

SWIMMING

Sponsored by Robin Wickman, In Memory of Betty Wickman

Date and Time: Saturday, March 7 1:00 PM
Sunday, March 8 9:00 AM
Check-in and warm-up begins 1/2 hour before start time
Site: **VENUE FOR 2026 DURING YMCA RENOVATION**
Rowdy Gaines Olympic Pool
Chain O' Lakes Complex
210 Cypress Gardens Boulevard, Winter Haven 33880
Event Manager: Cheryl Orefice 585-259-1361

Events on Saturday

200 Yard Freestyle
50 Yard Backstroke
100 Yard Breaststroke
100 Yard Butterfly
100 Yard Individual Medley
50 Yard Breaststroke
500 Yard Freestyle *

Events on Sunday

200 Yard Breaststroke
50 Yard Freestyle
100 Yard Backstroke
50 Yard Butterfly
200 Yard Individual Medley
100 Yard Freestyle
200 Yard Backstroke

1. **Pool is an outdoor, heated pool.**
2. Swimmers must provide their own suits, caps, goggles and towels.
3. All events are timed finals in a 25-yard short course, indoor heated pool.
4. * The 500 Freestyle will be limited to the first 36 entries received. 500 yard Freestyle swimmers should recruit their own lap counters.
5. Registered participants (with photo ID and confirmation email) may practice at Rowdy Gaines Pool, Monday through Friday from noon to 2 PM, for a \$2 fee.
6. A false start will result in a DQ. Forward start may be from blocks, deck or push from wall. Breaststroke and Butterfly turns must be both hands touching simultaneously. Backstroke and Freestyle require some part of body to touch wall.
7. Seating is limited; bring chairs if desired.
8. United States Masters Swimming (usms.org) rules apply, except as modified.
9. Swimming is a "qualifying" event for the Florida Senior Games. See page 9.