

2025 Tom Lalor Invitational



**HOSTED BY
GREATER PENSACOLA AQUATIC CLUB
UWF AQUATIC CENTER
PENSACOLA, FL
June 6-8, 2025**

2025 GPAC TOM LALOR INVITATIONAL

University of West Florida Aquatic Center
Pensacola, Florida
June 6-8, 2025

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc. In applying for the sanctioned meet on June 6-8, 2025, Greater Pensacola Aquatic Club, agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Florida and Escambia County.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.

SANCTION NUMBER: 25SEGPAC6-6

SANCTION NUMBER FOR TIME TRIAL: 25SEGPAC6-6TT

HOSTED BY: Greater Pensacola Aquatic Club, Inc. (850) 484-1312 www.gpacswimteam.org

LOCATION: The University of West Florida Aquatic Center
11000 University Parkway, Building 73, Pensacola FL 32514
[Google Maps Link](#)

DIRECTIONS:

From US 90 East or West - Turn North on University Parkway to end of the road and turn left, the UWF Aquatic Center is at top of hill on your right.

From I-10 East or West - Exit at Davis Hwy, go north to University Pkwy and turn left (3rd light from the east; 4th light from the west); take University Parkway North to end of the road and turn left. The UWF Aquatic Center is at top of hill on your right.

PARKING: Parking is available next to the tennis courts (Lot J) and across the street next to the water tower (Lot B). Cars parked in driveways, drop-off circles, on the grass, or adjacent to the buildings near the pool are subject to being towed by the University Police at owner's expense.

FACILITIES: World class indoor 8-lane 50 meter competition pool with a 4 feet minimum depth (measured 1 meter from wall at one end) and 14 feet maximum depth (measured 1 meter from opposite end) and non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

A seven (7) lane course will be utilized during each session. Meet Director and Referee reserve the right to alter the number of lanes utilized as necessary. The course will have fully automatic electronic timing provided by Colorado Timing System with HYTEK interface and an 8-lane scoreboard with lane/time/place display. Manual back-up will be used. A warm-down lane will be provided in the competition pool adjacent to the course on the side closest to the grandstands—opposite of the windows. Entry to the warm down lane will be at the shallow only feet first. Coaches are asked to help direct their swimmers to comply with this requirement.

MEDICAL: First aid/AED for participants and spectators is available and provided by the UWF aquatic center staff. Emergency medical staff/services are not available on-site.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet unless otherwise noted herein. Starting Sept 1, 2020, The swimmer must wear only one swimsuit in one of two pieces, except as provided in 205.10.1. All swimsuits shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

No technical suits shall be worn by any 12 and Under USA Swimming athlete member in competition at any sanctioned, approved, or observed meet. Note - 102.8.F

SAFETY: In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Nobody will be allowed to climb on the diving boards for any reason. All swimmers and coaches are asked to remain on the pool deck and not climb the stairs to the skybox. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level adjacent to the shallow end pool. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS.** Coaches are asked to help control the crowded pool deck by asking the parents of their swimmers to stay away from the starting block area of the pool. Swimmers must enter the warm-down lanes feet first only. Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events.

Please be advised that the Pensacola area is subject to severe weather and therefore delays during the meet when thunder storms and lightning are in the vicinity should be anticipated. The UWF aquatic facility has strict rules prohibiting swimming while thunder and lightning storms are in the vicinity and these rules will be followed at all times. If a lightning strike is recorded within 5 nm of UWF Aquatic Facility, swimming will be halted and will not resume until a 15 minute period absent of local lightning strikes has expired.

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.

The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms or locker rooms.

All changing of clothes must be done in changing areas, restrooms or locker rooms as "Deck Changes" are prohibited.

OFFICIALS: Meet Director: Greg Johnson
gpaccoachgreg@gmail.com

Meet Referee: Rick Harris
gpacswimreferee@gmail.com

Administrative Official: Maureen Keefe Little
gpac.meet.entries@gmail.com

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without current registration numbers. There is no on-deck USA Swimming registration available at the meet.

A swimmer's age on the first day of the meet will determine his or her age for the entire meet. Coaches and officials must present evidence of certification as required by Southeastern Swimming.

All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is **not properly registered.**

DISABILITIES: Swimmers with disabilities are welcome and highly encouraged. Coaches with disabled swimmers are requested to complete the attached Information Form for Disabled Swimmers and return it with the entries in order to efficiently make swimmer accommodations prior to the start of the meet.

