RAFC Winter Classic

December 3-6, 2026

Hosted by the Rosen Aquatic & Fitness Center

SANCTION:
Held under the sanction of USA Swimming through Florida Swimming: **#FL-7494**

It is understood and agreed that USA Swimming, Florida Swimming and the Rosen Aquatic & Fitness Center 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.

COVID-19:
An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

LOCATION:
Rosen Aquatic & Fitness Center
8422 International Drive
Orlando, FL 32819
(See diagram on last page for facility and parking details)

POOL SPECIFICATIONS:
Two eight (8) lane 25-yard courses with non-turbulent Competitor lane lines and regulation Paragon starting blocks. The competition pool has 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 Competitor lane lines for warm up/warm down. Colorado Gen7 (automatic) Swim Timing with Omega touchpads and a full video ViviLED display scoreboard will be used.

MEDICAL SUPERVISION:
Lifeguards on duty and AED device available.

TYPE OF MEET:
Short course yards (SCY) with qualifying times for select age groups with meet format as follows:

- Preliminary and finals competition for 11-12 (top 8), 13-14 (top 16) & Open (top 24) swimmers with USAS 2024-2028 National Age Group Motivational 'BB' times and above.
- Timed finals competition for all 10&Unders and 11&Overs with no qualifying time standards.
- The 12&Under, 13-14 and Open 400 IM, 500 Free, 1000 Free and 1650 Free require USAS 2024-2028 National Age Group Motivational 'A' times for entry. Meet management reserves the right to limit these events after entries are received if needed to ensure proper timelines.

DATES & TIMES:	**WARM UP**	**MEET START**
Thurs, December 3 (all ages timed finals):	4:00pm	5:30pm
Fri/Sat/Sun, December 4-6 (11&Over BB+ prelims):	6:30am	8:30am
Fri/Sat/Sun, December 4-6 (10-/11+ B- timed finals):	Not before 12:30pm	Not before 1:30pm
Fri/Sat/Sun, December 4-6 (11&Over BB+ finals):	4:30pm	5:30pm

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

ELIGIBILITY:
All currently registered USA Swimming athletes who have achieved the noted qualifying times where applicable may participate in this meet. On deck registration with USA Swimming/Florida Swimming will not be allowed. This meet is also open to foreign swimmer members of World Aquatics. Bonus events are not offered for this meet.

DISABILITY ATHLETES:
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 any qualifying times for this meet.

The coach or athlete is responsible for notifying the Referee of any accommodations 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 meet to allow for preparation.

ENTRY LIMIT:
Swimmers may enter a total of ten (10) individual events for the meet, but no more than three (3) individual events per day. Entries that exceed that limit will be automatically dropped.

Entries will be taken on a first come first served basis until the entry limit has been reached OR when the four hour per session rule is exceeded where applicable.

ENTRY FEES:

Timed final events:	$5.50
Prelim/final events:	$8.50
Relay events:	$6.00
Facility surcharge:	$25.00
Electronic heat sheet fee:	$3.00
Travel surcharge per out-of-LSC swimmer:	$2.00

Please make entry fee checks payable to 'Rosen Aquatic & Fitness Center' and bring check to the meet. Credit card payment is also available on site during the meet upon request.

ENTRY DEADLINE:
Entries must submitted to RAFCentries@gmail.com via Hy-Tek file no later than 11:59pm EST on Monday, November 23, 2026. Time updates, late entries and deck entries will not be accepted.

SEEDING:
Seeding order will be short course yards, followed by long course meter times, followed by short course meter times. Bonus events will be seeded after conforming and non-conforming times if applicable.

PRELIMS & TIMED FINALS - All events will be seeded slowest to fastest except for any distance events, (400 IM, 500 Free, 1000 Free and 1650 Free), and all Thursday events, which will be seeded fastest to slowest.

FINALS - Order of finals will be Championship (A) heat followed by Consolation (B) heat followed by Bonus (C) heat.

POSITVE CHECK IN:
The following events and deadlines will be positive check in for this meet:

DAY	EVENT(S)	POSITIVE CHECK IN DEADLINE
Thursday	Open 800 Free Relay, 12&Under 500 Free, Open 1650 Free	Thursday, Dec 3 @ 4:30pm
Friday	13-14/Open 500 Free	Thursday, Dec 3 @ 6:00pm
Friday	11-12/Open 200 Medley Relay	Friday, Dec 4 @ 12:00pm
Saturday	13-14/Open 400 IM	Friday, Dec 4 @ 6:00pm
Saturday	11-12/Open 400 Free Relays	Saturday, Dec 5 @ 12:00pm
Sunday	Open 1000 Free	Saturday, Dec 5 @ 6:00pm
Sunday	11-12/Open 200 Free Relay, 11-12/Open 400 Medley Relay	Sunday, Dec 6 @ 12:00pm

SCRATCHES:
We may use a virtual scratch table and/or may opt for hard copy scratches at the discretion of the Meet Referee and Admin Referee based on the size of the meet. Details and procedures will be available at the admin/check in table on deck at the meet if applicable.

