**­­­­­Greater Orlando Aquatics Team**

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***“Swim Your Own Age Meet”***

**May 3, 2025**

**Pool Location:** 4200 Dike Road

**Winter Park, Florida**

**Sanctioned By:** Florida Swimming of USA Swimming –

*In granting this approval 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. And Greater Orlando Aquatics Team, Lake Howell High School, Seminole County School District accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet.*

1. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement

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

3. 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.

4. 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.

5. All applicable adults (18 years and older) 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 the MAAPP policy is a condition of participation in the conduct of this competition.

**Type of Meet:** 25 Yard Course – All events are timed finals.

**Sponsored By:** Greater Orlando Aquatics Team

**Location:** Lake Howell Aquatics Center 4200 Dike Road, Winter Park, FL 32792

**Pool Specs**: 8 lane certified 25 yard course with non-turbulent lane lines. 10 Lanes warm up/down

**Pool & Timing:** Daktronics timing system and Hy-Tek Computer seeding and scoring will be used. The water depth at the competition meet starting end of the pool is 5 – 7 feet, 0 inches, turn end is 5-7 feet.

**Dates / Times**: Saturday May 3, 2025

Timed Finals 8 Lanes .

Warm-up – 8:00; Start – 9:00am.

**Medical Supervision**: Lifeguards on duty and AED device available

During warm up swimmers must enter feet first with at least one hand in contact with the pool deck except when executing a controlled racing start supervised by a coach. The referee/marshal may alter warm-up procedures to meet the needs of the swimmers. .

NOTE: Fly over starts may be used at the discretion of Meet Management.

**Eligibility**: Open to all current USA Swimming registered athletes and foreign swimmers with proper travel credentials. Entries will close upon receipt of any team's entries that put any one session at the four hour limit.

**Disability:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

**Relays:** No Relays.

**Seeding**: 25 yard times will be used. Conversions may be made using the formula in the current Florida Swimming Handbook.

**Entry Limit:** Five (5) individual events per day.

Greater Orlando Aquatics Team reserves the right to limit the entries in events 200YD if the timeline is too long. Meet Management may limit entries in the event the timeline exceeds 4 hours.

**Scratch Penalty:** No penalty for scratches on the block.

**Entry Form: Entries in a Hy-Tek meet entry export file with associated printout should be emailed to** [info@accurateswimtiming.com](mailto:info@accurateswimtiming.com) Entries not submitted electronically either through email or diskette will be charged an additional $50.00 fee. The current USA Swimming registration number must be listed on the hard copy of the meet entries or be in the Hy-Tek meet entry export file. Errors in entries submitted electronically are the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered.**

**Entry Deadline**: Tues , April 29, 2025 @ 5:00 pm. Eastern – **Late Entries may be excepted.**

Email entries to: [info@accurateswimtiming.com](mailto:info@accurateswimtiming.com)

**Entries**: **USE SHORT COURSE YARDS TIMES ONLY FOR ENTRY**

**Entry Fee:** $10 facility fee per swimmer, $5.50 per individual event. $3 Electronic Heat Sheet $2.**00** Travel Surcharge per out of LSC swimmer.

***Check payable to Greater Orlando Aquatics Team LLC***

**Electronic Heat Sheets:** Heat sheets for athletes will be emailed to coaches prior to the start of the meet. Heat Sheets will be available for download at www.goatswim.com. Heat sheets will only be provided to coaches and officials.

**Deck Entries:** Will Not be accepted at this meet.

**Officials**: ***Meet Managers:*** Rocco Aceto,

***Referee:*** Chuck Travers,,Deb Shell

**Stroke & Turn*:*** Snezana Kelley

***AO:*** *Quin Sampson* ***Starter:*** *Bob Walsh*

All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and FL Swimming for 2025 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Manager, Rocco Aceto CoachRocco@goatswim.com with your certification level and availability so he can plan accordingly.

**Rules**: Current USA Swimming Rules will govern the meet. “No Recall” starting procedures in effect. Safety rules as outlined by USA Swimming and recommended by the Referee will be in effect.

**Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

**Team Representative:** Prior to the start of the meet, the name of one person, other than the coach, who will check with the Meet Referee about any matter pertaining to the meet, may be given to the Meet Referee. The coach(es) and that person will only be recognized.