MEET FORMAT: This is a timed finals long course meters meet. All events will be pre-seeded, except the 1500 Free, 800 Free, 400 Free, 400 IM, which will be deck seeded and heat limited. The 12 & under 200 IM and 12 & under 200 Free may be heat-limited based on timelines and numbers (see LIMITS below). The 800m free and 1500m free will be swum fast to slow, alternating girls' heats and boys' heats. **Qualifying times for the 1500, 800, 400 free, and 400 IM will be enforced. NTs will NOT be accepted.**

Swimmers will be required to provide their own timers and counters for the 1500 and 800 events.

The 13 & older morning sessions of this meet will be conducted using "chase starts" unless the number of athletes in the sessions should otherwise dictate. ODD HEATS will start from the diving board end of the pool and EVEN HEATS will start from the scoreboard end of the pool. All 50s will start from the diving board end of the pool. The procedure for this will be reviewed at the coaches' meeting Friday morning.

In the interest of minimizing timelines and maximizing participation, the meet referee reserves the right to combine heats of some distance events where two swimmers share a lane. Procedure for this will be reviewed at the coaches' meeting on Friday, and again, where deemed necessary.

Swimmers 11 and older can choose to enter the "13 & over" events provided they are members of a team that is traveling by bus or other transportation as part of a "team trip." Swimmers may not enter "13 & over" events in one session and then swim in their age group during another session. Once entered in "13 & over" events, the swimmer must remain entered in all "13 & over" events for the meet.

WARM UP AND MEET START TIMES: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. Warm-ups in the morning sessions will consist of TWO (2) 40-minute sessions with assigned lanes posted. The warm-ups for the afternoon session will consist of ONE (1) 30-minute session with lanes assigned.

The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Warm up sessions and times may be altered in order to provide sufficient warm up for all swimmers. Swimmers not entered in the meet may not use the pool at any time with the exception of swimmers from the host club.

STARTING TIMES:	<u>Warm-up</u>	<u>Competition</u>
Friday AM:	7:00 AM	8:30 AM
Friday PM:	A single thirty (30) minute warm-up session will commence immediately after completion of the morning competition session.	
Saturday AM:	7:00 AM	8:30 AM
Saturday PM:	A single thirty (30) minute warm-up session will commence immediately after completion of the morning competition session.	
Sunday AM:	7:00 AM	8:30 AM
Sunday PM:	A single thirty (30) minute warm-up session will commence immediately after completion of the morning competition session.	

****The facility will open to swimmers and spectators NO EARLIER than 15 minutes prior to the published warm up start times.****

The Host Team reserves the right to modify the warm-up schedule and/or competition start times after entries have been processed and an estimated timeline has been determined.

ENTRIES: Teams should submit their entries via e-mail using an entry file generated from Team Manager or Team Unify. Please provide a printed copy of entries with the event numbers and event description in published event order for verification purposes. All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If possible, teams submitting their entries via email are asked to send their completed forms as scanned documents attached to email. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.

Any teams with outstanding fees from previous GPAC meets WILL NOT have any entries accepted until ALL outstanding fees are paid.

ENTRY ERRORS: If due to GPAC's error, the swimmer will be deck entered into an open lane of the heat nearest his/her entry time or in a new heat. The entire event WILL NOT be re-seeded.

SCRATCHES: All scratches should be submitted to the Clerk of Course as soon as possible to identify open lanes for potential deck entries. Swimmers or relays who do not check-in with the Clerk of Course by the deadline will be seeded with a NT, but will be able to compete. Only the swimmer or his/her coach may check-in or scratch a swimmer.

If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name. If scratching the event, the swimmer or coach shall draw a line through the swimmer's name and place their initials next to the swimmer's name.

Any swimmer entered in an individual event that is seeded at the meet, and who has been signed in for the event, must swim the event unless he/she notifies the Clerk of Course before the seeding for that event has begun. Failure to swim the event will result in the swimmer being barred from the next individual event in which he/she is entered, whether it is that day or the next day. **Sign-in deadlines are as follows:**

DAY	EVENT	DEADLINE
FRIDAY	OPEN 400 IM	8:00 AM
FRIDAY	11-12 400 FR	1:00 PM
SATURDAY	OPEN 400 FR	8:00 AM
SATURDAY	12 & U 200 IM	12:30 PM
SUNDAY	OPEN 800/1500	8:00 AM
SUNDAY	12 & U 200 FR	1:30 PM

LIMITS: Swimmers are limited to four (4) individual events per day, inclusive of time trials. All swimmers are limited to two relays for the meet. If necessary to limit the events, these events will be limited to a set number of heats per gender: the boys 1500 Free (3 heats), the girls 800 Free (3 heats), 13 & over 400 Free (5 heats of each gender) and 400 IM (5 heats of each gender); the 12 & under 200 IM on Saturday and the 12 & under 200 Free on Sunday will be limited to five (5) heats for each gender in each event. The 11-12 400 free will be limited to four (5) heats per gender. The host team reserves the right to further limit the number of heats in deck-seeded events in order to run the meet in the allotted time.

