

**Haines City Tritons
Heart of Florida Swim Meet
September 19, 2026**

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7393**

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

Type of Meet: Age Group, 25 yard, Short Course, Timed Finals

All events will be swum fastest to slowest.

Host: Haines City Tritons Swim Team

Sponsor: Haines City Department of Parks and Recreation

Dates and Time: **Saturday, September 19, 2026**
11&older - Warm-ups: 7:30-8:50am
Start: 9:00am

10&under - Warm ups - Guaranteed half hour prior to start
Start - TBA

Location: **Lake Eva Aquatic Center**
321 South 6th Street, Haines City, Florida 33844

- Directions:** US 27 to SR 17/92
SR 17/92 east to 6th Street
Turn right on 6th follow to the pool
- Pool Specs:** Certified, 6 lane, 25 yard outdoor pool, temperature controlled, non-turbulent lane lines, water depth at the competition starting end is a minimum of 5ft and the turn end is 5ft.
- Timing System:** Colorado Timing System, Automatic Touchpads, Scoreboard.
- Timing Operator:** Accurate Swim Timing
- Eligibility:** Open to USA Swimming registered swimmers
- Seeding:** Use 25 yard times for seeding purposes. Conversions may be made using the formula in the 2026 Florida Swimming Handbook, or by the standard computer software used to prepare your entry.
- All individual events will be swum as mixed gender events and seeded based on times entered.
- Scratches:** No penalty for scratching on the block.
- Entry Limit:** **5 individual events per session** / plus relays. Swimmers over entered will be considered as entered in the first 5 events per each session. No limit to relay entries, but each entry should indicate "A", "B" etc. **Meet limit: 250 swimmers**
- Deck Entries:** Deck entries will not be accepted at the meet.
- Entry Forms:** Entries must be in USA Swimming SDIF format sent by email using Hy-Tek team manager or Team Unify. 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.
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, including "relay only" swimmers.
- Email entries to:** polkaquatics@gmail.com
- 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.

Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous manner at all times while on deck during the meet, or show proof of current USA-S coach membership using USA Swimming App.

Heat Sheets Heat Sheets will be emailed to the contact person of each competing team and will be posted at <https://www accurateswimming.com/> no later than 48 hours prior to the start of the meet. Coaches are to inform swimmers and parents of the online heat sheet and posting sites made available for them to view and download. **Heat sheets will NOT be available for purchase.**

Entry Deadline: **Sunday, September 13, 2026, 5:00 pm / Email to: polkaquatics@gmail.com**

Entry Fee: \$10.00 surcharge per swimmer
\$5.50 per individual event
\$6.00 per relay
\$3.00 online heat sheet fee per swimmer
\$2.00 travel surcharge each out of LSC swimmer

Check payable to: Haines City Tritons

Awards: Individual Events: 1st- Medals; 2nd-6th: Ribbons
Relays: 1st - Ribbons
Heat Winner Ribbon: 10&u events regardless of gender
Individual High Point: 1st place medals - All age groups, male / female
Team High Point: 1st, 2nd & 3rd Place Trophy

Scoring: Individual: 7-5-4-3-2-1 Relays: 14-10-8-6-4-2
All events will be scored based on the swimmer's age and gender.

Scored age groups will be 6&U, 7-8, 9-10, 11-12, 13-14, 15& older

Rules: Current USA Swimming Rules and Regulations will govern.
Fly-over starts will be used at the discretion of the head referee.
Meet Management reserves the right to cancel relays in accordance with the 4 hour rule.

Team Representative: Prior to the start of the meet, the name of the team representative, other than the Head Coach, must be given to the Head Referee. Only the Coach and the team representative will be recognized.

Officials: **Head Referee:** Keith Grimm **Admin Official:** Quinn Sampson
Marshall: Laurie Grazier **Director / Marshall:** Jim Grazier

Information: Jim Grazier - **Email:** polkaquatics@gmail.com - Phone 863.514.4564

Coach Supervision: A USA Swimming certified coach must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. 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 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 the 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, restrooms, 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.

Warm up Schedule

11&older swimmers - 7:30 - 8:50am

10&under swimmers - Guaranteed 30 minutes prior to start - Start TBA

*No Equipment

*No racing starts in the warm up / down area of the pool.

