

**2026 Florida Swimming  
Spring Age Group Championships  
March 5-8, 2026**

**North: Florida Aquatics Swimming & Training, Ocala, FL  
South: Sarasota Tsunami Swim Team, Orlando, FL**

**COACH MEETING:** NORTH - TUESDAY, 3/3 @ 7PM VIA ZOOM  
SOUTH - TUESDAY, 3/3 @ 8PM VIA ZOOM

**Sanction:** Held under the sanction of USA Swimming through Florida Swimming: #FL-7258-N/7258-S

It is understood and agreed that USA Swimming, Florida Swimming, Florida Aquatics Swimming & Training club, and the Sarasota Tsunami 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.

**Hosted By:** North: FAST Falcons South: Sarasota Tsunami Swim Team

**Location:** Florida Aquatics Swimming & Training  
4635 SW 67th Ave Road  
Ocala, FL 34476 Rosen Aquatic & Fitness Center  
8422 International Drive  
Orlando, FL 32819

**Type of Meet:** 25yd Short Course  
10 & U Timed Finals  
11-12, 13-14 Prelims, and Championship Finals. The top 16 qualifiers advance to Finals (A & B Finals)

**Date & Time:** Thursday, March 5  
13-14 & 11-12 Timed Finals 4:30PM

Friday, March 6 - Saturday, March 7  
13-14 & 11-12 Prelims, 10&Under Timed Finals 8:30a  
11-12 & 13-14 Finals 5:00p

Sunday, March 8  
13-14 & 11-12 Prelims, 10&Under Timed Finals 8:30a  
11-12 & 13-14 Finals 4:30p

\*Finals start time may be adjusted at the discretion of the meet management based on inclement weather and/or timelines.

<b>Identification:</b>	Coaches and Officials shall wear their 2026 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2026 USA-S coach membership on the USA Swimming app. USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshalls, officials and meet personnel. Credential tags must be presented to enter the pool deck area.
<b>Deck Passes:</b>	Deck passes for team coaches with current USA Swimming coaching credentials will be available based on the following formula:
	<p>1 Swimmer - 1 deck pass      2-7 Swimmers - 2 deck passes      8-15 Swimmers - 3 deck passes      16-23 Swimmers - 5 deck passes      24- 32 Swimmers - 6 deck passes      Over 32 Swimmers - 7 deck passes</p>
	Deck passes for coaches must be entered through OME prior to checking out. There is no option for "on deck request" of deck passes. <b>Teams may purchase extra deck passes for \$100.</b>
<b>Pool Specifications:</b>	<p><b>North:</b>      Certified 25 yard, 8-10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm ups and warm downs.      Water depth at starting end is 9'10"</p> <p><b>South:</b>      Certified 25 yard, One 8 lane pool with continuous 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-yard diving well with non-turbulent lane lines for warm-up/warm-down.</p>
<b>Medical:</b>	Lifeguards on duty at all times with AED on site.
<b>Timing Equipment:</b>	North: Colorado Timing System Gen 7 Timing with scoreboard. Manual backup. South: Colorado Automatic Timing Equipment and full video display scoreboard. Pool certification is on file with USA Swimming/Florida Swimming
<b>Warm-up:</b>	Prelims, Timed Finals, and Finals 1 Hour 30 minutes as determined by meet management.
<b>Eligibility:</b>	<p>All current Florida Swimming athletes who have been registered with the LSC for 60 days prior to the first day of the Florida Age Group Championship Meet, and who have achieved the current Age Group Championship time standards as listed, from March 6, 2025 through the entry deadline, may participate in the Florida Swimming Age Group Championships. On deck registration with USA/Florida Swimming will not be allowed.</p> <p>Former FL swimmers who are not registered/ re-registered by the 60 day point prior to the Age Group Championship Meet are eligible provided they did not register for any other team outside the LSC during the 60 days prior to the Age Group Championship Meet. They must be re-registered prior to the entry deadline for FLAGS.</p> <p>In order to accommodate swimmers who transfer into the Florida LSC within the 60 day window, transfer swimmers may apply for an exemption of the 60 day rule provided they petition the Age Group Chairman and provide proof of permanent residence within LSC boundaries by the athlete and their parent/guardian. Proof of residence requires copies of all of the following documents:</p> <ol style="list-style-type: none"> <li>1. Florida Driver's License</li> <li>2. Florida Vehicle registration</li> <li>3. Notarized statement from the parent/guardian as to the reason for transfer</li> </ol> <p>Petitions must be submitted to Vanessa Brewer no later than two weeks prior to the entry deadline (February 16, 2026) for the Age Group Championship Meet. The petitioner will be notified of the decision no less than one week prior (by February 23, 2026) to the entry deadline for the meet.</p>

