

RAFC Summer Solstice Invitational

June 12-15, 2025

Hosted by the Rosen Aquatic & Fitness Center

Sanctioned By:

Florida Swimming of USA Swimming Sanction # **FL-7045**

"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."

Conditions of Sanction:

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. 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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.

Operation of a drone, or any other flying apparatus, 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 USA-S Vice President of Program Operations.

All applicable 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.

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/Finals competition for 13-14 (top 16) & Open (top 24) swimmers with no qualifying times.

-Timed Finals competition for all 10&Unders and 11-12 swimmers with no qualifying times.

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

Dates & Times:

-Thursday, June 12 (all ages - **Timed Finals**):

4:00pm Warm Up / 5:30pm Meet Start

-Friday & Saturday, June 13-14 (13-14 and Open - **Prelims**):

7:00am Warm Up / 8:30am Meet Start

-Sunday, June 15 (13-14 and Open - **Timed Finals**):

7:00am Warm Up / 8:30am Meet Start

-Friday through Sunday, June 13-15 (10&Unders and 11-12 - **Timed Finals**):

Not before 12:00pm Warm Up / Not before 1:00pm Meet Start

-Friday & Saturday, June 13-14 (13-14 and Open - **Finals**):

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

Rules:

Current USA Swimming Technical Rules will govern the meet.

Eligibility:

All currently registered USA Swimming athletes 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 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. Entries will be taken on a first come first serve basis until 600 swimmers has been reached. The 400 events *may* be limited to the top forty-eight (48) seeded swimmers per gender.

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 upon request.

Entry Deadline:

Entries must be received via Hy-Tek file only and no later than 11:59pm EST on Thursday, June 5, 2025. Time updates will be accepted until 11:59pm on Monday, June 9, 2025. Entry file and time updates should be submitted to RAFCentries@gmail.com. Late entries and deck entries will not be accepted.

Seeding / Positive Check In:

Non-conforming times will be seeded after long course meter times. Seeding will be long course meters, followed by short course meter, followed by short course yards.

PRELIMS & TIMED FINALS - All events will be seeded slowest to fastest except for 13-14 and Open distance events, (400 Free, 400 IM and 1500 Free), which will be seeded fastest to slowest.

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

POSITIVE CHECK IN – The 1500 Free & 200 Mixed Medley Relay will have positive check in on pool deck and will close at 4:30pm on Thursday, June 12. Emails and texts will NOT be accepted for positive check.

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 1500 Free must provide their own counter AND lane timer.

Mixed Relays:

All relays must consist of two male swimmers and two female swimmers in any combination.

Scoring/Awards:

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

Coaches Meeting:

A coaches meeting may be held in the hospitality room on Friday, June 13 at 7:30am 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	Karen Davidson
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 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 current 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 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. We appreciate your help and understanding with this policy. **Outside chairs are not allowed inside the facility for spectators.**

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

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:

Concession will be available on site from Chick-Fil-A for breakfast and lunch on Friday and Saturday ONLY.

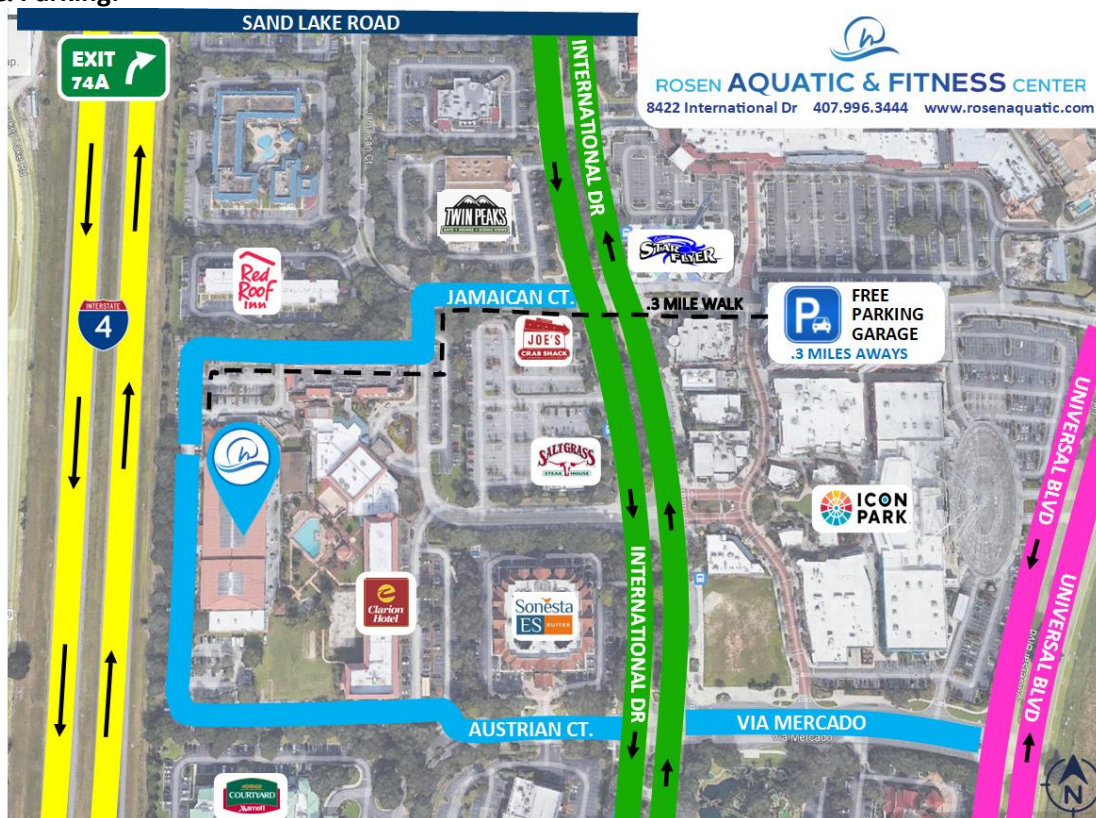
Warm Up:

