

**BMAC Spring Challenge**  
**Saturday, April 18, 2026**  
210 Cypress Gardens Blvd. Winter Haven, FL 33880

**SANCTION**

Held under the sanction of USA Swimming through Florida Swimming: FL-7276

It is understood and agreed that USA Swimming, Florida Swimming and Blue Marlins 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.
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: **Blue Marlins Aquatic Club**

Type of Meet: Outdoor, 25 Yard – single or dual, 6, 7, 8, 9 or 10 lane courses (or combination) may be used for each session depending on entries received. All events will be Timed Finals and will be swum slowest to fastest. There are no qualifying time standards for this meet. Meet management reserves the right to combine events by gender, age, or both and may opt to use fly-over at this competition in order to improve the efficiency of the meet.

Date & Times:

Saturday, April 18<sup>th</sup>

**Session 1:** 9:00 am

**Session 2:** Approximately begin at 1:30 pm

\*Based on the final entries, meet management reserves the right to adjust session times to improve the efficiency of the meet.

Location: Rowdy Gaines Pool  
210 Cypress Gardens Blvd.  
Winter Haven, FL 33880

Pool Specifications: Water depth at the competition starting and turn end is a minimum of 5 feet, 0 inches.  
Outdoor, heated, short course yards, certified 25-yard, 21-lane pool  
Competitor, non-turbulent lane lines, Paragon starting blocks

Timing Equipment: Daktronics Automatic Timing, pads, buttons, stop watches  
Computer scoring & Daktronics Timing Score Board

Warm-up: **Saturday, April 18 2026 – No equipment permitted in the competition pool during warmups**  
**Session 1** (Morning): 7:30 am warm-up  
**Session 2** (Afternoon): ~Guaranteed 30 minutes. Start - TBA  
\*25-yard, 6 lane warmup/warm down available during the meet

Eligibility: On deck registration will not be allowed. This meet is open to all currently registered USA Swimming swimmers with a registration number until the host-established entry limit is met.

Entry Limit: Swimmers may enter a **maximum of four (4) individual events** per day and **up to two (2) relays**. Entries that exceed the entry limit will be automatically dropped. There are no time qualification standards for this meet.

Seeding: Short Course 25-yard times will be used for seeding. Conversions, using the formula in the current Florida Swimming Handbook may be used for entry purposes. Timed Finals events will be swum slow to fast.

Scratch Policy: No penalty for scratching on the blocks.

Entries: **Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format.** A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. Free text e-mail entries will not be accepted. List all attending coaches and contact phone numbers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Entry Form. The Master Entry Form must accompany the proof of entries, and a current USA Swimming Member must sign the form.

Deck Entries: **NO Deck Entries** will be allowed

Entry Fee: Individual Events: Timed Finals **\$5.50** per Individual Event  
Facility Fee: **\$10.00** per Swimmer  
Online Heat Sheet: **\$3.00** per Swimmer  
Non-LSC Swimmers **\$2.00** per Non-LSC Swimmer

\*Entry fees must accompany entries. Entries will not be accepted without payment.

Deadline: Entries must be received by **5:00 pm on Wednesday, April 8, 2026**. Late entries may be allowed in exceptional circumstances at the sole discretion of the meet director up to 1 hour prior to the meet starting. Coaches are responsible for the correctness of their submitted entries!

Mail Entries to: Email Hy-Tek entries to **Accurate Swim Timing** [entries@accurateswimtiming.com](mailto:entries@accurateswimtiming.com)

Officials: Meet Director: Ana Pizarro  
Meet Referee: Keith Grimm  
AO: Quinn Sampson

Scoring: Individual: 11,9,8,7,6,5,4,3,2,1  
Relays: 24-21-20-19-18-17-16-15-14-13

Awards: Individual High Point: 1<sup>st</sup> Place Awards by gender for 10&U, 11-12, 13-14, 15-16

Medical: A lifeguard will be on duty and AED device available

- 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, may be given to the referee. For each team, the coach and that person only will be recognized.
- Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location, or their Deck Pass registration on a mobile device, at all times while on deck during a swim meet.
- For Information:** BLUE MARLINS AQUATIC CLUB OFFICE: (785) 320-1912 Ana Pizarro
- Rules:** Current USA Swimming Rules & Regulations will govern. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshal, will be in effect during all warm-up periods and in all warm-up/warm-down areas. The USA Swimming “no recall” start will be used as outlined in 102.14.4H.
- Disabilities:** Please notify the Meet Manager or Meet Referee PRIOR to the meet if you have an athlete with a disability and let us know how we can assist the athlete. It is the coach’s and/or athlete’s responsibility to notify meet management prior to the meet.  
The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accommodated to the best of meet management’s ability.
- 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. The accommodation form for swimmers with disabilities is attached it so that you can save it to your computer and add a link to your letter.
- <https://drive.google.com/file/d/1E3Ah7pawB2-XwCNY7LWew4jegQEkrGU4/view>
- Spectator Seating:** Spectators area will be available in the venue. Please bring chairs. Spectators may park in the lot behind the venue.
- 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 warmups, 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.

## WARM-UP SCHEDULE

### **NO EQUIPMENT PERMITTED**

SWIMMERS MUST ENTER THE WATER 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.

General Warm Up (Start of warm-up period until the last half-hour) Lane(s)

Lane(s)

- |    |                                |
|----|--------------------------------|
| 1  | Team assigned lanes for warmup |
| 2  | Team assigned lanes for warmup |
| 3  | Team assigned lanes for warmup |
| 4  | Team assigned lanes for warmup |
| 5  | Team assigned lanes for warmup |
| 6  | Team assigned lanes for warmup |
| 7  | Team assigned lanes for warmup |
| 8  | Team assigned lanes for warmup |
| 9  | Team assigned lanes for warmup |
| 10 | Team assigned lanes for warmup |
| 11 | Team assigned lanes for warmup |
| 12 | Team assigned lanes for warmup |

Controlled Warm Up (Last 20-30min of warm-up period)

Lane(s)

- |    |                                       |
|----|---------------------------------------|
| 12 | Pace 50s - push off – circle swimming |
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| 12 | Racing Starts - one length only       |
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**Session 1 / Timed Finals / Saturday AM / April 18<sup>th</sup>**

Warm up 7:30am; Session Start 9:00am

Girls	Boys	Age	Event
1	2	11 & Over	200 Medley Relay
3	4	11 & Over	200 Free
5	6	11 & Over	50 Free
7	8	11 & Over	100 Back
9	10	11 & Over	50 Fly
11	12	11 & Over	100 Breast
13	14	11 & Over	100 Fly
15	16	11 & Over	50 Back
17	18	11 & Over	200 Free Relay
19	20	11 & Over	50 Breast
21	22	11 & Over	100 Free
23	24	11 & Over	200 IM

**Session 2 / Timed Finals / Saturday PM / April 18<sup>th</sup>**

Warm up – Guaranteed 30 minutes. Start - TBA

Girls	Boys	Age	Event
25	26	10 & Under	100 Free
27	28	10 & Under	25 Fly
29	30	10 & Under	50 Breast
31	32	10 & Under	25 Back
33	34	10 & Under	50 Fly
35	36	10 & Under	25 Breast
37	38	10 & Under	100 Back
39	40	10 & Under	25 Free
41	42	10 & Under	50 Back
43	44	10 & Under	100 Breast
45	46	10 & Under	50 Free
47	48	10 & Under	100 IM