**Disability Swimming:**

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 the included qualifying times for this meet. Entries for swimmers with disabilities should be submitted via OME, with an e-mail to:

Email: [admin@floridaswimming.org](mailto:admin@floridaswimming.org) PRIOR to submission.

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:**

Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". In order to enter an A Relay, teams must have 2 individual qualifiers **compete on the relay** in that age and gender. In order to enter a B Relay, teams must have 6 individual qualifiers. The B relay must have 2 individual qualifiers **compete on the relay** in that age and gender. No relay may compete with more than 2 relay only swimmers. Over-entries will be automatically dropped when the limit is met for the meet and/or day. There are no time standards for relays in the Short Course Spring meet. Do not enter NT.

Over-entries will be automatically dropped when the limit is met for the meet and/or day. No conversions of times are acceptable.

**Bonus Events:**

The "Bonus Event" rule will be in effect for this meet. The formula is as follows:

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	1
4 or more	0

Swimmers qualified in one or more events may swim up to two (2) bonus events of distances up to and including 200's during the course of the meet, subject to the meet rules on limitations on number of swims. There are no Bonus swim time standards. Bonus swims must be entered with a time, "NT" will not be accepted.

**Distance:**

Swimmers may swim the 1000 free if they have the 1650 cut or they may swim the 1650 if they have the 1000 cut.

1000 free will be swum fast to slow.

**\*\*The fastest heat of girls and fastest heat of boys 1650 Free will swim at the start of the Sunday Finals session (4:30 p.m.). All remaining heats will swim after the conclusion of the Sunday Prelims session following a 10 minute break. Seeding will be fast to slow, alternating heats of girls/boys.\*\***

**Proof of Times:**

Times achieved between March 6, 2025 and the entry deadline for swimmers listed in the USA-S National Times Database with qualifying times will be permitted to swim individual events. Swimmers with qualifying times who are not listed in this database, including but not limited to Block Party meets, must provide proof of time with their OME Age Group Championship entry, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times. The swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time. No conversions of times are acceptable for entries. All individual entered times must be provable, and be faster than or equal to the qualifying time. Override times that cannot be proven by the Entry Coordinator during the entry process will be seeded in the meet, however, will not be allowed to compete unless time is proven with the Meet Referee at least 1 hour prior to that event's session beginning.

**Positive Check-In:**

Event #	Event	Check-In Time	Check-In Date
1-2	13-14 200 Free Relay	3:30p	Thursday March 5 <sup>th</sup>
3-4	11-12 200 Free Relay	3:30p	Thursday March 5 <sup>th</sup>
5-6	13-14 1000 Free	3:30p	Thursday March 5 <sup>th</sup>
7-8	11-12 1000 Free	3:30p	Thursday March 5 <sup>th</sup>
9-10	13-14 400 Medley Relay	3:30p	Thursday, March 5 <sup>th</sup>
11-12	11-12 400 Medley Relay	3:30p	Thursday, March 5 <sup>th</sup>

