

# WFLA SPRING OPEN

Sponsored by:

## **WEST FLORIDA LIGHTNING AQUATICS**

Courtesy of the City of Largo Parks and Recreation

### **SANCTION**

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7295**

It is understood and agreed that USA Swimming, Florida Swimming and West Florida Lightning 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.

**TYPE OF MEET:** 50 Meter Long Course – Age Group and Senior Timed Finals

**DATE & TIME:** Friday, May 1st 2026, 5:30 PM; Sat. May 2nd and Sunday, May 3rd, 2026 8:30 AM

**LOCATION:** Southwest Pool Complex, Largo Rec. Center, 13120 Vonn Rd. Largo, 33774

**POOL SPECS:** Certified 50 meter by 25 yard heated outdoor pool with a water depth ranging from 4-17 feet at the starting end. Kiefer non-turbulent lane lines and KDI Paragon starting blocks. (8 lanes to be used in this competition with one buffer lane and one lane open for continuous warm-up/down.)

**MEDICAL SUPERVISION:** Lifeguards on duty and AED device available.

**TIMING EQUIP:** Colorado Timing Equipment with pads and buttons plus 1 watch/lane.

**WARM-UP:** 4:00 -5:20 Friday night.

7:00 - 8:30 AM Sat. (13 and older), Not before 11:00 a.m. (12 and under) 7:00 - 8:30 AM Sat. (13 and older), Not before 11:00 a.m. (12 and under)

**ELIGIBILITY:** Open to all currently registered USA Swimming swimmers.

**SEEDING:** 50 Meter times will be used for seeding purposes.

**SCRATCHES:** No penalty for scratching on the block WITH THE 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 the event unless he notifies the Clerk of Course before the seeding for that event has begun that he/she wishes to scratch. FAILURE TO DO SO WILL RESULT IN HIM/HER BEING BARRED FROM THE NEXT INDIVIDUAL EVENT IN WHICH HE/SHE IS ENTERED ON THAT DAY OR THE NEXT MEET DAY, WHICHEVER IS FIRST. Penalty can be waived only by the head referee for illness/injury PRIOR to the start of the event.

**ENTRY LIMIT:** Limited to the first 200 swimmers per session. Swimmers will be limited to 4 events per day. No limit to relay entries, but each team should INDICATE "A", "B" etc. COACHES PLEASE NOTE THAT ALL EVENTS ON FRIDAY MAY BE LIMITED IN HEATS AND DECK SEEDED. Please refer to the list of events. Coaches will be notified in advance if their swimmers are affected.

**ENTRY FORMS:** Entries must be submitted by electronic entry on the HyTek export format. Entries will be accepted via electronic mail attention John Ware johnware@midnightsports.com. List all attending coaches, contacts and phone numbers in the body of the E-mail, which serves a proof of entry. Current USA Swimming registration number, full name, age and entry time must be listed.

**DECK ENTRIES:** There will be no deck entries for this event unless swimmer is already entered in the meet.

**ENTRY FEE:** Individual event: \$5.50 Relay: \$6.00 Facility Surcharge Fee- \$10.00

Make checks payable to WFLA..

**HEAT SHEETS will be posted on the West Florida Lightning webpage 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. Coaches, please email all swimmers and parents to make them aware of this.**

**ENTRY DEADLINE:** Entries must be received by Tuesday, April 21st, 2026 by 5PM.

Email entries [johnware@midnightsports.com](mailto:johnware@midnightsports.com)

**AWARDS:** Individual Events: Ribbons 1-8 places.  
Relay Events: Ribbons 1<sup>st</sup> – 3<sup>rd</sup> places.  
Individual Age Group High Point Awards.  
First and Second Place Visiting Team Awards.

**SCORING:** Individual: 9-7-6-5-4-3-2-1, Team: 18-14-12-10-8-6-4-2

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

**TEAM REP:** 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.

**OFFICIALS:** Head Referee: Kay Caldwell Admin. Official: John Ware  
Head Marshall: Steven Postle

**INFORMATION:** Cashel Mack or Karen Smalley  
(727) 686-6418 (cell) 727-422-7929  
[Zookeeper5721@gmail.com](mailto:Zookeeper5721@gmail.com) SMALLEYKA@pcsb.org

**IDENTIFICATION:** All coaches and Officials shall wear their USA Swimming Registration card in a conspicuous location at all times while on deck during a swim meet.

**SPECTATOR SEATING:** In order to keep the pool deck clear for swimmers, we ask that all parents sit either in the bleachers at the east end of the pool or on the south end of the pool deck. Some bleacher seating will be provided. Swimmers only and up to three team chaperones will be allowed on the north end of the pool deck. These areas will be delineated by gates and signs. Chaperone passes may be obtained from the Meet Manager by the coach.

**CAMERA ZONES:** Still and video photography will be allowed only from the sides (north and south ends) of the pool and the turn end of the pool except when the turn end is used for starts.

**COACHES PLEASE NOTE** that all events on Friday evening will be deck seeded. Swimmers must check in by 4:30 PM for all IM events and by 5:30 PM for all Freestyle events in order to be seeded in that event. Swimmers not checking in may still swim the event if space is available after seeding. No new heats will be created. Heats may be limited in number if the timeline is over the 4 hour limit.

**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 advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

Coaches may use the [\(Accommodations Form\)](#) to satisfy this requirement.

