



2025

Planet Swim First Coast Summer Swim League Championships

DATE	AGE GROUPS	MEET START
Saturday, July 19	10 & Under	9:00 am
Sunday, July 20	11 & Over	9:00 am

Location:

Planet Swim and Tennis Club, 300 Davis Park Rd, Ponte Vedra, FL

Hosted By:

Hosted by the Planet Swim First Coast Summer Swim League (PSFCSSL).

Meet Information:

All meet information will be posted to the league website at www.psfcssl.com.

Condition of Participation:

- Teams entered and participating in the meet must be in good standing with the league
- Athletes entered in this meet must be a member in good standing on their respective PSFCSSL team.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
- Operation of a drone, or any other flying apparatus, 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.

Eligibility:

- Eligibility for an age group is determined by the individual's age as of May 31, 2025.
- Athletes entered in this meet must have competed in one-fourth or 2 (two) of the team's completed league meets. (If a meet was canceled due to weather and an athlete was entered in that canceled meet, that meet counts as a completed meet for Champs eligibility purposes.)

Type of Meet:

The facility is a 50-meter x 25-yard pool. The meet will be held in a 25-yard course. All events are timed finals. Ten-lane LED scoreboard will be in use.

Pool Specs:

Certified 10-lane, 25-yard outdoor pool. Ten lanes will be used for competition with additional lanes provided for warm-up and warm-down during the meet. The competition course has a depth of 6' to 6'5".

Timing Equipment:

Colorado Timing system will be used with backup. Hy-tek Meet Manager software used for results, which will be posted to Meet Mobile.

Meetings:

GROUP	TIME	LOCATION
Coaches	Sat & Sun 7:30 am	Hospitality Room
Officials	Sat & Sun 8:00 am	Hospitality Room
Timers	Sat & Sun 8:30 am	Coaches Office

Warm-Ups:

A warm-up session schedule will be provided once all entries are received. NO EQUIPMENT MAY BE USED AT ANY TIME. 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. The indoor/covered lesson pool will remain closed to participants at all times.

Seeding:

- For seeding purposes, SCY times or converted SCM times will be used.
- Athletes must have a time in the events that they are entered. No times (NT) are NOT allowed at the Championship meet.
- All events will be seeded slow to fast.

Scratches:

There is no scratch penalty.

Entry Limit:

Individual exhibition swims are not allowed. Teams may enter one exhibition or B relay per event, which should be marked as exhibition in the entry file. Swimmers are limited to entering four (4) events in the meet; this would be a maximum of three (3) individual events and one (1) relay or two (2) individual events and two (2) relays.

Age Groups:

Age groups for both girls and boys are 6 & Under, 7-8, 9-10, 11-12, 13-14 and 15-18. Events 7 and 8 (10 & U 100 IM) and 37 and 38 (10 & Under 100 Free) are each seeded as "Multi-Age Group Events," in which swimmers entered from 6 & Under, 7-8 and 9-10 will be seeded together, then scored and awarded separately in their respective age groups.

Deck Entries:

No deck entries will be accepted.

Entry Fees:

Individual teams may wish to assess their swimmer championship meet fees. However, there are no league fees assessed to the teams.

Entry Deadline:

Entries are due Monday, July 14, by 12:00 pm (noon). Please email entries to Admin Official Scott Rabalais at scottrabalais@comcast.net. Teams that fail to meet the entry deadline are subject to potential exclusion from the meet.

Entry Protocol:

Assuming all entries are received by deadline and issues are resolved, the Psych Sheet will be emailed to teams and posted on the league website by Tuesday, July 15, at 12:00 pm. Once the Psych Sheet has been distributed, no changes to a swimmer's seed times or events will be allowed. However, swimmers who have been omitted from the entry file may be entered until the Heat Sheet is published.

The Heat Sheet will be emailed to teams and posted on the league website by Thursday, July 17, at 12:00 noon. After this time, entries are final and no swimmers can be added to the meet.

Volunteer Names:

Team volunteer names are due by Monday, July 14, at 6:00 pm. Please email volunteer names to League President Sondra Santana at sondra.m.santana@gmail.com and Rob Kroggel at rkroggel@hotmail.com.

Rules:

Current USA Swimming rules will govern, including USA Swimming Stroke and Turn Rules and Regulations. 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.

Officials:

- Deck Referee/Starter – Chip Johnson and Jeremy Leiby
- Admin Official – Scott Rabalais
- Chief Stroke & Turn – Brad White
- Meet Director – Sondra Santana
- Volunteer Coordinator – Rob Kroggel and Latanya Peterson

Each team is required to provide at least one Stroke & Turn Official and at least two Timers to assist during the meet.

Awards:

Medals will be awarded for 1st-8th place for individual swims and relays.

Ribbons will be awarded for 9th-20th place for individual swims.

Awards will be labeled in the Hospitality Room during the meet. Coaches/teams are asked to pick up their awards before leaving the meet.

Scoring:

Scoring will be for places 1st-16th:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays will be awarded double points.

Coach Supervision:

All swimmers must be supervised by a team coach during warm up, competition and warm

down.

Camera Zone:

Meet management shall designate and inform the public of "Camera Zone" at each swim meet where both still photography and video photography of a race or a race competitor in a race may be taken. Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course 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 asked to leave the facility.