**Scratch Deadline:**

35-36	13-14 400 IM	6:00p	Thursday, March 5th
41-42	13-14 800 Free Relay	6:00p	Thursday, March 5th
43-44	10&U 200 Medley Relay	6:00p	Friday, March 6 <sup>th</sup>
69-70	11-12 500 Free	6:00p	Friday, March 6 <sup>th</sup>
71-72	13-14 500 Free	6:00p	Friday, March 6 <sup>th</sup>
73-74	10&U 500 Free	6:00p	Friday March 6 <sup>th</sup>
75-76	11-12 200 Medley Relay	6:00p	Friday March 6 <sup>th</sup>
77-78	13-14 200 Medley Relay	6:00p	Friday, March 6 <sup>th</sup>
79-80	10&Under 200 Free Relay	6:00p	Friday, March 6 <sup>th</sup>
107-108	11-12 400 Free Relay	6:00p	Saturday, March 7 <sup>th</sup>
109-110	13-14 400 Free Relay	6:00p	Saturday, March 7 <sup>th</sup>
111-112	13-14 1650 Free	6:00p	Saturday March 7 <sup>th</sup>

**Fines:**

**Clubs with swimmers that fail to swim in Finals on Sunday night without Scratching will incur a \$100 club fine per event.**

**Scratch Penalty:**

Preliminary and Timed Final events:

No penalty for scratching on the blocks in prelims with the exception of individual positive check-in deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the Admin Ref, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

1. Any swimmer who competes in a preliminary heat and qualifies as one of the original 16 finalists must swim in that final's event or must notify the Admin Ref that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers.
2. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.
3. Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.
4. A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Deck Registration:**

Deck Registration will not be permitted.

**Deck Entry:**

Deck Entries will not be permitted.

**Entry Fee:**

\$15.00 per individual event  
\$20.00 per relay  
\$20.00 facility fee per swimmer  
\$1.00 per swimmer LSC Swimmer Support.  
\$3.00 per swimmer Online Heat Sheet Fee  
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

OME is set up with zero entry fee charges to allow all teams to pay by check.

<b>Checks payable to:</b>	North: FAST Falcons	South: Sarasota Tsunami SwimTeam		
<b>Mailing Address:</b>	Florida Aquatics Swimming & Training Attn: Kevin Milak 4635 SW 67th Ave Road Ocala, FL 34474	5123 Kestral Park Place Sarasota, FL 34231		
<b>Entries:</b>	<b>ENTRY PROCEDURES - READ CAREFULLY</b>			
<ol style="list-style-type: none"> <li>1. <b>On-Line Meet Entry (OME)</b> - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) accessed through SWIMS. Coach members must be assigned Club OME Access as a staff role to access OME for the club. <b>Paper or Fax entries will not be accepted.</b></li> </ol> <p style="text-align: center;"><b>OME OPENS: 10:00 AM EST Monday – February 2, 2026</b>  <b>OME CLOSES: 10:00 AM EST Monday – March 2, 2026</b></p> <ol style="list-style-type: none"> <li>2. Psych sheet will be published on Monday, March 2<sup>nd</sup>.</li> <li>3. <b>LATE ENTRY OPENS</b> – after Psych sheet is published – for 24 hours. Late Entry is for <b>A MISSED ATHLETE OR ADDING AN EVENT.</b>  <b>Late Entry fee will be \$100 per athlete + the entry fee and athlete/facility surcharge.</b>  Entry must be sent to: <a href="mailto:fome.entries@gmail.com">fome.entries@gmail.com</a></li> </ol>				
<b>Seeding:</b> Non-conforming times will be seeded after long course meter qualifying times. Seeding is as follows: 1. Short Course Yards 2. Long Course Meters 3. Short Course Meters <i>All events will be seeded and swum in the preliminaries slowest heats to fastest heats, unless otherwise noted in this meet letter. All 10 &amp; Unders will be swum slowest heats to fastest heats.</i> <i>All evening Finals events will be swum championship heat followed by consolation heat.</i>				
<b>Officials:</b> North Meet Referee: Roger Deary Admin Referee: Kevin Milak Chief Judge: TBD South Meet Referee: Don George Admin Referee: Nathan Dean Chief Judge: TBD				
<b>National Officials Certification:</b> This meet is seeking designation as an Officials' Qualifying Meet for N2 and N3 certification from USA Swimming. Any questions can be directed to Gary Sanderson.				
<b>Scoring:</b> Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay: 40-34-32-30-27-26-24-22-17-14-12-10-7-6-4-2				
<b>Awards:</b> Team: High Point 1st - 3 <sup>rd</sup> Individual: High Point Award for each age group and gender 1-3 Medals, 4-8 Ribbons Relays: 1-3 Medals, 4-8 Ribbons				
<b>Team Representative:</b> Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.				
<b>Camera Zones:</b> 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.				