TIME TRIALS: Requests for time trials will be accepted by the Clerk of the Course. Payment for any requested time trial must accompany the request. Requested Time Trials for swimmers not already entered in the meet must be accompanied by proof of current USA Swimming registration. Swimmers not already entered into the meet must submit facility fees, SES surcharges and any other meet related fees with their request. **The deadline for submitting Time Trial requests will be one hour following the start of competition of each session of each day.** The actual scheduling of the time trials will depend on the number of requests, but they will normally be scheduled for the end of the session in which the swimmer is assigned to compete. Requests for swimmers to time trial during/following sessions in which they are not assigned to compete may be considered on a case-by-case basis with the approval of the meet referee and meet director.

FEES: Please make checks payable to: Greater Pensacola Aquatic Club. **All entry fees are nonrefundable.**

Individual:	\$8.00 per event	(\$10.00 late entry)
Relay:	\$16.00 per event	(\$18.00 late entry)
Time Trials:	\$10.00 per event	
SES surcharge:	\$4.00 per athlete	
Facility surcharge:	\$18.00 (Waved for Outreach)	includes electronic heat sheet

Team checks are required for all entry fees. If a team check is not available, entry fees must be paid by cashier's check or money order. All entry fees are nonrefundable.

DEADLINE: Entry files and entry reports or manual entry forms and entry fees including surcharges must be received by the Meet Entries Chair on or before 11:59 PM Central Time on **Wednesday May 28, 2025**. **Late entries** will be accepted for available lanes only until 5:00 PM Central Time on Friday, May 30, 2025. No new heats will be formed.

E-mailed entries will not be considered complete for processing until the GPAC Meet Entries Chair has received written entry forms, written copy of all entries for verification purposes, release/recap sheet and entry fees including surcharges. Email confirmations will be sent out as entries are received. Please contact the GPAC Meet Director or Meet Entries Chair if a confirmation of your team's entries is not received within 24 hours of submission.

Completed entries should be submitted by e-mail, to:

Email: gpac.meet.entries@gmail.com

(Please include the words "2025 Tom Lalor meet" in the subject line of all e-mail)

In the event that it becomes necessary to limit swimmers, priority will be given to teams in the order their entries are received.

SCORING: Points for 1st through 8th places in individual events will be awarded as follows: 9-7-6-5-4-3-2-1. All events in the 13 & over session each day will be swum together but scored separately as 13-14, 15& O. Swimmers aged 11 and 12 who are entered in the morning session as provided above shall be scored as EXH and points will not count towards 11-12 age group scoring.

AWARDS: Ribbons will be awarded for first through eighth place in all individual event for 12 & Under events only. Individual high point awards will be awarded for both genders in the following age groups 8 & Under, 9-10, 11-12, 13-14 & 15 & Over. Team trophies will be awarded to the First, Second and Third place visiting teams.

SPECTATOR CORNER: The UWF Aquatic Center has bleacher seating – personal chairs/stadium seats are not allowed in the Aquatic Center. Seating by spectators or athletes is not allowed on the pool deck. Tents, tarps, and chairs are welcome in the courtyard areas outside the pool provided they do not impede access to the entrances to university facilities and handicapped access ramps. **Tents, tarps, and/or chairs cannot be set up on the access road directly outside the South pool entrance.**

Spectators are prohibited in the area behind the starting blocks and may be prohibited in other designated areas.

Spectators may be allowed to use the locker rooms in the pool as restroom facilities in compliance with MAAPP. The restrooms for spectators (if open) are located on the main floor of the Health, Leisure & Sports (HLS) building (building 72) which is to the right upon exiting the pool in the courtyard (SOUTH END).

No pets are allowed in any UWF building or at any of the athletics facilities. Only service animals, as defined by the ADA, which are dogs or miniature horses that are individually trained to do work or perform tasks for people with disabilities are allowed.

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 times athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

The possession, use, or storage of electronic equipment such as hoverboards, Segways, IO Hawks, Skywalkers and any similar devices is prohibited anywhere on the University of West Florida Pensacola Campus.

Spectators and swimmers are only allowed to be in the immediate pool area (Outside the facility)—team seating areas, sun yard and adjacent courtyard/outdoor areas. Parents and spectators may not be seated inside the HLS building.