PRELIMS - There is no penalty for scratching on the block in the preliminary events with the exception of deck-seeded events. Any swimmer entered in an individual event that is 'deck seeded' who has checked in for their event must swim the event unless he/she notifies the clerk of course before the seeding for that event has

begun. Failure to do so and not swim will result in the swimmer being barred (scratched) from the next individual event (preliminary or timed final) in which the swimmer is entered. Declared false starts will be accepted from the swimmer prior to the start of the heat.

FINALS - Any swimmer who competes in a preliminary heat and qualifies for either the championship or consolation final and fails to swim in the final without notifying the Meet Referee that he/she may withdraw from the finals within thirty (30) minutes after the announcement of qualifiers for that event, and further fails to declare his/her final intention within thirty (30) minutes of his/her last individual preliminary event, will be penalized by being automatically scratched from their next individual final or individual event, whichever occurs first. The Meet Referee may insert the next eligible swimmer into finals and/or consolation finals once a 'failure to swim' is declared and in any vacant lanes resulting from the penalty. Declared false starts in finals will be considered a 'failure to swim' and will draw the same penalty. In the event of an illness or injury, certified to the satisfaction of the Meet Referee, there will be no penalty.

DISTANCE EVENTS:
All swimmers in the 13-14 and Open 400 IM, 500 Free, 1000 Free and 1650 Free must provide their own lane timer and their own counter. We will allow parents/spectators on pool deck for these distance events (ONLY) to assist with this requirement if/as needed.

SCORING:
Individual (10- and 11&Over BB+ events only) - 20-17-16-15-14-13-12-11-9-7-6-5-5-4-2-1

AWARDS:
- Individual (12&Under BB+ events ONLY) - Medals for 1st-3rd / ribbons for 4th-8th
- Individual high point - Award for 1st-3rd in each age group
- Team awards - Award for overall boys, girls and combined team

COACHES MEETING:
A coaches meeting may be held in the hospitality room on Friday, December 4, 2026 at 7:45am if needed, and will be announced via email and/or upon arriving at the meet. It is the responsibility of each team to be aware of any changes or updates to the conduct of the meet made during this meeting.

LEAD OFFICIALS:

Meet Referee	Quinn Sampson
Admin Official	Joy Kraus
Meet Marshall	Mike Miller
Meet Director	Mike Brady

VISITING OFFICIALS:
Visiting teams are encouraged to provide USA-S certified officials to assist with officiating this meet. Teams with officials who are able and willing to officiate any number of sessions should email their name, certification level and session availability to RAFCentries@gmail.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, 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.

DECK RESTRICTION:
This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only currently registered swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Registered individuals should be prepared to show proof of their current USAS credentials to gain access to the pool deck.

Spectators will only be allowed in designated viewing areas. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. **Outside chairs are also not allowed in the spectator areas.** We appreciate your help and understanding with these policies.

SPECTATOR FEES:
The following fees apply for all spectators age 8 and above:

- $10.00 per day OR $25.00 for the entire meet
- Children age 7 and under may enter the facility for FREE
- AND meet volunteers also enter the facility for FREE during each day they work

MEET VOLUNTEERS:
The Rosen Aquatic & Fitness Center is a membership-based facility that no longer has a resident swim team, and holds swim meets solely for the benefit of the Florida and USA Swimming communities. Therefore, we reach out to (and rely on) all our attending teams to help provide lane timers in order to run these meets. We will send out a volunteer sign up link after all entries are received. **All volunteers receive a FREE day pass AND a $10 Amazon gift card for each session they work.** We appreciate your help and understanding with this request and thank you on behalf of RAFC and your swimmers!

UNIVERAL DISCOUNT:
Discounted tickets to Universal Studios, Universal Islands of Adventure and Epic Universe will be offered to all swimmers (and their families) entered in the meet. For more information, please reach out to Meet Director Mike Brady at RAFCentries@gmail.com and/or 407-996-0653.

CONCESSIONS:
There will be no concessions available at this event.