**For Information:** FL Age Group Chair: John Bruenning ([JBruenning@Sarasotasharks.org](mailto:JBruenning@Sarasotasharks.org))  
FL Swimming Office: Vanessa Brewer, (352)242-5145 or [vanessa.brewer@floridaswimming.org](mailto:vanessa.brewer@floridaswimming.org)

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

**Spectator Fees:** \$10 per day or \$25 for the meet  
Children 12 years and younger attending the meet as non-swimmers will be FREE.  
Ticketing link & volunteer signup will be posted on the event landing page

**Media:** Media Credential requests must be submitted at least 7 days prior to the start of the event (link [HERE](#)) and must meet the Florida Swimming Media Credential Policy (posted on FL website).

## Order of Events

\*\*Breaks may be added at the discretion of the Meet Referee\*\*

Thursday 3/5/26		Friday 3/6/26		Saturday 3/7/26		Sunday 3/8/26	
		Prelims - 8:30a Start		Prelims - 8:30a Start		Prelims - 8:30a Start	
#	Event	#	Event	#	Event	#	Event
		13-14	13-14 200 Free	43-44	10&U 200 Med Relay	79-80	10&U 200 Free Relay
		15-16	11-12 200 Free	45-46	11-12 100 Free	81-82	13-14 50 Back
		17-18	10&U 200 Free	47-48	13-14 100 Free	83-84	11-12 50 Back
		19-20	13-14 200 Breast	49-50	10&U 100 Free	85-86	10&U 50 Back
		21-22	11-12 200 Breast	51-52	11-12 200 IM	87-88	13-14 100 Breast
		23-24	10&U 50 Fly	53-54	13-14 200 IM	89-90	11-12 100 Breast
		25-26	13-14 50 Fly	55-56	10&U 200 IM	91-92	10&U 100 Breast
		27-28	11-12 50 Fly	57-58	11-12 50 Breast	93-94	13-14 200 Fly
		29-30	13-14 100 Back	59-60	13-14 50 Breast	95-96	11-12 200 Fly
		31-32	11-12 100 Back	61-62	10&U 50 Breast	97-98	10&U 50 Free
		33-34	10&U 100 Back	63-64	11-12 100 Fly	99-100	13-14 50 Free
		35-36	13-14 400 IM	65-66	13-14 100 Fly	101-102	11-12 50 Free
		37-38	11-12 100 IM	67-68	10&U 100 Fly	103-104	13-14 200 Back
		39-40	10&U 100 IM	69-70	11-12 500 Free	105-106	11-12 200 Back
				71-72	13-14 500 Free	107-108	13-14 400 Free Relay
				73-74	10&U 500 Free	109-110	11-12 400 Free Relay
						111-112	13-14 1650 Free
Timed Finals - 4:30p Start		Finals- 5:00p Start		Finals- 5:00p Start		Finals - 4:30p Start	
#	Event						
1-2	13-14 200 Free Relay	13-14	13-14 200 Free	45-46	11-12 100 Free	111-112	13-14 1650 Free
3-4	11-12 200 Free Relay	15-16	11-12 200 Free	47-48	13-14 100 Free	81-82	13-14 50 Back
5-6	13-14 1000 Free	19-20	13-14 200 Breast	51-52	11-12 200 IM	83-84	11-12 50 Back
7-8	11-12 1000 Free	25-26	13-14 50 Fly	53-54	13-14 200 IM	87-88	13-14 100 Breast
9-10	13-14 400 Med Relay	27-28	11-12 50 Fly	57-58	11-12 50 Breast	89-90	11-12 100 Breast
11-12	11-12 400 Med Relay	29-30	13-14 100 Back	59-60	13-14 50 Breast	93-94	13-14 200 Fly
		31-32	11-12 100 Back	63-64	11-12 100 Fly	99-100	13-14 50 Free
		35-36	13-14 400 IM	65-66	13-14 100 Fly	101-102	11-12 50 Free
		37-38	11-12 100 IM	69-70	11-12 500 Free	103-104	13-14 200 Back
		41-42	13-14 800 Free Relay	71-72	13-14 500 Free		
				75-76	11-12 200 Med Relay		
				77-78	13-14 200 Med Relay		