NO SWIM MEET PARTICIPANTS/SPECTATORS ARE ALLOWED ON THE UWF FOOTBALL FIELD AT ANY TIME FOR ANY REASON.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

OFFICIALS' CORNER: Certified officials who are members of USA Swimming and are available to work the meet are asked to please notify the Team Lead Chief Judge by email. Please specify which day(s) and session(s) you can help.

Meet Referee: Ricke Harris –gpacswimreferee@gmail.com

Please display current certification cards at all times on deck and/or have Deck Pass credentials readily available. All session briefings will occur one hour prior to the start of competition for that session.

Teams are asked to also include the names of these officials in the appropriate section of the Team Information page to be returned with entries.

COACHES' CORNER: Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

SES rules dictate that "coaches shall display, when requested, their USAS Membership cards (or Deck Pass credentials) to be allowed on deck at any SES sanctioned meet. Compliance shall be the responsibility of the Host Meet Referee/director—they may assign the responsibility to other meet personal. Therefore all coaches are required to sign in with the Clerk of Course and must be prepared to show their coaching credentials at any time."

A coaches' meeting will be held at 10 minutes prior to the start of competition on Saturday and, if deemed necessary by the referee on Sunday, in the hospitality area. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting(s).

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and GPAC Meet Director by email.

PHOTOGRAPHY POLICY: No team or parent photographers will be permitted on deck unless they are registered non-athlete members of USA Swimming with a current valid level 1 background check and current valid Athlete Protection training. Press photographers will not be permitted on deck unless they have been issued a credential by the Meet Director. Credentials must be visible and on display at all times.

Under NO circumstances will video or still photography be allowed in 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, restrooms, or any other dressing area. Acceptable areas include the side courses of the pool, team gathering areas, concession areas, and the turn-end of the competition pool(s) when not in use as a "start end".

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only.

HEAT SHEETS, T-SHIRTS, CONCESSIONS: Heat sheets will be made available electronically on the GPAC team web site prior to the meet. GPAC may operate a concession stand. Official meet apparel vendors may be on site.

RECYCLING: GPAC is supporting the SES recycling initiative (pilot program for USA Swimming) at its home meets. Please look for additional information about this initiative posted at the swimming venue and assist GPAC with this initiative.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

John Boxmeyer - SES General Chairman

jboxmeyer@hotmail.com

The following forms are attached after the order of events as an integral part of this meet invitation and are required for entry processing:

SES Waiver, Acknowledgment and Liability Release Form

Team Information Form and Summary of Fees

SES Information Form for Disabled Swimmers (duplicate as needed)

GPAC Time Trial Form

Unaccompanied Swimmer Coaching Assignment Form

2025 GPAC Tom Lalor Invitational

Order of Events

SESSION 1*

Friday June 6, 2025

WARM UPS @ 7:00 AM ~ COMPETITION @ 8:30 AM

GIRLS	EVENT		BOYS
1	13 & over 200 Freestyle Relay		2
3	13 & over 50 Backstroke		4
5	13 & over 100 Butterfly		6
7	13 & over 200 Breaststroke		8
9	13 & over 50 Freestyle		10
11	QT 6:25.89	13 & O 400 Individual Medley QT 6:04.69	12

SESSION 2*

Friday June 6, 2025

Warm-up 15 mins.after conclusion of Session 1

GIRLS	EVENT		BOYS
13	10&U 200 Freestyle Relay		14
15	11-12 200 Freestyle Relay		16
17	10&U 100 Butterfly		18
19	11-12 100 Butterfly		20
21	10&U 50 Breaststroke		22
23	11-12 50 Breaststroke		24
25	10&U 100 Backstroke		26
27	11-12 100 Backstroke		28
29	QT 5:56.49	11-12 400 Freestyle QT 5:48.69	30

**The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and 4 on Saturday and/or between Session 5 and 6 on Sunday.*

2025 GPAC Tom Lalor Invitational

Order of Events

SESSION 3*

Saturday June 7, 2025

WARM UPS @ 7:00 AM ~ COMPETITION @ 8:30 AM

GIRLS	EVENT	BOYS
31	13 & over 200 Medley Relay	32
33	13 & over 50 Butterfly	34
35	13 & over 200 Freestyle	36
37	13 & over 100 Breaststroke	38
39	13 & over 200 Butterfly	40
41	13 & over 100 Backstroke	42
43	QT 5:40.59 13 & O 400 Freestyle QT 5:24.09	44