**ORDER OF EVENTS**

<b>EVENT #</b>	<b>AGE GROUP</b>	<b>EVENT</b>		
<b>QUALIFYING TIMES</b>		<b>DESCRIPTION</b>	<b>GIRLS</b>	<b>BOYS</b>
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<b>FRIDAY, May 1st, 2026, 5:30 pm START</b>				
1-2	10 & UNDER	200 IM (1)		
3-4	11-12	200 IM (1)		
5-6	13-14	400 IM (2)		
7-8	SENIOR	400 IM (2)		
9-10	10 & UNDER	200 FREESTYLE (3)		
11-12	11-12	400 FREESTYLE (3)		
13-14	SENIOR	800 FREESTYLE (4)		

**NOTES:**

- 1) 200 IM MAY BE LIMITED TO 3 HEATS EACH GIRLS AND BOYS. CHECK IN TIME 4:30 PM.
- 2) 400 IM: AGE GROUPS WILL BE SEEDED TO TOGETHER (SEPARATED BY GENDER), BUT SCORED SEPARATELY, AND MAY BE LIMITED TO THE FASTEST 4 HEATS OF COMBINED GIRLS, AND THE FASTEST HEATS OF COMBINED BOYS. CHECK IN TIME 4:30 PM.
- 3) 200 & 400 FREESTYLE (11-12) MAY BE LIMITED TO 3 HEATS EACH. CHECK IN TIME 5:30 PM.
- 4) 800 FREESTYLE MAY BE LIMITED TO THE 2 FASTEST HEATS EACH, GIRLS AND BOYS. THIS EVENT WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS. CHECK IN TIME 5:30 PM.

**ENTRY FEES WILL BE REIMBURSED FOR ANY SWIMS ENTERED BUT NOT SWUM DUE TO THE LIMIT OF HEAT**

<b>EVENT #</b>	<b>AGE GROUP</b>	<b>EVENT DESCRIPTION</b>
<b>SATURDAY, May 2nd 2026 9:00 am.</b>		
15-16	Senior	200 Free Relay
17-18	13-14	200 Ind. Medley
19-20	Senior	200 Ind. Medley
21-22	13-14	50 Freestyle
23-24	Senior	50 Freestyle
25-26	13-14	200 Butterfly
27-28	Senior	200 Butterfly
29-30	13-14	100 Breaststroke
31-32	Senior	100 Breaststroke
33-34	13-14	100 Backstroke
35-36	Senior	100 Backstroke
37-38	13-14	400 Freestyle (5)
39-40	Senior	400 Freestyle (5)

**Notes:**

5) 400 Freestyle (13-14 & Senior) MAY be limited to 5 heats each, girls and boys. This event will be swum combined 13-14 & Senior but scored separately.

Check in time 9:00 a.m..

ENTRY FEES WILL BE REIMBURSED FOR ANY SWIMS ENTERED BUT NOT SWUM DUE TO THE LIMIT OF HEATS

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**SATURDAY, May 2nd, 2026 11:00 a.m.**

41-42	11-12	100 Freestyle
43-44	8 & Under	50 Backstroke
45-46	10 & Under	50 Backstroke
47-48	11-12	50 Backstroke
49-50	10 & Under	100 Butterfly
51-52	11-12	100 Butterfly
53-54	8 & Under	50 Freestyle
55-56	10 & Under	50 Freestyle
57-58	11-12	50 Freestyle
59-60	10 & Under	100 Breaststroke
61-62	11-12	100 Breaststroke
63-64	10 and Under	400 Freestyle
65-66	11-12	200 Free Relay
67-68	10 and Under	200 Free Relay

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**SUNDAY, MAY 3rd 2026, 9:00**

69-70	Senior	200 Medley Relay
71-72	13-14	200 Breaststroke
73-74	Senior	200 Breaststroke
75-76	13-14	100 Freestyle
77-78	Senior	100 Freestyle
79-80	13-14	200 Backstroke
81-82	Senior	200 Backstroke
83-84	13-14	100 Butterfly
85-86	Senior	100 Butterfly
87-88	13-14	200 Freestyle
89-90	Senior	200 Freestyle

**SUNDAY, MAY 3rd, 2026, 11:00 a.m.**

91-92	10 & Under	100 Freestyle
93-94	11-12	200 Freestyle
95-96	8 & Under	50 Butterfly
97-98	10 & Under	50 Butterfly
99-100	11-12	50 Butterfly
101-102	10 & Under	100 Backstroke
103-104	11-12	100 Backstroke
105-106	8 & Under	50 Breaststroke
107-108	10 & Under	50 Breaststroke
109-110	11-12	50 Breaststroke
111-112	10 & Under	200 Medley Relay
113-114	11-12	200 Medley Relay

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**WARM UP SCHEDULE**

**ABSOLUTELY NO EQUIPMENT AT ANY TIME**

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN DOING A CONTROLLED RACING START.

THERE WILL BE A 50 MINUTE WARM UP PRIOR TO THE START OF THE SESSION. THE FIRST 25 MINUTES IS AS FOLLOWS:

LANE 1                    PUSH OFF 50'S OR 100'S PACE (CIRCLE SWIMMING)

LANES 2-7                GENERAL SWIMMING-PUSH OFF

LANE 8                    PUSH OFF 50'S PACE (CIRCLE SWIMMING)

THE SECOND 25 MINUTES IS CONTROLLED WARM-UP AS FOLLOWS:

LANES 1 & 8 PUSH OFF 50'S PACE (CIRCLE SWIMMING)

LANES 2,6 & 7            RACING START ONE LENGTH ONLY (FROM THE EAST END ONLY)

LANES 3, 4 & 5           GENERAL SWIMMING- PUSH OFF