*At all times during warm-up swimmers must enter the water feet first with one hand on the deck including when swimmers are not doing racing starts.

*Warm-ups may be altered by the Head Referee if needed.

*Coaches are expected to maintain safety control during warm-up.

Medical Supervision: Lifeguards on duty and AED devices available.

COVID 19 PROTOCOL

In applying for this USA Swimming sanctioned event, the host, Haines City Tritons, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Polk County. We have taken enhanced health and safety measures for you as our guests. You must follow all posted instructions while visiting Lake Eva Aquatic Center.

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 guests with underlying medical conditions are especially vulnerable

USA Swimming Inc. cannot prevent you, your family, or children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent 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 with exposure, infection, and/or spread of COVID-19 related to participation in this competition.

Heart of Florida Swim Meet - Order of Events
September 19, 2026 Timed Finals

Session 1 Saturday AM

Warm up - 7:30-8:50am

Start - 9am

- 1 Boys -11&older 200 Freestyle Relay
- 2 Girls - 11&older 200 Freestyle Relay

- 3 X - 11&older 100 Freestyle
- 4 X - 11&older 50 Breaststroke
- 5 X - 11&older 100 Backstroke
- 6 X - 11&older 50 Butterfly
- 7 X - 11&older 50 Freestyle
- 8 X - 11&older 100 Breaststroke
- 9 X - 11&older 50 Backstroke
- 10 X - 11&older 100 Butterfly

- 11 Boys - 11&older **100 Medley Relay**
- 12 Girls - 11&older **100 Medley Relay**

- 13 X - 13&older 200 Free
- 14 X - 13&older 200 IM

Session 2

Warm up - Guaranteed 30 minutes prior to start

Start - TBA

- 15 Boys 10&u 100 Freestyle Relay
- 16 Girls 10&u 100 Freestyle Relay

- 17 X - 9-10 50 Freestyle
- 18 X - 8&u 25 Freestyle
- 19 X - 9-10 50 Breaststroke
- 20 X - 8&u 25 Breaststroke
- 21 X - 9-10 50 Backstroke
- 22 X - 8&u 25 Backstroke
- 23 X - 9-10 50 Butterfly
- 24 X - 8&u 25 Butterfly

- 25 Boys 10&u 100 Medley Relay
- 26 Girls 10&u 100 Medley Relay

- 27 X - 9-10 100 Freestyle
- 28 X - 9-10 100 IM

Haines City Tritons
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Master Entry Form

Team Name _____ Call Letters _____

Address _____

Coach _____

Phone _____

Swimmers / Coach Registration

I certify that all individuals listed on the attached forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following USA Swimming coach members will be on deck supervising these individuals during warm-up and competitive sessions at the meet.

Name of Coach

Team

I certify that all individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete member.

Signature (must be a USA Swimming Member)

Team

Date

Entries must be received by Sunday, September 13, 2026, 5pm

Email entries to: polkaquatics@gmail.com

Phone: Jim Grazier 863.514.4564

Financial Recap

We have entered the following:

Swimmer Surcharge: _____ @\$10.00 _____

Heat Sheet Fee: _____ @\$3.00 _____

Individual Events: _____ @\$5.50 _____

Relays: _____ @\$6.00 _____

Total Fees Due: _____

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Alternate Coach Form

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

NAME	USAS ID #	TEAM	AGE
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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 in this meet.

Signature: _____

Print Name: _____

Team: _____

Waiver and Release Form

Please sign / return this form to either Laurie or Jim Grazier prior to the start of warm-ups.

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Florida Swimming, Inc. regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

City of Haines City, Haines City Tritons, Polk Imperial Aquatics LLC, its agents, employees, and coaches shall be free from liability or claim for damages by reason of injury to anyone during the conduct of the meet.

Signature / Title

Date

RELEASE FORM

STATEMENT: I hereby relinquish any claim I might have in the case of injury or loss of valuables at the 2025 Haines City Tritons Heart of Florida Swim Meet held September 20, 2025 at the Lake Eva Aquatic Center. I further agree not to charge the City of Haines City, Haines City Tritons, Polk Imperial Aquatics LLC; Florida Swimming, Inc.; or USA Swimming, Inc. for any damage or loss of valuables.

Club: _____

Signature: _____

Position: _____
Head Coach / Club President

Address: _____