

**2026 SPRING AREA 3 CHAMPIONSHIPS
FEBRUARY 27 & 28 MARCH 1, 2026**

HOSTED BY: SAINT PETERSBURG AQUATIC CLUB

**NO TIME ENTRIES WILL NOT BE ACCEPTED – SLOWER THAN FLAGS AND SENIOR
CHAMPS TIME STANDARDS FOR ALL AGE GROUP EVENTS. SENIOR OR OPEN EVENTS
HAVE NO RESTRICTIONS.**

SANCTION - Held under the sanction of USA Swimming through Florida Swimming: #FL-7242

It is understood and agreed that USA Swimming, Florida Swimming and Saint Petersburg Aquatic Club, 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: Outdoor, 25-yard, possible dual courses with maximum of 20 lanes
8 & Under, 10 & Under and 9-10 age groups – Timed Finals
500 Free, 400 IM, 1000 Free – Timed Finals
ALL OF FRIDAY'S EVENTS WILL BE SWUM FASTEST TO SLOWEST

Prelims: Normal Age Groups 11 & 12, 13 & 14, 15 & 16, Seniors. Finals will be conducted as Championship Finals ONLY for Top 10 qualifiers in each individual age: 11's, 12's, 13's, 14's, 15's and 16 year olds. Seniors will swim Championship finals followed by Consolation Finals.

Finals: In each event of the Finals session, the heats will be organized with the Championship Finals first and then the Consolation Finals in that order. Swimmers will be announced in the water.

ALTERNATES: Alternates wishing to swim must report to the deck referee and be standing ready to swim at the starter stand by the start of the race. The fastest swimmer from the consolation heat will be moved into finals and an alternate into consolation finals.

- DATE AND TIME:** Friday, February 27, 5:00 PM start – 3:30pm warmup – ALL EVENTS ON FRIDAY ONLY WILL BE FASTEST TO SLOWEST
Saturday & Sunday, February 28 & March 1
Morning 11 & older session, 8:00 AM start 6:30am warm-up
10 & Under Session – 35 minutes after conclusion of 11 & older morning session
Finals Saturday & Sunday- Not before 3:00 PM (TBA at coaches meeting on Friday at 4:45 PM). Warm-up start 45 minutes before finals.
- LOCATION:** North Shore Aquatic Complex
901 North Shore Drive
St. Petersburg, FL 33701
- POOL SPECS:** Certified, outdoor, 25-yard, 22 lane pool. Competition pool depth minimum of four feet at start and turn end, separate warm-up lanes. Maximum of two 10 lane courses with non-turbulent lane lines. Multiple lanes available for warm up and warm down during the meet.
- TIMING & SCORING:** Colorado Time Systems with scoreboard, back-up hand held watches and Midnight Sports Scoring
- WARM-UP:** Friday – 3:30 PM
Saturday & Sunday Morning 11 & Older – 6:30-7:45 AM
Saturday & Sunday 10 & Under – 30 minutes after the conclusion of the 11 & Older morning session (after Events 73/74 & Events 149/150)
Saturday & Sunday Finals – 45 minutes before start time
WARM-UP LANES WILL BE ASSIGNED AND POSTED
No Equipment and feet first entry except when doing a racing start off of the block.
- ELIGIBILITY:** Open to all currently registered USA swimmers in Area 3 only who have not achieved the current FLAGS or Senior Championship cuts in their age group events, no restriction for Senior Events. Any swimmer entered with a faster than the appropriate time for that event will not be allowed to swim in that event. SENIOR EVENTS HAVE NO RESTRICTIONS.
- SEEDING:** Short course, 25-yard times will be used for seeding. Conversion times and NO TIME ENTRIES are not permitted. Times will be seeded yard times first and then long course meter times.
- SCRATCHES:** No penalty for scratches on the block during prelims **WITH EXCEPTION OF DECK SEEDED EVENTS.** Any swimmer entered in an individual event that is seeded at the meet, who has checked in for that event, must swim that event unless he/she notifies the Clerk of Course before the seeding of that event has begun if he/she wishes to scratch. Failure to do so will result in his/her barred from their next individual event in which he/she is entered on that day or the next day, whichever comes first. **FINALS:** Any swimmer qualifying for a consolation final or a championship final race who fails to compete in said race shall be barred from his/her next event unless: A) The referee is notified in the event of illness or injury and accepts proof thereof, or B) A swimmer qualifying for a consolation final or championship final races based upon the results of the preliminaries notifies the Clerk of Course within 30 minutes following their last individual preliminary event. In the event of weather delays, the meet committee may suspend any or all penalties.

ENTRY LIMIT: All swimmers will be limited to three (3) individual events per day plus relays. Swimmers posting entries over the entry limit will be as entered in the first three (3) events. No limit on relay entries, but each team should designate relay "A", "B", "C", etc.

