 W. Sand Lake Rd, Orlando, FL 32819 – (407) 354-1301
- Pirate's Cove – 8501 International Dr, Orlando, FL 32819 – (407) 352-7378
- Rosen Hotels & Resorts – www.rosenhoteles.com

Discounted tickets to Universal Studios, Universal Islands of Adventure and Epic Universe will be offered to all swimmers (and their families) entered in the meet. For more information, please reach out to Meet Director Mike Brady at RAFCentries@gmail.com and/or 407-996-0653.

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SAND LAKE ROAD

EXIT 74A

INTERSTATE 4

RED ROOF INN

TWIN PEAKS

JAMAICAN CT.

JOE'S CHILI GRILL

.3 MILE WALK

P FREE PARKING GARAGE .3 MILES AWAY

SALEYGRASS

Icon PARK

Sonesta ES SUITES

Austrian Ct.

VIA MERCADO

UNIVERSAL BLVD

ROSE AQUATIC & FITNESS CENTER
8422 International Dr 407.996.3444 www.rosenaquatic.com

WEDNESDAY, JULY 22

Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am

Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
			800 Free*			
101A	12:31.69	11:17.99	14 & Under Time Standard	-	-	
101B	12:20.79	11:05.39	15 & Over Time Standard	-	-	
			1500 Free*			
	-	-	14 & Under Time Standard	20:38.39	19:57.59	102A
	-	-	15 & Over Time Standard	19:49.09	19:20.39	102B
			50 Breast			
103	NA	NA	14 & Under Time Standard	NA	NA	104
105	NA	NA	15 & Over Time Standard	NA	NA	106
			200 Fly			
107	2:30.89	2:51.49	14 & Under Time Standard	2:41.09	2:21.59	108
109	2:27.69	2:46.59	15 & Over Time Standard	2:33.69	2:15.69	110
			50 Free			
111	28.89	32.79	14 & Under Time Standard	30.49	26.69	112
113	28.19	32.19	15 & Over Time Standard	28.89	25.39	114
			100 Back			
115	1:08.19	1:19.59	14 & Under Time Standard	1:14.39	1:03.79	116
117	1:06.49	1:17.39	15 & Over Time Standard	1:11.19	59.89	118
			400 Free Relay**			
119	NA	NA	Open	NA	NA	120

**These events will be timed final with the top 8 seeded swimmers competing in the evening finals session. All other swimmers will be combined by gender regardless of age and swim fastest to slowest and alternating gender at the end of the morning preliminary session. Positive check-in is required.*

***These events will be timed final with all heats swimming in the evening finals session. They will swim fastest to slowest. Positive check-in is required.*

THURSDAY, JULY 23

Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am

Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
			200 Free Relay			
201	NA	NA	<i>Open</i>	NA	NA	202
			10 MINUTE BREAK			
			50 Back			
203	NA	NA	<i>14 & Under Time Standard</i>	NA	NA	204
205	NA	NA	<i>15 & Over Time Standard</i>	NA	NA	206
			200 Breast			
207	2:49.69	3:14.29	<i>14 & Under Time Standard</i>	3:02.09	2:37.39	208
209	2:45.49	3:11.09	<i>15 & Over Time Standard</i>	2:53.49	2:30.19	210
			400 Free*			
211	6:02.59	5:20.89	<i>14 & Under Time Standard</i>	5:11.69	5:43.89	212
213	5:55.89	5:19.79	<i>15 & Over Time Standard</i>	4:58.59	5:30.19	214
			400 Medley Relay**			
215	NA	NA	<i>Open</i>	NA	NA	216

**These events will be prelim/final with all preliminary heats swimming fastest to slowest, starting with the fastest three girls heats, followed by the fastest three boys heats, and then alternating gender until the event is completed. Positive check-in is required.*

***These events will be timed final with all heats swimming in the evening finals session. They will swim fastest to slowest. Positive check-in is required.*

FRIDAY, JULY 24

Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am

Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
			200 Free			
301	2:16.39	2:35.39	14 & Under Time Standard	2:26.59	2:08.59	302
303	2:14.09	2:32.19	15 & Over Time Standard	2:20.89	2:02.99	304
			100 Breast			
305	1:17.89	1:29.99	14 & Under Time Standard	1:23.79	1:12.19	306
307	1:16.09	1:27.79	15 & Over Time Standard	1:19.49	1:08.09	308
			100 Fly			
309	1:07.99	1:16.79	14 & Under Time Standard	1:12.19	1:03.49	310
311	1:06.49	1:15.69	15 & Over Time Standard	1:08.79	1:00.39	312
			400 IM*			
313	5:24.19	6:08.69	14 & Under Time Standard	5:49.09	5:05.19	314
315	5:17.49	6:02.19	15 & Over Time Standard	5:33.09	4:52.79	316
			800 Free Relay**			
317	NA	NA	Open	NA	NA	318

**These events will be prelim/final with all preliminary heats swimming fastest to slowest, starting with the fastest three girls heats, followed by the fastest three boys heats, and then alternating gender until the event is completed. Positive check-in is required.*

***These events will be timed final with all heats swimming in the evening finals session. They will swim fastest to slowest and alternating gender until the event is completed. Positive check-in is required.*

SATURDAY, JULY 25

Prelims: Warm up @ 7:00 am --- Meet Start @ 9:00 am

Finals: Warm up @ 4:00 pm --- Meet Start @ 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
			200 Medley Relay			
401	NA	NA	<i>Open</i>	NA	NA	402
			10 MINUTE BREAK			
			1500 Free*			
403A	20:52.99	21:29.79	<i>14 & Under Time Standard</i>	-	-	
403B	20:37.29	21:00.49	<i>15 & Over Time Standard</i>	-	-	
			800 Free*			
	-	-	<i>14 & Under Time Standard</i>	10:52.19	11:56.69	404A
	-	-	<i>15 & Over Time Standard</i>	10:30.09	11:32.59	404B
			50 Fly			
405	NA	NA	<i>14 & Under Time Standard</i>	NA	NA	406
407	NA	NA	<i>15 & Over Time Standard</i>	NA	NA	408
			200 Back			
409	2:28.99	2:50.89	<i>14 & Under Time Standard</i>	2:42.09	2:19.99	410
411	2:25.69	2:47.49	<i>15 & Over Time Standard</i>	2:34.89	2:12.89	412
			100 Free			
413	1:02.99	1:11.49	<i>14 & Under Time Standard</i>	1:06.99	58.79	414
415	1:01.49	1:10.39	<i>15 & Over Time Standard</i>	1:04.19	55.99	416
			200 IM			
417	2:31.49	2:53.79	<i>14 & Under Time Standard</i>	2:44.29	2:23.09	418
419	2:28.99	2:50.49	<i>15 & Over Time Standard</i>	2:37.39	2:16.09	420

**These events will be timed final with the top 8 seeded swimmers competing in the evening finals session. All other swimmers will be combined by gender regardless of age and swim fastest to slowest and alternating gender at the end of the morning preliminary session. Positive check-in is required.*
