

SID CASSIDY OPEN WATER WEEKEND
Hosted by Saint Andrew's Aquatics
February 14 & 15, 2026
Freshwater Races Saturday at Tradewinds Park in Coconut Creek, FL
Saltwater Races Sunday at Palm Beach County South Inlet Park in Boca Raton, FL

SANCTION – # TBA This meet is held under the sanction of USA Swimming and Florida Gold Coast.
Sanction #: **FG1W2604507019**

HOSTED BY Saint Andrew's Aquatics

LOCATION Freshwater Races Saturday at Tradewinds Park in Coconut Creek
Saltwater Races Sunday at Palm Beach County South Inlet Park in Boca Raton

SPECTATOR ADMISSION There will be no admission Fee for Spectators

	Name	Email
MEET DIRECTOR	Sid Cassidy	coachsid@gmail.com
ENTRY CHAIR	Bert Schreuders	bert.schreuders@gmail.com
MEET REFEREE	Tom Lombardo	tlombardojr@hotmail.com
ADMINISTRATIVE OFFICIAL	Jon Reid	reidme2@hotmail.com
SAFETY MONITOR	Len Rodriguez	lgcaptain@aol.com

TIMING SYSTEM C3 RFID Timing System with TAG (UHF) as per Critical Communication Caribbean
Back-up TIMY3 and Manual Stopwatches
Verification with two high-speed cameras with synchronized time

ELIGIBILITY Swimmer(s) must be registered with USA Swimming to be accepted into this meet.
All events will follow world aquatics age group rules and format.
Age as of December 31, 2026 shall determine the swimmer's age for this event. We are accepting athletes who are not currently USA Swimming Members via our one-day membership registration. You will use this link: [USA Swimming Registration- Single Meet](#). Select "Single Meet Athlete", which is \$15.00 and that coverage will include both days and all events. We also have included some soft time standards for our Five Kilometer race to assure safety and success.

**FRESHWATER
ALL EVENTS
INDIVIDUAL COMPETITION**

SATURDAY, FEBRUARY 14, 2026

AGE	DISTANCE
Open/Age Group	1.5 K
Open/Adults (Masters)	1.5 K
Open 3 K KNOCKOUT EVENT	3 K

Check-in ALL EVENTS	Starts at 7:00 AM
Metric Mile Pre-race Briefing	7:45 AM
Age Group Inspection and Roll Call	7:50 AM
Age Group Swimmers Start	8:00 AM
Adult Inspection and Roll Call	8:20 AM
Adults Master Swimmers Start	8:30 AM
3K KNOCKOUT Pre-Race Briefing	9:15 AM
3K KNOCKOUT Start	9:30 AM

**SALTWATER
ALL EVENTS
INDIVIDUAL COMPETITION**

SUNDAY, FEBRUARY 15, 2026

AGE	DISTANCE
Open/Age Group	5K
Open/Age Groups	1K
14 & Under	500-METER

Check-in ALL EVENTS	Starts at 6:15 AM
5K Pre-race Briefing	7:15 AM
5K Inspection and Roll Call	7:20 AM
5K Start	7:30 AM

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1K and 500-meter Pre-race Briefing	8:45 AM
1K Inspection and Roll Call	8:50 AM
1K Start	9:00 AM
500-Meter Start	9:30 AM

**TRADEWINDS
FRESHWATER COURSE**

SATURDAY, FEBRUARY 14, 2026

Multiple buoys shall be placed to identify the course boundary.

- Orange Buoys will outline the 1.5-kilometer loop for the Metric Mile and Round One of the Knockout.
- Yellow buoys will mark the 1000-meter course turn for Round Two in the Knockout.
- Pink Buoys will mark the 500-meter course turn for the Knockout's Third and Final Round.

CHECK-IN

Swimmers must report to the check-in table and report to the Meet Volunteer that they are present and prepared to swim. At that time, the swimmers will regard instructions for the competition deemed necessary.

MARKING

Prior to the start, swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs.

WARM-UP PROCEDURE

An area adjacent to the competition will be available for continuous warm-up and warm-down during the competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events.

START/FINISH

All event will feature an in water start and finish.
Athletes will be equipped with wrist sensors to allow us to electronically record their time. The finish will be a hand touch to the finish pad attached to our inflatable finish line apparatus.

TIME LIMITS

Age Group & Adult 1.5K Metric Mile

Each race will offer athletes a 45- minute window to complete the event.
Swimmers not completing the racecourse within that time may be asked to abandon their swim.

3K KNOCKOUT

There will be a 30-minute cut-off time in Round One.

SAFETY CONDITIONS

If the swimming conditions are deemed NOT SAFE (too much bacteria, debris, etc.), the meet will not be rescheduled and will be canceled. This decision will be made no later than twenty-four hours before race time, Friday, February 13th at 8:00 AM and will be posted to the <http://scoww.com/> website.

Inclement weather for the entire weekend will be monitored as well and all updates will be noted on the site.

ESCORT SAFETY CRAFT

Coaches and individual support craft are not required on the race course. Contact the Meet Director if you are interested in volunteering to kayak or paddle board as part of our safety team. The Meet Referee, Meet Director, and Safety Officer will designate who is on the course at any given time.

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SAFETY PROCEDURES

There will be a mandatory Pre-Race Briefing held fifteen minutes before the competition begins to discuss the course, rules and safety procedures. The Referee will remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. Lifeguard Services reserves the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions.

The Chief Referee in conjunction with the Safety Officer will have the authority to independently pull the sanction (stop the meet) at any time for safety reason.