DECK ENTRIES: Deck entries will be accepted FOR SWIMMERS ALREADY IN THE MEET by the referee in timed finals or prelim events, including relays from swimmers already entered in the meet, provided that no new heats are created; that the swimmer does not exceed the permitted number of events, and the swimmer does not exceed the cut off times. A swimmer may not scratch or fail to appear in an event in order to deck enter another event. The fee is \$10.00 per individual and \$10.00 per relay event, made payable immediately. Any deck seeded entries must be approved by the referee a minimum of 45 minutes before the start of that session.

ENTRY FORMS: Entries must be submitted by Hy-Tek or Team Unify entry files and emailed to Fred Lewis at swimstpete@aol.com . Manual entries will be accepted but charged an additional \$50.00 fee.

ENTRY FEE: \$15.00 Facility Fee per swimmer
\$8.50 per Prelim/Final Event
\$5.50 per Time Final Individual Events
\$10.00 per Relay Event
\$3.00 per swimmer Heat Sheet charge

Make checks payable to: **SAINT PETERSBURG AQUATIC CLUB**
Entry fee payment is due on or before Friday, February 20, 2026 and may be mailed in advance to:
St. Petersburg Aquatics
901 North Shore Drive NE
St. Petersburg, FL 33701

ENTRY DEADLINE: All entries must be received by 6:00 PM on February, 19, 2026. NO FAX ENTRIES ACCEPTED. Email to swimstpete@aol.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 advanced notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advanced notice may limit the Host's ability to accommodate all requests.

AWARDS: Individual Events:
Senior Events Ribbons 1st – 10th
Age Group Medals 1st – 3rd
Ribbons 4th – 10th
Relay Events: Ribbons 1st – 10th

RULES: Current USA Swimming Technical Rules will govern the meet. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. The USA Swimming "no recall" start will be used as outlined in 102.12.4H.

STARTS: The "fly-over or immediate climb out start" may be used at the discretion of the head referee for any or all of the events in the meet.

- TEAM REP:** Prior to the start of the meet, each team may give the name of one other person other than the coach to the meet referee. The meet referee will recognize only the coach and the person so designated as the representative of the team. Prior to the start of the meet, all teams must present a list of current USA Swimming certified coaches attending the meet and representing their team. Unattached coaches not entering any swimmers in the meet (not the coach of record designated by the team) will not have deck access.
- Identifications:** Coaches and Officials must register with Meet Referee or their Designate. Prove current USA Swimming membership and sign the Florida Swimming Meet Sign-in sheet, receive a wrist band to be on the pool deck. Coaches can use Deck Pass as proof of membership.
- OFFICIALS:**
Head Referee – Ryan Balseiro
Admin Official – John Ware
Marshalls – Joe Novak, Kristen Nardozzi,
Meet Directors – Fred Lewis & Patty Nardozzi
- CAMERA ZONES:** Still and video photography will be allowed from the bleacher area only **EXCEPT DURING THE START OF THE 25 YARD EVENTS, NO PHOTOGRAPHY FROM BEHIND THE STARTING BLOCKS AT ANY TIME. During the start of the 25 yard events, all cell phones and cameras will be put away or the meet will stop till they are.** Cameras are not permitted on the pool deck or in the locker room areas. **THIS MEANS NO PHOTOGRAPHY FROM THE POOL DECK AT ANY TIME FOR ANY REASON.**
- DISTANCE CHECK IN:** All coaches must check in their swimmers for the 500 Freestyle by 4:00PM, the 400 IM by 4:30 PM on Friday, the 1000 Freestyle by 8:30 AM on Saturday, the 1650 by 8:30am on Sunday Swimmers missing check-in for any deck seeded event may swim in an empty lane. **NO NEW HEATS WILL BE CREATED.**

**ORDER OF EVENTS
SPRING AREA 3 CHAMPIONSHIPS**

No Time entries will not be accepted for this meet.

ALL EVENTS ON FRIDAY ONLY ARE SEEDED FASTEST TO SLOWEST

FRIDAY, FEBRUARY 27, 2026

Warm-up 3:30 PM, Timed Finals Start 5:00 PM

Event #	Age	Event
1-2	Senior	50 Butterfly
3-4	10 & Under	200 Freestyle
5-6	Senior	50 Backstroke
7-8	11-12	500 Freestyle *1
9-10	13-14	500 Freestyle *1
11-12	15-16	500 Freestyle *1
13-14	Senior	500 Freestyle *1
15-16	Senior	50 Breaststroke
17-18	10 & Under	200 IM
19-20	11-12	200 IM
21-22	13-14	400 IM *2
23-24	15-16	400 IM *2
25-26	Senior	400 IM *2