Notes:

1. 11-12's 200's of stroke are timed final AM only
2. 11-12's 500 Free is Timed Final with the top 16 seeds automatically swimming at night. Everyone else is TF in the AM
3. All 11-14 Relays Thu/Fri/Sat swim at night. No relays Sunday night.
4. The fastest heat of girls and fastest heat of boys 1650 Free will swim at the start of the Sunday Finals session. All remaining heats will swim after the conclusion of the Sunday Prelims session following a 10 minute break. Seeding will be fast to slow, alternating heats of girls/boys.\*\*

## 2026 Florida Swimming Age Group Championships - Time Standards

GIRLS			10 & Under	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
35.89	<b>36.19</b>	32.99	<b>50 Free</b>	32.99	<b>36.19</b>	35.89
1:19.99	1:20.69	1:12.39	<b>100 Free</b>	1:12.39	1:20.69	1:19.99
2:51.09	2:54.19	2:35.99	<b>200 Free</b>	2:35.99	2:54.19	2:51.09
5:54.99	6:02.69	6:41.79	<b>500/400 Free</b>	6:41.79	6:02.69	5:54.99
42.99	43.79	38.39	<b>50 Back</b>	38.39	43.79	42.99
1:32.69	<b>1:35.99</b>	1:24.09	<b>100 Back</b>	1:24.09	<b>1:35.99</b>	1:32.69
48.89	49.89	43.79	<b>50 Breast</b>	43.79	49.89	48.89
1:46.49	1:49.59	1:37.99	<b>100 Breast</b>	1:37.99	1:49.59	1:46.49
40.99	41.79	37.99	<b>50 Fly</b>	37.99	41.79	40.99
1:36.99	1:38.79	1:27.19	<b>100 Fly</b>	1:27.19	1:38.79	1:36.99
1:32.09	XX	1:24.99	<b>100 IM</b>	1:24.99	XX	1:32.09
3:14.09	3:21.69	2:58.99	<b>200 IM</b>	2:58.99	3:21.69	3:14.09

GIRLS			11 - 12	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
30.69	31.59	28.19	<b>50 Free</b>	28.29	<b>31.59</b>	30.99
1:06.59	1:08.89	1:00.99	<b>100 Free</b>	1:00.99	1:08.99	1:07.99
2:25.39	2:28.39	2:12.99	<b>200 Free</b>	2:14.69	2:27.99	2:26.19
5:03.09	5:09.99	5:50.19	<b>500/400 Free</b>	5:57.09	<b>5:11.99</b>	5:07.89
10:39.49	<b>10:59.99</b>	12:06.99	<b>1,000/800 Free</b>	12:19.99	<b>10:59.99</b>	10:49.39
36.59	37.29	32.99	<b>50 Back</b>	33.49	37.49	36.79
1:19.09	1:21.09	1:10.79	<b>100 Back</b>	1:11.89	1:21.49	1:19.99
**	**	**	<b>200 Back</b>	**	**	**
41.39	42.09	37.19	<b>50 Breast</b>	38.09	42.89	42.09
1:30.29	1:32.19	1:20.79	<b>100 Breast</b>	1:22.09	1:33.49	1:29.19
**	**	**	<b>200 Breast</b>	**	**	**
34.09	34.29	31.09	<b>50 Fly</b>	31.99	35.09	34.39
1:18.19	1:18.99	1:10.99	<b>100 Fly</b>	1:11.69	1:20.99	1:19.09
**	**	**	<b>200 Fly</b>	**	**	**
1:18.99	XX	1:10.99	<b>100 IM</b>	<b>1:11.49</b>	XX	1:19.49
2:49.19	2:52.69	2:32.99	<b>200 IM</b>	<b>2:34.69</b>	2:54.29	2:51.09
---	2:08.99	<b>4:53.39</b>	<b>200 FR Relay %</b>	<b>4:53.39</b>	2:08.99	---
---	4:40.99	<b>4:09.39</b>	<b>400 FR Relay %</b>	<b>4:09.39</b>	4:40.99	---
---	2:27.99	<b>2:12.39</b>	<b>200 Medley Relay %</b>	<b>2:12.39</b>	2:27.99	---
---	5:27.99	<b>4:56.39</b>	<b>400 Medley Relay %</b>	<b>4:56.39</b>	5:27.99	---