WARM UP:
The competition pool will utilize general warm up (circle swimming only) from the start of warm up until the last thirty (30) minutes of each warm up session, when the lanes will then be assigned as follows:

- Lane 1 – Pace 50's (push off)
- Lane 2 – Racing Starts (one way only)
- Lane 3 – Circle Swimming only
- Lane 4 – Circle Swimming only
- Lane 5 – Circle Swimming only
- Lane 6 – Racing Starts (one way only)
- Lane 7 – Racing Starts (one way only)
- Lane 8 – Pace 50's (push off)

The diving well will be general warm up (circle swimming only) throughout all warm up sessions and during the meet.

RECOMMENDED RAFC PARTNERS:

- Holiday Inn Orlando International Dr-ICON – 8368 Jamaican Ct, Orlando, FL 32819 – (407) 345-0505
- Rosen Hotels & Resorts – www.rosenhotels.com

MAP & PARKING:



QUESTIONS:
Please reach out to Meet Director Mike Brady at RAFCentries@gmail.com and/or 407-996-0653.

ORDER OF EVENTS:

Thursday, December 3
TIMED FINALS – 4:00pm Warm Up / 5:30pm Meet Start

WOMEN				**MEN**
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
NA	101	Open 800 Free Relay	102	NA
1:19.09	103	11-12 100 IM	104	1:15.89
NA	105	Open 100 IM	106	NA
6:14.49	107	12&Under 500 Free	108	5:59.99
19:56.49	109	Open 1650 Free	110	18:22.79

All events above will be seeded fastest to slowest and swum as timed finals.

Friday, December 4

PRELIMS – 6:30am Warm Up / 8:30am Meet Start

FINALS – 4:30pm Warm Up / 5:30pm Meet Start

WOMEN				MEN
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
NA	201	11-12 200 Medley Relay*	202	NA
NA	203	Open 200 Medley Relay*	204	NA
2:46.69	205	11-12 200 Back	206	2:40.49
2:34.49	207	13-14 200 Back	208	2:23.69
2:30.59	209	Open 200 Back	210	2:17.09
1:29.29	211	11-12 100 Breast	212	1:25.49
1:22.29	213	13-14 100 Breast	214	1:14.79
1:19.79	215	Open 100 Breast	216	1:11.39
31.69	217	11-12 50 Free	218	30.49
30.19	219	13-14 50 Free	220	27.69
29.49	221	Open 50 Free	222	26.29
1:18.89	223	11-12 100 Fly	224	1:16.09
1:11.29	225	13-14 100 Fly	226	1:05.49
1:09.09	227	Open 100 Fly	228	1:02.39
35.99	229	11-12 50 Back	230	35.59
NA	231	13-14 50 Back	232	NA
NA	233	Open 50 Back	234	NA
5:53.39	235	13-14 500 Free**	236	5:30.59
5:43.69	237	Open 500 Free**	238	5:15.79

*These events will be seeded fastest to slowest and swum as timed finals in the evening finals session.

**These events will be seeded fastest to slowest and swum as prelim/finals.

All other events above will be seeded slowest to fastest and swum as prelim/finals.

Friday, December 4

TIMED FINALS – not before 12:30pm Warm Up / not before 1:30pm Meet Start

WOMEN				MEN
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
>2:46.69	251	11-12 200 Back	252	>2:40.49
>2:30.59	253	13&Over 200 Back	254	>2:17.09
NA	255	10&Under 100 Breast	256	NA
>1:29.29	257	11-12 100 Breast	258	>1:25.49
>1:19.79	259	13&Over 100 Breast	260	>1:11.39
NA	261	10&Under 50 Free	262	NA
>31.69	263	11-12 50 Free	264	>30.49
>29.49	265	13&Over 50 Free	266	>26.29
NA	267	10&Under 100 Fly	268	NA
>1:18.89	269	11-12 100 Fly	270	>1:16.09
>1:09.09	271	13&Over 100 Fly	272	>1:02.39
NA	273	10&Under 50 Back	274	NA
>35.99	275	11-12 50 Back	276	>35.59
NA	277	13&Over 50 Back	278	NA

All events above will be seeded slowest to fastest and swum as timed finals.