**Awards**: Individual Events: 1st – 8th Ribbons.

**High Point: 1st through 3rd receive Trophies for each age category, M & F.**

**Scoring:** Individual Events: 1st through 8th – 9,7,6,5,4,3,2,1

**Concession**: Available All Sessions

**Admissions: $10 per person. Children under 8 free**. Cash or credit card.

**Info Update**: Check the GOATSWIM web site.Time Lines and Psych Sheets will be available prior to the meet at [www.accurateswimtiming.com](http://www.accurateswimtiming.com)

**Coaches:** Rocco Aceto, Keith Yannessa, Bernie Guenther, William Balderamos, Rebecca Johnson

**Supervision:** Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. 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 Meet Referee.

**ORDER OF EVENTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event # Girls** 1 | **Event #**  **Boys** | **Age Group** | **Event** | **Codes** |
| 2 | 14 Year Olds | 50y Backstroke | T |
| 3 | 4 | 13 Year Olds | 50y Backstroke | T |
| 5 | 6 | 12 Year Olds | 50y Backstroke | T |
| 7 | 8 | 11 Year Olds | 50y Backstroke | T |
| 9 | 10 | 10 Year Olds | 50y Backstroke | T |
| 11 | 12 | 9 Year Olds | 50y Backstroke | T |
| 13 | 14 | 8 Year Olds | 25y Backstroke | T |
| 15 | 16 | 7 Year Olds | 25y Backstroke | T |
| 17 | 18 | 6 and Under | 25y Backstroke | T |
| 19 | 20 | 14 Year Olds | 50y Breaststroke | T |
| 21 | 22 | 13 Year Olds | 50y Breaststroke | T |
| 23 | 24 | 12 Year Olds | 50y Breaststroke | T |
| 25 | 26 | 11 Year Olds | 50y Breaststroke | T |
| 27 | 28 | 10 Year Olds | 50y Breaststroke | T |
| 29 | 30 | 9 Year Olds | 50y Breaststroke | T |
| 31 | 32 | 8 Year Olds | 25y Breaststroke | T |
| 33 | 34 | 7 Year Olds | 25y Breaststroke | T |
| 35 | 36 | 6 and Under | 25y Breaststroke | T |
| 37 | 38 | 14 Year Olds | 50y Butterfly | T |
| 39 | 40 | 13 Year Olds | 50y Butterfly | T |
| 41 | 42 | 12 Year Olds | 50y Butterfly | T |
| 43 | 44 | 11 Year Olds | 50y Butterfly | T |
| 45 | 46 | 10 Year Olds | 50y Butterfly | T |
| 47 | 48 | 9 Year Olds | 50y Butterfly | T |
| 49 | 50 | 8 Year Olds | 25y Butterfly | T |
| 51 | 52 | 7 Year Olds | 25y Butterfly | T |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event # Girls** | **Event #**  **Boys** | **Age Group** | **Event** | **Codes** |
| 53 | 54 | 6 and Under | 25y Butterfly | T |
| 55 | 56 | 14 Year Olds | 50y Freestyle | T |
| 57 | 58 | 13 Year Olds | 50y Freestyle | T |
| 59 | 60 | 12 Year Olds | 50y Freestyle | T |
| 61 | 62 | 11 Year Olds | 50y Freestyle | T |
| 63 | 64 | 10 Year Olds | 50y Freestyle | T |
| 65 | 66 | 9 Year Olds | 50y Freestyle | T |
| 67 | 68 | 8 Year Olds | 25y Freestyle | T |
| 69 | 70 | 7 Year Olds | 25y Freestyle | T |
| 71 | 72 | 6 and Under | 25y Freestyle | T |
| 73 | 74 | 14 Year Olds | 200y IM | T |
| 75 | 76 | 13 Year Olds | 200y IM | T |
| 77 | 78 | 12 Year Olds | 100y IM | T |
| 79 | 80 | 11 Year Olds | 100y IM | T |
| 81 | 82 | 10 Year Olds | 100y IM | T |
| 83 | 84 | 9 Year Olds | 100y IM | T |
| 85 | 86 | 8 Year Olds | 100y IM | T |



**GOAT SWIM**

**Alternate Coaches Form**

**May 3, 2025**

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Swimmer's Name** | **USA #** | **Team** | **Age** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**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 associated with this meet.**

***Signature***

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