\*\* Must have the corresponding 100 time standard to swim this event.

GIRLS			13-14	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
28.49	29.09	25.49	<b>50 Free</b>	24.39	28.29	27.69
1:03.09	1:03.79	56.79	<b>100 Free</b>	54.09	<b>1:01.09</b>	1:00.79
2:16.49	2:18.39	2:02.39	<b>200 Free</b>	1:57.59	2:13.79	2:11.49
4:46.09	4:51.29	5:28.29	<b>500/400 Free</b>	5:14.29	4:41.19	4:36.69
9:55.09	<b>9:58.99</b>	11:20.99	<b>1,000/800 Free #</b>	10:59.99	<b>9:45.99</b>	9:40.59
19:02.69	19:39.99	18:59.99	<b>1,650/1,500 Free #</b>	18:29.99	<b>18:59.99</b>	18:30.89
33.09	33.89	29.99	<b>50 Back</b>	28.59	31.99	31.29
1:11.19	1:13.59	1:04.39	<b>100 Back</b>	1:01.99	1:10.99	1:09.49
2:34.79	2:38.49	2:18.79	<b>200 Back</b>	2:16.99	2:35.99	2:32.59
36.49	<b>37.69</b>	33.39	<b>50 Breast</b>	31.19	34.79	34.09
1:23.19	1:25.49	1:14.19	<b>100 Breast</b>	1:12.09	1:21.29	1:19.89
2:59.29	3:02.99	2:40.99	<b>200 Breast</b>	2:35.29	<b>2:56.49</b>	2:53.69
30.79	31.49	28.09	<b>50 Fly</b>	26.09	29.49	28.79
1:10.29	1:11.59	1:03.29	<b>100 Fly</b>	1:00.99	1:08.29	1:06.19
2:40.39	2:44.89	2:23.39	<b>200 Fly</b>	2:20.29	2:39.99	2:36.49
2:33.29	2:38.99	2:20.19	<b>200 IM</b>	2:15.99	2:36.99	2:29.99
5:29.09	5:38.99	4:58.69	<b>400 IM</b>	4:51.99	<b>5:28.99</b>	5:21.59
---	2:00.99	<b>4:45.39</b>	<b>200 FR Relay %</b>	<b>4:40.39</b>	4:55.99	---
---	4:18.99	<b>3:47.39</b>	<b>400 FR Relay %</b>	<b>3:39.39</b>	4:10.99	---
---	9:28.99	<b>8:26.39</b>	<b>800 FR Relay %</b>	<b>8:06.39</b>	9:08.99	---
---	2:15.99	<b>2:00.39</b>	<b>200 Medley Relay %</b>	<b>1:51.39</b>	2:06.99	---
---	4:58.99	<b>4:27.39</b>	<b>400 Medley Relay %</b>	<b>4:18.39</b>	4:49.99	---

# - 800/1000 Free qualifiers may swim the 1500/1650, 1500/1650 qualifiers may swim the 800/1000 Free.

% - There are no time standards for relays for the Short Course Spring meet. Do not enter NT. For the Summer Long Course FLAGs meet, "A" relays must meet the qualifying time standard with a provable time or aggregate (add-up).

