RAFC Almost Turkey Invitational

November 20-22, 2026

Hosted by the Rosen Aquatic & Fitness Center

SANCTION:
Held under the sanction of USA Swimming through Florida Swimming: **#FL-7552**

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:
Rosen Aquatic & Fitness Center
8422 International Drive
Orlando, FL 32819
(See diagram on last page for facility and parking details)

POOL SPECIFICATIONS:
Two eight (8) lane 25-yard courses 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.

MEDICAL SUPERVISION:
Lifeguards on duty and AED device available.

TYPE OF MEET:
Short course yards (SCY) with no qualifying times using the age groups and meet format as follows:

- 6&Under timed finals competition (Saturday ONLY)
- 8&Under timed finals competition (Saturday and Sunday)
- 10&Under timed finals competition (Friday through Sunday)
- 11-12 prelim/finals competition for top 8 (Saturday ONLY) / timed finals competition (Friday/Sunday)
- 13-14 prelim/finals competition for top 8 (Saturday ONLY) / timed finals competition (Friday/Sunday)
- OPEN prelim/finals competition for top 16 (Saturday ONLY) / timed finals competition (Friday/Sunday)

DATES & TIMES:	**WARM UP**	**MEET START**
Friday, November 20 (all ages timed finals):	4:30pm	5:30pm
Saturday, November 21 (11&Over prelims):	7:30am	8:30am
Saturday, November 21 (10&Under timed finals):	Not before 12:00pm	Not before 1:00pm
Saturday, November 21 (11&Over finals):	4:30pm	5:30pm
Sunday, November 22 (11&Over timed finals):	7:30am	8:30am
Sunday, November 22 (10&Under timed finals):	Not before 12:00pm	Not before 1:00pm

RULES:
Current USA Swimming Technical Rules will govern the meet.

ELIGIBILITY:
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 are no qualifying times for any event in this meet. Bonus events are not offered for this meet.

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 athlete is responsible for notifying the Referee of any accommodations 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 meet 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 for prelim/final sessions and no more than four (4) individual events per day for timed final sessions. Entries that exceed that limit will be automatically dropped.

Entries will be taken on a first come first served basis until the entry limit of 650 swimmers has been reached OR when the four hour per session rule is exceeded.

ENTRY FEES:

Timed final events:	$5.50
Prelim/final events:	$8.50
Relay events:	$6.00
Facility surcharge:	$15.00
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 is also available on site during the meet upon request.

ENTRY DEADLINE:
Entries must submitted to RAFCentries@gmail.com via Hy-Tek file no later than 11:59pm EST on Monday, November 9, 2026. Time updates (only) will be accepted until 11:59pm EST on Monday, November 16, 2026. Late entries and deck entries will not be accepted.

SEEDING:
Seeding order will be short course yards, followed by long course meter times, followed by short course meter times. Bonus events will be seeded after conforming and non-conforming times if applicable.

PRELIMS & TIMED FINALS -	All events will be seeded slowest to fastest
FINALS -	Order of finals will be Championship (A) heat followed by Consolation (B) heat

POSITVE CHECK IN:
There is no positive check in for this meet.

SCRATCHES:
We may use a virtual scratch table and/or may opt for hard copy scratches at the discretion of the Meet Referee and Admin 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 the championship or consolation final 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 Meet Referee may insert the next eligible swimmer into finals and/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:
We will allow parents/spectators on pool deck for the 500 Free (ONLY) to assist with lap counting if/as needed.

SCORING:
There will be no individual or team scoring for this meet.

AWARDS:
- There will be no individual or team awards for this meet.
- Special award for the winner of each gender in the 25 Free for the 11-12, 13-14 and Open age groups.

COACHES MEETING:
A coaches meeting may be held in the hospitality room on Friday, November 20, 2026 at 5:00pm if needed, and will be announced via email and/or upon arriving at the meet. 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.

LEAD OFFICIALS:

Meet Referee	Robyn Gillespie
Admin Official	Quinn Sampson
Meet Marshall	Mike Miller
Meet Director	Mike Brady

VISITING OFFICIALS:
Visiting teams are encouraged to provide USA-S certified officials to assist with officiating this meet. Teams with officials who are able and willing to officiate any number of sessions should email their name, certification level and session availability 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:

- $10.00 per day
- Children age 7 and under may enter the facility for FREE
- AND meet volunteers also enter the facility for FREE during each day they work

MEET VOLUNTEERS:
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!

DISCOUNTED UNIVERSAL TICKETS:
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.

CONCESSIONS:
There will be no concessions available at this event.

