

# 2026 SAINT PETE'S 1<sup>ST</sup> LONG COURSE MEET

Hosted by: St. Petersburg Aquatics

APRIL 17, 18, 19 2026

All Events will be seeded - Fastest to Slowest

**TEAMS PROVIDING THE NAMES OF OFFICIALS THAT WILL WORK THE MEET, WILL HAVE PRIORITY ENTRY - ALL ENTRIES MUST HAVE AN ENTRY TIME - NO TIME ENTREIS WILL NOT BE ACCPETED FOR ANY EVENT - ALL EVENTS MAY HAVE LIMITED HEATS AND FLIGHTED**

**\$3.00 Heat Sheet Surcharge**

## **SANCTION**

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7281**

It is understood and agreed that USA Swimming, Florida Swimming and St. Petersburg Aquatics, 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.

On Deck Registration will not be allowed.

Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and or registered service animals must provide advance notice in writing, accompanying the entry file to the Meet Referee by the entry deadline. Failure to provide advance notice may limit the ability to accommodate all requirements.

**Sponsored by:** St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services

**Lifeguards:** **Lifeguards will be on duty at all times, AED on site**

**Type of Meet:** Age Group and Senior 50 meter long course, Timed Finals

**Date and Time:** Friday April 17, 2026 2:30pm Warm-up (11 & Older 3:00pm to 4:30pm)( 10 & Under 4:30pm to 4:50pm) 5:00pm Start  
Sat & Sun 4/18-19, 2026 - Warm-up (Senior Mixed 6:00am to 7:50am) Meet Starts at 8:00am - Warm-up for (11 & Under for 40 minutes after last event of morning session

**Location:** North Shore Pool  
901 North Shore Drive NE, St. Petersburg, FL 33701

**Pool Spec:** Certified 50 meter, outdoor pool with a maximum of 10 long course racing lanes. A depth of 4 feet at start and turn ends of the pool and non-turbulent lane lines. Constant warm down lanes available.

**Timing Equipment:** Colorado Timing System with scoreboard

**Eligibility:** Open to all USA swimming registered swimmers. Foreign Athletes with permission from their federation in writing may enter.

**Seeding:** 50-meter times will be used for seeding. Real times only - **Converted times will not be accepted**, Meet will be seeded Fastest to Slowest

**Scratches:** No penalty for scratching on the block.

**Entry Limit:** Entries will be limited to keep the meet under 4 hours. Swimmers will be limited to a maximum three (3) individual events in Friday night's session and three (3) Individual events per day on Saturday and Sunday. Swimmers posting entries over the Limit will be considered as entered in the first three (3) events Listed. NO times will not be accepted.

**Entry Form:** Entries must be in USA Swimming SDIF format, or HyTek CL2 format. Disk and email entries must be accompanied by a back-up hard copy of the entry and the Master Entry Form. Free Text email entries will not be accepted. Disk and email entries must be accompanied by a back up hard copy of the entry. List all attending coaches, contact phone numbers, and relay only swimmers in the body of the email. The legal name and current USA Swim number must be listed.

**Entry Fee:** Individual events: \$5.50  
Facility Charge \$10.00 per swimmer **TEAMS MUST PAY WITH A SINGLE CHECK, BEFORE THE MEET STARTS. AN INDIVIDUAL SWIMMER'S CHECK WILL NOT BE ACCEPTED.**  
**\$3.00 PER SWIMMER HEAT SHEET SURCHARGE**  
**\$2.00 per swimmer out of LSC surcharge**

**Deck Entry:** Deck entries (from swimmers already in the meet) will be accepted to fill heats only. No new heats will be created. Each deck entry will cost \$10.00.

All deck entries must be accepted by the Administrative Referee and assigned a Lane 45 minutes before the start of the session. A swimmer may not drop an event to deck enter another event, and the entry limit of 3 events remains.

**Entry Deadline:** All entries must be submitted by **Wednesday, April 8, 2026.**

**Psych sheet will be posted on [www.midnightsports.com](http://www.midnightsports.com) .**

Enclose checks and make payable to **St. Petersburg Aquatics.**

Please send **Express Mail Overnight** to:

Fred Lewis, St. Petersburg Aquatics, North Shore Pool

901 North Shore Drive, NE

St. Petersburg, FL 33701

**Awards:** Ribbons (1-10) for 11 and under Mixed events. No award for 12 & older and Senior Events.

**Rules:** Current USA Swimming Technical rules will govern. 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. Fly over starts may be used at the referee's discretion.

**Team Representative:** 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 must be given to the referee. The coach and only that person will be recognized.

**Identification:** **Coaches and Officials must check in with Meet Referee or his designate, prove USA Swimming Current membership, sign the Florida Swimming Meet Sign-in sheet and receive a wrist band to be on the pool deck. Coaches can use Deck Pass to prove membership.**

**Warm-Up Schedule:** Teams will have assigned lanes for warm-up.

**\*\*\*Except for racing start, swimmers must enter the pool feet first with one hand Touching the deck of the pool\*\*\***

### **NO EQUIPMENT ALLOWED IN THE POOL AT ANY TIME**

**Officials:** Referee: Kevin Mooren AO: John Ware

Head Marshall: Patty Nardozzi & Joe Novak

**Meet Manager:** Fred Lewis 727 440 9382 [swimstpete@aol.com](mailto:swimstpete@aol.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, restrooms, 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.