## FLAGS SITE ASSIGNMENTS

NORTH	SOUTH
ATAC	Area Tallahassee Aquatic Club
BD	Blue Dolpins
BSS	Bolles School Sharks
CCST	Celebration Cyclones Swim Team
CS	Club Seminole
CST	Columbia Swim Team
EAJ	Episcopal AmberJax
FAST	Fast Falcons
FFST	Flagler Fluid Swim Team
FSLA	Fast Lane Aquatics
GOAT	Greater Orlando Aquatic Team
GSC	Gator Swim Club
HAWKS	Saint Cloud Aquatic Team
HCTY	Haines City Tritons
HIGH	Highlander Aquatic Club
HSC	Hydro4 Swimming
ISC	Isle Swim Club
KSA	Kissimmee Swim Association
LAKR	Laker Swim
LASR	Leesburg Aquatics Lasers
MAKO	Makos Aquatics Club of Gainesville
MVAC	Montverde Aquatic Club
NBT	Nocatee Bluetide Swim Team
NFS	North Florida Swimming, Inc.
PA	Patriot Aquatics
QUIC	Beaches Quicksilver
SA	Seminole Aquatics
SAST	Saint Augustine Swim Team
SC	Stone Crabs Swim Team
SJAC	Sporting Jax Aquatic Club
SLAC	South Lake Aquatics Club
SPAC	Spartan Aquatics
SRA	SwimRise Aquatics
SST	Schich Swim Team
STAR	Southwest Stars Swim Club
STTB	St. Cloud Thunderbolts Aquatics
TPA	Trinity Prep Aquatics
TTS	Titan Swim Team
USC	United Swim Club
WOJ	Wahoo's of Jax
WVKW	West Volusia Swim Club, Inc.
YCF	YMCA of Central Florida
YFFC	YMCA of Florida's First Coast
	AAC
	ABST
	BERK
	BMAC
	BRSC
	BW
	CAT
	CCS
	CVST
	FE
	GCST
	GTSA
	HHST
	HSA
	HURR
	LRSA
	MELB
	NRG
	OSC
	PBS
	PIA
	PS
	PYP
	RAD
	RATS
	RSC
	SCST
	SDA
	SEA
	SPA
	SRQ
	STA
	SWIM
	SYS
	T2
	TBAC
	TBAY
	TCA
	TCSC
	TEAM
	TIDE
	TMSC
	TSS
	TST
	TYS
	WCA
	WFLA
	Academy Aquatic Club
	Apollo Beach Swim Team
	Berkeley Aquatics
	Blue Marlins Aquatic Club
	Brevard Swim Club
	Blue Wave Swimming
	Clearwater Aquatic Team
	Charlotte County Swimming
	Carrollwood Village Swim Team
	Florida Elite Swimming
	Gulf Coast Swim Team
	Greater Tampa Swim Association
	Highland Hurricanes Swim Team
	Hardee Swim Association
	YMCA of Southwest Florida Hurricanes
	Lakewood Ranch Swim Association
	Swim Melbourne
	Swim Energy Aquatics
	Ohana Swim Club
	Parrish Bull Sharks Swim Team
	Pine Island Aquatics
	Pipeline Swimming
	Piranhas YMCA of the Suncoast
	Radiant Aquatics
	Indian River Aquatics
	Racers Swim Club
	Sun Coast Swim Team
	Sea Dragon Aquatics
	Saint Edwards Aquatics
	Saint Petersburg Aquatics
	Sarasota Tsunami Swim Team
	Swim Tampa Aquatics
	Swim Florida
	Sarasota Sharks
	T2 Aquatics
	Tampa Bay Aquatic Club
	Tampa Bay Aquatics
	Treasure Coast Aquatics
	Treasure Coast Swimming Conquistadores
	Tampa Elite Aquatics
	Riptide Aquatics
	TMSC - Rockets Swimming
	Torpedo Swim School
	Titusville Swim Team
	Tampa Y Swimming
	West Coast Aquatics
	West Florida Lightning Aquatic