WARM UP:
The competition pool will utilize 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 lanes will then be assigned 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)

RECOMMENDED RAFC PARTNERS:

- Holiday Inn Orlando International Dr-ICON – 8368 Jamaican Ct, Orlando, FL 32819 – (407) 345-0505
- Rosen Hotels & Resorts – www.rosenhotels.com

MAP & PARKING:



QUESTIONS:
Please reach out to Meet Director Mike Brady at RAFCentries@gmail.com and/or 407-996-0653.

ORDER OF EVENTS:

Friday, November 20
TIMED FINALS – 4:30pm Warm Up / 5:30pm Meet Start

WOMEN	#	Event	#	MEN
	101	10&Under 200 Free	102	
	103	11-12 500 Free	104	
	105	13-14 500 Free	106	
	107	Open 500 Free	108	
	109	10&Under 200 IM	110	
	111	11-12 200 IM	112	
	113	13-14 400 IM	114	
	115	Open 400 IM	116	

All events above will be seeded slowest to fastest, may be combined by gender OR swum in two separate courses by gender, to be determined after entries are received.

Saturday, November 21

PRELIMS – 7:30am Warm Up / 8:30am Meet Start

FINALS – 4:30pm Warm Up / 5:30pm Meet Start

WOMEN	#	Event	#	MEN
	201	11-12 200 Medley Relay*	202	
	203	13-14 200 Medley Relay*	204	
	205	Open 200 Medley Relay *	206	
	207	11-12 50 Free	208	
	209	13-14 50 Free	210	
	211	Open 50 Free	212	
	213	11-12 100 Fly	214	
	215	13-14 200 Fly	216	
	217	Open 200 Fly	218	
	219	11-12 50 Back	220	
	221	13-14 100 Back	222	
	223	Open 100 Back	224	
	225	11-12 50 Breast	226	
	227	13-14 100 Breast	228	
	229	Open 100 Breast	230	
	231	11-12 200 Free	232	
	233	13-14 200 Free	234	
	235	Open 200 Free	236	
	237	14 & Under 200 Mixed Medley Relay**		
	238	Open 200 Mixed Medley Relay**		

All events above will be seeded slowest to fastest in prelims, and A heat followed by B heat in finals.

*These relay events will be swum as timed finals in the prelim session.

**These relay events will be swum as timed finals in the finals session and seeded fastest to slowest.

Saturday, November 21

TIMED FINALS – not before 12:00pm Warm Up / not before 1:00pm Meet Start

WOMEN	#	Event	#	MEN
	251	8&Under 100 Medley Relay	252	
	253	10&Under 200 Medley Relay	254	
	255	6&Under 25 Free	256	
	257	8&Under 50 Free	258	
	259	10&Under 100 Free	260	
	261	6&Under 25 Fly	262	
	263	8&Under 50 Fly	264	
	265	10&Under 100 Fly	266	
	267	6&Under 25 Back	268	
	269	8&Under 25 Back	270	
	271	10&Under 50 Back	272	
	273	6&Under 25 Breast	274	
	275	8&Under 25 Breast	276	
	277	10&Under 50 Breast	278	

All events above will be seeded slowest to fastest.

Sunday, November 22

TIMED FINALS – 7:30am Warm Up / 8:30am Meet Start

WOMEN	#	Event	#	MEN
	301	11-12 200 Free Relay	302	
	303	13-14 200 Free Relay	304	
	305	Open 200 Free Relay	306	
	307	11-12 100 Breast	308	
	309	13-14 200 Breast	310	
	311	Open 200 Breast	312	
	313	11-12 100 Free	314	
	315	13-14 100 Free	316	
	317	Open 100 Free	318	
	319	11-12 50 Fly	320	
	321	13-14 100 Fly	322	
	323	Open 100 Fly	324	
	325	11-12 100 Back	326	
	327	13-14 200 Back	328	
	329	Open 200 Back	330	
	331	11-12 100 IM	332	
	333	13-14 200 IM	334	
	335	Open 200 IM	336	
	337	11-12 25 Free	338	
	339	13-14 25 Free	340	
	341	Open 25 Free	342	

All events above will be seeded slowest to fastest.

Sunday, November 22

TIMED FINALS – not before 12:00pm Warm Up / not before 1:00pm Meet Start

WOMEN	#	Event	#	MEN
	351	8&Under 100 Free Relay	352	
	353	10&Under 200 Free Relay	354	
	355	8&Under 50 Breast	356	
	357	10&Under 100 Breast	358	
	359	8&Under 25 Free	360	
	361	10&Under 50 Free	362	
	363	8&Under 25 Fly	364	
	365	10&Under 50 Fly	366	
	367	8&Under 50 Back	368	
	369	10&Under 100 Back	370	
	371	8&Under 100 IM	372	
	373	10&Under 100 IM	374	

All events above will be seeded slowest to fastest.