Saturday, December 5

PRELIMS – 6:30am Warm Up / 8:30am Meet Start

FINALS – 4:30pm Warm Up / 5:30pm Meet Start

WOMEN				MEN
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
2:30.89	301	11-12 200 Free	302	2:24.89
2:22.69	303	13-14 200 Free	304	2:12.29
2:18.39	305	Open 200 Free	306	2:06.29
3:10.99	307	11-12 200 Breast	308	3:02.39
2:57.39	309	13-14 200 Breast	310	2:42.39
2:52.69	311	Open 200 Breast	312	2:35.19
1:19.79	313	11-12 100 Back	314	1:15.69
1:11.39	315	13-14 100 Back	316	1:06.19
1:09.39	317	Open 100 Back	318	1:02.69
34.29	319	11-12 50 Fly	320	34.19
NA	321	13-14 50 Fly	322	NA
NA	323	Open 50 Fly	324	NA
5:13.49	325	13-14 400 IM**	326	4:49.49
5:04.29	327	Open 400 IM**	328	4:36.19
NA	329	11-12 400 Free Relay*	330	NA
NA	331	Open 400 Free Relay*	332	NA

*These events will be seeded fastest to slowest and swum as timed finals in the evening finals session.

**These events will be seeded fastest to slowest and swum as prelim/finals.

All other events above will be seeded slowest to fastest and swum as prelim/finals.

Saturday, December 5

TIMED FINALS – not before 12:30pm Warm Up / not before 1:30pm Meet Start

WOMEN				MEN
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
NA	351	10&Under 200 Free	352	NA
>2:30.89	353	11-12 200 Free	354	>2:24.89
>2:18.39	355	13&Over 200 Free	356	>2:06.29
NA	357	10&Under 100 IM	358	NA
>3:10.99	359	11-12 200 Breast	360	>3:02.39
>2:52.69	361	13&Over 200 Breast	362	>2:35.19
NA	363	10&Under 100 Back	364	NA
>1:19.79	365	11-12 100 Back	366	>1:15.69
>1:09.39	367	13&Over 100 Back	368	>1:02.69
NA	369	10&Under 50 Fly	370	NA
>34.29	371	11-12 50 Fly	372	>34.19
NA	373	13&Over 50 Fly	374	NA
NA	375	10&Under 200 Free Relay	376	NA
NA	377	11-12 200 Free Relay	378	NA
NA	379	Open 200 Free Relay	380	NA

All events above will be seeded slowest to fastest and swum as timed finals.

Sunday, December 6

PRELIMS – 6:30am Warm Up / 8:30am Meet Start

FINALS – 4:30pm Warm Up / 5:30pm Meet Start

WOMEN				**MEN**
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
NA	401	11-12 200 Free Relay*	402	NA
NA	403	Open 200 Free Relay*	404	NA
2:50.69	405	11-12 200 IM	406	2:45.79
2:39.49	407	13-14 200 IM	408	2:26.69
2:34.29	409	Open 200 IM	410	2:20.19
1:09.39	411	11-12 100 Free	412	1:06.39
1:05.89	413	13-14 100 Free	414	1:00.29
1:03.79	415	Open 100 Free	416	57.59
2:50.29	417	11-12 200 Fly	418	2:43.99
2:38.99	419	13-14 200 Fly	420	2:25.59
2:33.99	421	Open 200 Fly	422	2:19.49
40.89	423	11-12 50 Breast	424	40.09
NA	425	13-14 50 Breast	426	NA
NA	427	Open 50 Breast	428	NA
11:53.99	429	Open 1000 Free#	430	11:01.59
NA	431	11-12 400 Medley Relay*	432	NA
NA	433	Open 400 Medley Relay*	434	NA

*These events will be seeded fastest to slowest and swum as timed finals in the evening finals session.

#These events will be seeded fastest to slowest and swum as timed finals with all swimmers competing in the morning prelim session.

All other events above will be seeded slowest to fastest and swum as prelim/finals.

Sunday, December 6

TIMED FINALS – not before 12:30pm Warm Up / not before 1:30pm Meet Start

WOMEN				**MEN**
Qualifying Time	**#**	**Event**	**#**	**Qualifying Time**
>2:50.29	451	11-12 200 Fly	452	>2:43.99
>2:33.99	453	13&Over 200 Fly	454	>2:19.49
NA	455	10&Under 100 Free	456	NA
>1:09.39	457	11-12 100 Free	458	>1:06.39
>1:03.79	459	13&Over 100 Free	460	>57.59
NA	461	10&Under 50 Breast	462	NA
>40.89	463	11-12 50 Breast	464	>40.09
NA	465	13&Over 50 Breast	466	NA
NA	467	10&Under 200 IM	468	NA
>2:50.69	469	11-12 200 IM	470	>2:45.79
>2:34.29	471	13&Over 200 IM	472	>2:20.19
NA	473	10&Under 200 Medley Relay	474	NA
NA	475	11-12 200 Medley Relay	476	NA
NA	477	Open 200 Medley Relay	478	NA

All events above will be seeded slowest to fastest and swum as timed finals.