Heat Sheet:

Coaches are asked to distribute the heat sheet to their teams. Heat sheets will not be sold at the meet. The meet results and heat sheets will be available in the Meet Mobile app. Results will also be printed and posted on the window near the Hospitality Room.

Announcements:

The host is aware that announcements and information may not be audible to some spectators some and guests. Announcements and information will also be posted in the PSFCSSL Swim Champs 2025 Band Channel. It can be found at <https://band.us/n/a7afAaW2UdSb1>. The app can be downloaded to smartphones for all teams.

Relays:

Each team is allowed to enter **one (1)** scoring relay team per relay event. Coaches are asked to submit names of relay swimmers with the meet entry file; changes can be made on the relay entry card, if necessary, before the relay event. Teams are allowed to enter and designate one exhibition or B relay per event/age group. These relays will not score or receive awards.

Ready Bench/Clerk of Course:

For 10 & Under swimmers on Saturday, a check-in table and a ready bench for individual events only will be used. Swimmers are asked to report immediately when called. There will be no check-in or ready bench on Sunday for 11 & Over swimmers; they will report directly to the blocks.

Relay Procedures:

For 10 & Under relays, the relay teams will report directly behind the blocks prior to their swim (or to the appropriate end of the pool). Relay cards will be used for this meet, and the lead-off swimmer shall deliver the card to the lane timer prior to their heat. Relay cards will be made available to the coaches at the Coaches Meeting each day. Please ensure all names are stated clearly with first and last names in correct order of swimming. Changes may be made to the swimmers and their order up until the start of their heat.

Starting Procedures:

Whistle starts and "fly-over" starting procedures will be utilized during this meet. In addition, the Meet Referee may combine heats to expedite the meet.

Missed Swims:

If a swimmer misses their heat, an effort will be made to place the swimmer in an empty lane in the same event. No swimmer will be placed in another event to accommodate a missed swim.

Parking:

The parking lot in front of Planet Swim facility is extremely limited and will be open only to ONE coach per team and essential personnel. Parents, swimmers and general spectators are welcome to park in the public parking lot just before Planet Swim and in the four Davis Park public lots. This is on a first-come, first-serve basis. Swimmers can be dropped off near the Planet Swim entrance, then drivers can proceed to other parking areas. Parking on the grass along Davis Park Rd is allowed; please do not block the road with your vehicle. No parking is allowed at the church.

Tents:

This is a large meet. No tents designated for individual or personal use will be allowed on deck. Teams are encouraged to put up shade tents for athletes on deck in areas where tents are not provided by the facility host. Athletes are encouraged to bring a deck chair to sit with their team. For parents and spectators, tents can be set up outside the perimeter fence off the pool deck. Additionally, a portion of the paved lot in front of the facility may be designated for spectator tents. For safety, tents must be weighted down. Parents and spectators are not allowed on the pool deck or behind the blocks, except in a limited bleacher seating area at the far end of the competition course. There is limited bleacher seating for use to watch events. A schematic of the pool deck is provided for informational purposes only.

Facility Information:

Raphael Lima
Planet Swim LLC
300 Davis Park Rd
Ponte Vedra, FL 32081
Email for facility information: limaraphael@planetswim.org

Meet Information:

Sondra Santana
Planet Swim First Coast Summer Swim League
Email for meet information: sondra.m.santana@gmail.com

2025 PSFCSSL Championships

Order of Events

Saturday, July 19, 2025		
10 & Under Events		
Warmup 8 am * Meet 9 am		
Girls	Event	Boys
1	6 & U 100 Free Relay	2
3	7-8 100 Free Relay	4
5	9-10 200 Free Relay	6
7	10 & U 100 IM*	8
9	6 & U 25 Free	10
11	7-8 25 Free	12
13	9-10 50 Free	14
15	6 & U 25 Back	16
17	7-8 25 Back	18
19	9-10 50 Back	20
21	8 & U 100 Medley Relay	22
23	9-10 100 Medley Relay	24
25	6 & U 25 Breast	26
27	7-8 25 Breast	28
29	9-10 50 Breast	30
31	6 & U 25 Fly	32
33	7-8 25 Fly	34
35	9-10 50 Fly	36
37	10 & U 100 Free*	38

**Multi-Age Group event - Results for
6 & U, 7-8 and 9-10*

Sunday, July 20, 2025		
11 & Over Events		
Warmup 8 am * Meet 9 am		
Girls	Event	Boys
39	11-12 200 Free Relay	40
41	13-14 200 Free Relay	42
43	15-18 200 Free Relay	44
45	11-12 100 IM	46
47	13-14 100 IM	48
49	15-18 100 IM	50
51	11-12 50 Free	52
53	13-14 50 Free	54
55	15-18 50 Free	56
57	11-12 50 Back	58
59	13-14 50 Back	60
61	15-18 50 Back	62
63	11-12 200 Medley Relay	64
65	13-14 200 Medley Relay	66
67	15-18 200 Medley Relay	68
69	11-12 50 Breast	70
71	13-14 50 Breast	72
73	15-18 50 Breast	74
75	11-12 50 Fly	76
77	13-14 50 Fly	78
79	15-18 50 Fly	80
81	11-12 100 Free	82
83	13-14 100 Free	84
85	15-18 100 Free	86