SATURDAY, FEBRUARY 28, 2026

Warm-up 6:30 AM, Prelims 8:00 AM, Finals TBA \$

Event #	Age	Event
27-28	11-12	50 Freestyle
29-30	13-14	50 Freestyle
31-32	15-16	50 Freestyle
33-34	Senior	50 Freestyle
35-36	11-12	50 Breaststroke
37-38	13-14	100 Breaststroke
39-40	15-16	100 Breaststroke
41-42	Senior	100 Breaststroke
43-44	11-12	100 Backstroke
45-46	13-14	200 Backstroke
47-48	15-16	200 Backstroke
49-50	Senior	200 Backstroke
51-52	11-12	200 Medley Relay *7
53-54	13-14	200 Medley Relay *7
55-56	Senior	200 Medley Relay *7
57-58	11-12	100 Butterfly
59-60	13-14	100 Butterfly
61-62	15-16	100 Butterfly
63-64	Senior	100 Butterfly
65-66	11-12	100 IM
67-68	13-14	200 IM
69-70	15-16	200 IM
Event #	Age	Event
71-72	Senior	200 IM
73-74	Senior	1000 Freestyle *3

SATURDAY, FEBRUARY 28, 2026**Warm-up for 30 minutes following event #68, Timed Finals**

Event #	Age	Event
75-76	9-10	25 Butterfly
77-78	8 & under	25 Freestyle
79-80	9-10	50 Freestyle
81-82	8 & under	25 Breaststroke
83-84	9-10	50 Breaststroke
85-86	8 & under	50 Backstroke
87-88	9-10	100 Backstroke
89-90	8 & under	100 Medley Relay *7
91-92	10 & under	100 Medley Relay *7
93-94	8 & under	50 Butterfly
95-96	9-10	100 Butterfly
97-98	8 & under	100 IM *6
99-100	9-10	100 IM
101-102	9-10	25 Free *4

SUNDAY, MARCH 1, 2026**Warm-up 6:30 AM, Prelims 8:00 AM, Finals TBA \$**

Event #	Age	Event
103-104	11-12	200 Freestyle
105-106	13-14	200 Freestyle
107-108	15-16	200 Freestyle
109-110	Senior	200 Freestyle
111-112	11-12	50 Backstroke
113-114	13-14	100 Backstroke
115-116	15-16	100 Backstroke
117-118	Senior	100 Backstroke
119-120	11-12	100 Breaststroke
121-122	13-14	200 Breaststroke
123-124	15-16	200 Breaststroke
125-126	Senior	200 Breaststroke
127-128	11-12	200 Free Relay *7
129-130	13-14	200 Free Relay *7
131-132	Senior	200 Free Relay *7
133-134	11-12	100 Freestyle
135-136	13-14	100 Freestyle
137-138	15-16	100 Freestyle
139-140	Senior	100 Freestyle
141-142	11-12	50 Butterfly
143-144	13-14	200 Butterfly
145-146	15-16	200 Butterfly
147-148	Senior	200 Butterfly
175-176	Senior	1650 Freestyle *3

SUNDAY, MARCH 1, 2026

Warm-up for 30 minutes following event #134, Timed Finals

Event #	Age	Event
149-150	9-10	25 Backstroke
151-152	8 & under	50 Freestyle
153-154	9-10	100 Freestyle
155-156	8 & under	50 Breaststroke
157-158	9-10	100 Breaststroke
159-160	8 & under	100 Free Relay *7
161-162	10 & under	100 Free Relay *7
163-164	8 & under	25 Backstroke
165-166	9-10	50 Backstroke
167-168	8 & under	25 Butterfly
169-170	9-10	50 Butterfly
171-172	9-10	25 Breaststroke *4
173-174	8 & under	100 Freestyle

***1** All 500 yard freestyle events will be deck seeded as one event and scored separately.

All swimmers must check in by 4:00 PM.

***2** All 400 yard IM's will be deck seeded as one event and scored separately.

All swimmers must check in by 4:30 PM.

***3** All 1000 & 1650 freestyle events will be deck seeded. All swimmers must check in by 8:30 AM on event day.

All swimmers must provide their own timer and counter. NO TIME ENTRIES WILL NOT BE ACCEPTED. PLEASE ONLY ENTER SWIMMERS THAT NEED CUTS AND SEED TIMES. MEET DIRECTOR RESERVES THE RIGHT TO LIMIT FEMALE AND MALE HEATS AT THE END OF THE MORNING SESSION AND MOVE ALL REMAINING HEATS TO AFTER THE CONCLUSION OF THE AFTERNOON SESSION, TIME PERMITTING.

***4** Not a USA Swimming recognized event.

***6** Coaches: Please use common sense when entering this event and do not enter swimmers who are not strong enough for four lengths of the pool.

***7** All relays will be seeded together (by Gender) as one event and scored separately.

\$ Exact starting time for Finals will be announced at the Coaches Meeting on Friday at 4:45 PM.