SESSION 4*

Saturday June 7, 2025

Warm-up 15 min after conclusion of session 3

GIRLS	EVENT	BOYS
45	10 & U 200 Medley Relay	46
47	11-12 200 Medley Relay	48
49	10&U 100 Freestyle	50
51	11-12 100 Freestyle	52
53	10 & U 50 Butterfly	54
55	11-12 50 Butterfly	56
57	10&U 200 Individual Medley	58
59	11-12 200 Individual Medley	60

****The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and 4 on Saturday and/or between Session 5 and 6 on Sunday.***

2025 GPAC Tom Lalor Invitational

Order of Events

SESSION 5*

Sunday June 8, 2025

WARM UPS @ 7:00 AM ~ COMPETITION @ 8:30 AM

GIRLS	EVENT	BOYS
61	13 & over 100 Freestyle	62
63	13 & over 200 Backstroke	64
65	13 & over 50 Breaststroke	66
67	13 & over 200 Individual Medley	68
69	QT 11:41.99 13 & over 800 Freestyle	XXX
XXX	13 & over 1500 Freestyle QT 21:27.39	70

SESSION 6*

Sunday June 8, 2025

Warm-up 15 min. after conclusion of session 5

GIRLS	EVENT	BOYS
71	10&U 200 Freestyle	72
73	11-12 200 Freestyle	74
75	10&U 50 Backstroke	76
77	11-12 50 Backstroke	78
79	10&U 100 Breaststroke	80
81	11-12 100 Breaststroke	82
83	10&U 50 Freestyle	84
85	11-12 50 Freestyle	86

***The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and 4 on Saturday and/or between Session 5 and 6 on Sunday.**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Greater Pensacola Aquatic Club, Inc., The Club, A Family Sports Complex, the University of West Florida, Pensacola State College, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME		COACHES CARD EXPIRATION DATE
	1.		
	2.		
	3.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:		ATTACHED:	
		UNATTACHED:	
		TOTAL:	

TEAM INFORMATION

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$4.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$18.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$8.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS		X \$16.00 PER RELAY=	
TOTAL DUE:			

SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name_____

Address_____

Team_____ USA Registration # _____

Age and Birth date: _____

Events to be swum: _____/_____/_____/_____/_____/_____/_____

Type of Disability

Blind _____ Cognitive/Intellectual _____ Deaf _____ Physical _____ Other _____

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

The following person(s) will accompany the swimmer for any needed assistance:

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

Information gathered on this form will only be used for swimmer's accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your meet experience.

Meet Director Email: Greg Johnson

gpaccoachgreg@gmail.com

Meet Referee Email: Ricke Harris

gpacswimreferee@gmail.com

Disability Chair: Robin Heller

robin@seastarsaquatics.org

2025 SE GPAC TOM LALOR INVITATIONAL LONG COURSE SWIM MEET

June 6-8, 2025 ~ UWF Aquatic Center ~ Pensacola, Florida

Time Trial Sanction No. 25SEGPAC6-6TT

Time Trial Request

Time Trials to meet SES, Sectional or National qualifying times for swimmers otherwise meeting the eligibility criteria for any long course event listed below may be held upon reasonable request at the sole discretion of the Meet Referee and Meet Director. Such swims when combined with the swimmer's entered events must fall within daily individual entry limits otherwise applicable and will be held, if time permits, after the final competition of each session each day. Swimmers requesting time trials must supply their own lane timers. Entry fees for each time trial swim will be \$10.00 per individual event due at the time the request for time trial is submitted. Swimmers not already entered in the meet will not be permitted to submit time trial requests.

Swimmers must sign up for time trials at the Clerk of Course table within 2 hours of the start of competition each day by submitting a copy of this form with the applicable fees.

The time trial order of events will generally be as follows: current day's events, previous day's events and future day's events. Different strokes of the same distance may be combined and swum at the same time in order to consolidate heats.

Team Name: _____ Team Abbreviation: _____

Swimmer's Name: _____ USA Swimming ID #: _____

Gender: M / F

Event Description (Stroke & Distance: _____ Seed Time: _____

Coach/Swimmer Signature: _____

PAID _____
Clerk of Course INITIALS

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer Name(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name

Clerk of Course INITIALS _____

GPAC PREFERRED HOTELS:

These hotels are close to the pool and many dining options in and around Pensacola. They have provided EXCEPTIONAL promotional rates for families attending GPAC meets.



Pensacola I-10 at North Davis Hwy[®]
7753 North Davis Hwy
Pensacola, FL 32514
1-850-466-4748

[Home2Suites Pensacola I-10 N. Davis Hwy](#)

Tom Lalor Invitational:

\$159 King Studio Suites | \$164 2 Queen Studio Suites

[Booking Link](#)



[Hampton Inn & Suites Pensacola- I-10 North at University Town Plaza](#)