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.

Map & Parking:



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

Questions:

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

Order of Events:

Thursday, June 12

TIMED FINALS – 4:00pm Warm Up / 5:30pm Meet Start

WOMEN	#	Event	#	MEN
	101	13&Over MIXED 200 Medley Relay		
	102	12&Under MIXED 200 Medley Relay		
		5 MINUTE BREAK		
	103	Open 1500 Free	104	

All events above will be positive check-in (on pool deck only), seeded fastest to slowest and swum as timed finals. The 1500 Free will also alternate gender starting with the women.

Friday, June 13

PRELIMS – 7:00am Warm Up / 8:30am Meet Start

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

WOMEN	#	Event	#	MEN
	201	Open 400 Free Relay*	202	
		5 MINUTE BREAK*		
	203	13-14 100 Fly	204	
	205	Open 100 Fly	206	
	207	13-14 200 Free	208	
	209	Open 200 Free	210	
	211	13-14 50 Breast	212	
	213	Open 50 Breast	214	
	215	13-14 100 Back	216	
	217	Open 100 Back	218	
	219	13&Over 400 IM	220	

All events above will be seeded slowest to fastest in Prelims EXCEPT the 400 IM, which will be seeded fastest to slowest. *The 400 Free Relay will be timed finals in the evening Finals session.

Friday, June 13

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

WOMEN	#	Event	#	MEN
	251	12&Under 200 Free Relay	252	
		5 MINUTE BREAK		
	253	10&Under 50 Fly	254	
	255	11-12 50 Fly	256	
	257	10&Under 200 Free	258	
	259	11-12 200 Free	260	
	261	10&Under 50 Back	262	
	263	11-12 50 Back	264	
	265	12&Under 400 IM	266	

All events above will be seeded slowest to fastest and swum as timed finals.

Saturday, June 14

PRELIMS – 7:00am Warm Up / 8:30am Meet Start

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

WOMEN	#	Event	#	MEN
	301	Open 400 Medley Relay*	302	
		5 MINUTE BREAK*		
	303	13-14 50 Free	304	
	305	Open 50 Free	306	
	307	13-14 100 Breast	308	
	309	Open 100 Breast	310	
	311	13-14 200 Back	312	
	313	Open 200 Back	314	
	315	13-14 50 Fly	316	
	317	Open 50 Fly	318	
	319	13&Over 400 Free	320	

All events above will be seeded slowest to fastest in Prelims EXCEPT the 400 Free, which will be seeded fastest to slowest. *The 400 Medley Relay will be timed finals in the evening Finals session.

Saturday, June 14

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

WOMEN	#	Event	#	MEN
	351	12&Under 200 Medley Relay	352	
		5 MINUTE BREAK		
	353	10&Under 50 Free	354	
	355	11-12 50 Free	356	
	357	10&Under 50 Breast	358	
	359	11-12 50 Breast	360	
	361	10&Under 100 Back	362	
	363	11-12 100 Back	364	
	365	12&Under 400 Free	366	

All events above will be seeded slowest to fastest and swum as timed finals.

Sunday, June 16
TIMED FINALS – 7:00am Warm Up / 8:30am Meet Start

WOMEN	#	Event	#	MEN
	401	13&Over 200 Free Relay	402	
		5 MINUTE BREAK		
	403	13-14 200 IM	404	
	405	Open 200 IM	406	
	407	13-14 100 Free	408	
	409	Open 100 Free	410	
	411	13-14 200 Breast	412	
	413	Open 200 Breast	414	
	415	13-14 50 Back	416	
	417	Open 50 Back	418	
	419	13-14 200 Fly	420	
	421	Open 200 Fly	422	
		5 MINUTE BREAK		
	423	13&Over 200 Medley Relay	424	

All events above will be seeded slowest to fastest and swum as timed finals.

Sunday, June 16
TIMED FINALS – not before 12:00pm Warm Up / not before 1:00pm Meet Start

WOMEN	#	Event	#	MEN
	451	10&Under 200 IM	452	
	453	11-12 200 IM	454	
	455	10&Under 100 Free	456	
	457	11-12 100 Free	458	
	459	10&Under 100 Breast	460	
	461	11-12 100 Breast	462	
	463	10&Under 100 Fly	464	
	465	11-12 100 Fly	466	

All events above will be seeded slowest to fastest and swum as timed finals.