**Heat Sheets:** Posted at [www.stpetersburgaquatics.com](http://www.stpetersburgaquatics.com), [www.midnightsports.com](http://www.midnightsports.com), no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3 charge will be applied to each swimmer's entry fee. A limited number of heats sheets will be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.

**Deck Changing:** DECK CHANGING IS NOT PERMITTED AT THE NORTH SHORE POOL. SWIMMERS WHO DECK CHANGE ARE SUBJECT TO REMOVAL FROM THE POOL BY THE POOL STAFF.

Friday April 17, 2026 (Swimmers may enter a maximum of Three (3) events.) 5:00PM START  
 Warm-up 11 and Older (2:30pm to 4:30pm) 10 and Under (4:30pm to 4:50pm)  
 USE 50 METER TIMES FOR ENTRY!!!!!!USE 50 METER TIMES FOR ENTRY!!!!

**NO TIME ENTRIES NOT ACCEPTED**

Event Number	Age Group	Event
Mixed		
1	Senior Mixed	100 Free
2	Senior Mixed	50 Breast
3	Senior Mixed	50 Back
4	Senior Mixed	50 Fly
5	Senior Mixed	50 Free
6	Senior Mixed	800 Free****

Saturday, April 18, 2026. (Swimmers may enter a maximum of three (3) events each day.)  
 USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES -

**NO TIME ENTRIES NOT ACCEPTED**

Warm-up Senior Mixed  
 6:00am to 7:50am - 8:00am Start

Event Number	Age Group	Event
7	SENIOR MIXED	400 IM**
8	SENIOR MIXED	100 Breast
9	SENIOR MIXED	50 Free
10	SENIOR MIXED	200 Fly
11	SENIOR MIXED	100 Back
12	SENIOR MIXED	50 BACK
13	SENIOR MIXED	50 BREAST
14	SENIOR MIXED	200 FREE\$\$
15	SENIOR MIXED	1500 Free****

Warm-up for 11 & Under for 40 minutes after Event #15

Event Number	Age Group	Event
16	11 & UNDER MIXED	50 BACK
17	11 & UNDER MIXED	100 BREAST
18	11 & UNDER MIXED	50 FREE
19	11 & UNDER MIXED	100 FLY
20	11 & UNDER MIXED	50 FLY
21	11 & UNDER MIXED	50 BREAST
22	11 & UNDER MIXED	200 FREE***

**Sunday, April 19, 2026 ( Swimmers may enter a maximum of three (3) events each day.)  
USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES**

NO TIME ENTRIES WILL NOT BE ACCEPTED

**Warm-up for Senior Mixed  
6:00AM TO 7:50AM - 8:00AM START**

<b>Number</b>	<b>Group</b>	
23	Senior Mixed	400 Free **
24	Senior Mixed	50 Free
25	Senior Mixed	200 Back
26	Senior Mixed	100 Fly
27	Senior Mixed	200 Breast
28	Senior Mixed	100 Free
29	Senior Mixed	200 IM***

**Warm-up for 11 & Under Mixed for 40  
minutes after Event #29**

<b>Number</b>	<b>Group</b>	
30	11 & Under Mixed	50 Free
31	11 & Under Mixed	100 Back
32	11 & Under Mixed	50 Fly
33	11 & Under Mixed	100 Free
34	11 & Under Mixed	50 Breast
35	11 & Under Mixed	50 Back
36	11 & Under Mixed	200 IM***
37	11 & Under Mixed	400 Free**

\*\*May be limited and flighted, event will be deck seeded. Swimmers not making the limit will be given the opportunity to enter another event in an open lane. Coaches must check in swimmers by: 7:15am FOR 400 METER EVENTS AND BY 4:15PM ON FRIDAY FOR THE 800 METER FREE. **NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENTS.** SWIMMERS MUST PROVIDE THEIR OWN COUNTER AND TIMER FOR THE 800 FREE.

\*\*\*May be limited, flighted and will be deck seeded. Coaches must check swimmers in by 7:30am for #29 senior mixed 200im and 9:00am for 11 & under 200 free (#22) and 200IM (#36).. Swimmers not checked in, may swim in an open lane or swim stand by. Swimmers not making the limit will be given the opportunity to enter another event in an open lane., no new heats will be created.

\*\*\*\* May be limited, flighted and deck seeded, All Swimmers must have Senior Champ Cut or FLAGS cut for 400 free or longer), event will be deck seeded. Coaches must check in swimmers by 4:15pm for 800 and 7:15am for 1500. Swimmers not making the cut may swim in another event in an open lane. USA Swimming. SWIMMERS MUST PROVIDE THEIR OWN COUNTER AND TIMER FOR THE 800 and 1500 FREE. Times Data Base may be used to verify entry times. No time entries will not be accepted.

\$\$ May be limited, flighted and deck seeded. Coaches must check in their swimmers by 7:15am. DECK PASSES FOR COACHES: Deck passes for team coaches with current USA Swimming coaching credentials will be available based on the following formula.

1-7 SWIMMERS: 1 DECK PASSES  
1-15 SWIMMERS: 2 DECK PASSES  
16-23 SWIMMERS: 4 DECK PASSES  
24-32 SWIMMERS: 6 DECK PASSES  
OVER 32 SWIMMERS: 7 DECK PASSES