MEDICAL FACILITY

A medical tent will be on site for first aid supervised by:
Maureen Avella, Baptist Health, MSN, RN, CV-BC.
The closest hospital to Tradewinds Park is
HCA Florida Northwest Hospital
2801 N State Road 7
Margate, FL, 33063

INLET PARK
SALTWATER COURSE
SUNDAY, FEBRUARY 15, 2026

Race day conditions will dictate if this race is using an in-water start/finish or if we will start and finish from the beach.

- If we are able to safely place the finish apparatus into the ocean, the in-water start and finish plan will be in effect.
- If ocean conditions require, we will utilize a beach start and finish.

5 KILOMETER CHALLENGE

Multiple buoys shall be placed to identify the course boundary as indicated by the course diagram. The race will be comprised of two 2.5-kilometer loops. Following the start, athletes will proceed in a southerly direction and circumnavigate the course two times in a clockwise direction.

- Orange Triangular buoys will mark the boundaries of the racecourse and swimmers will utilize right shoulder turns.
- Alternate color buoys will be placed as directional markers that swimmers may pass on either side.

1 KILOMETER ENCOUNTER

Swimmers will proceed in a northerly direction from their start 1000 meters south of the finish area.

- This will be a one-way race with no turns and we will follow the start/finish procedure as described above.

500 METER SPLASH

This event is intended as an introduction to open water racing for novice athletes aged 14 and under. Athletes will proceed in a northerly direction from their start 500 meters south of the finish area.

- This will be a one-way race with no turns and we will follow the start/finish procedure as described above.
- USA certified swimming coaches may choose to join the event with no entry fee to provide additional safety and encouragement for our youngest participants.

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CHECK-IN	Swimmers must report to the check-in table and report to the Meet Volunteer that they are present and prepared to swim. At that time, the swimmers will regard instructions for the competition deemed necessary.
MARKING	Prior to the start, swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs
WARM-UP PROCEDURE	An area adjacent to the competition will be available for continuous warm-up and warm-down during the competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events.
START/FINISH	As noted above, race day conditions will dictate whether we will utilize an in-water Start/Finish for our Saltwater events. Athletes will be equipped with electronic sensors to record their time. The in-water finish will be a hand touch to the finish pad attached to our inflatable finish line apparatus. The beach finish will require athletes to exit the water and complete a short traverse to the finish line.
TIME LIMITS	5 KILOMETER CHALLENGE 5K swimmers will be allowed up to two hours to complete the course. Swimmers not completing the racecourse within that time may be asked to abandon their swim. 1K ENCOUNTER 1K swimmers will be allowed up to 30 minutes to complete the course. Swimmers not completing the racecourse within that time may be asked to abandon their swim 500-METER SPLASH. 500-meter swimmers will have up to 20 minutes to complete the course. Swimmers not completing the racecourse within that time may be asked to abandon their swim
SAFETY CONDITIONS	<p>If the swimming conditions are deemed NOT SAFE in advance (too much bacteria, debris, etc.), the meet will be canceled and will not be rescheduled. This decision will be made no later than twenty-four hours before race time, Saturday, February 14th at 8:00 AM and will be posted to the http://scoww.com/ website.</p> <p>Inclement weather for the entire weekend will be monitored as well and all updates will be noted on the site.</p>
ESCORT SAFETY CRAFT	Coaches and individual support craft are not required on the racecourse. Contact the Meet Director if you are interested in volunteering to kayak or paddle board as part of our safety team. The Meet Referee, Meet Director, and Safety Officer will designate who is on the course at any given time.
SAFETY PROCEDURES	<p>There will be a mandatory Pre-Race Briefing held fifteen minutes before competition begins to discuss the course, rules and safety procedures. The Referee will remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. Lifeguard Services reserves the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions.</p> <p>The Chief Referee in conjunction with the Safety Officer will have the authority to independently pull the sanction (stop the meet) at any time for safety reason.</p>

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 2801 N State Road 7
 Margate, FL, 33063

**SAFE SPORT
 MAAPP INFORMATION:**

All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

RECORDING DEVICES

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

CHANGING AREAS

Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or changing facilities, or other designated areas, is not appropriate and is strongly discourages/prohibited. **DECK CHANGING IS PROHIBITED.**

DRONES

Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present

SCORING

There will be no scoring at this event

AWARDS

<u>Race Type</u>	<u>Description</u>	<u>Age Group</u>
1.5K Metric Mile – Age Group	Top 3 finishers in each age group per gender	12 & Under 13 & 14 15 – 18 19 & Over
1.5 Metric Mile – Adults	Top 3 finishers in each age group per gender	20 – 29 30 – 39 40 – 49 50 – 59 60 – 69 70 & Over
3 KILOMETER KNOCKOUT	Distinctive Awards for 1 st , 2 nd and 3 rd place	Overall per gender
5K CHALLENGE	Distinctive Awards for 1 st , 2 nd and 3 rd place	Overall per gender
Top 3 finishers in the following age groups will receive special awards		14 & Under 15 & 16 17 – 19 20 – 29 30 – 39 40 – 49 50 – 59 60 – 69 70 & Over

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1K ENCOUNTER	Top 3 finishers in the following age groups will receive special awards	12 & Under 13 – 14 15 – 18 19 & Over
500-METER SPLASH	This event will feature participation awards for all entered athletes	

Awards will be presented after the conclusion of the final event each day

ENTRY FEES

<u>Race</u>	<u>Fee</u>
5-KILOMETER CHALLENGE	\$95
1.5 KILOMETER METRIC MILE	\$70
3 K KNOCKOUT	\$70
1 KILOMETER ENCOUNTER	\$70
500-METER SPLASH	\$60

*Please make checks payable to Saint Andrew's Aquatics and mail check to:
Kara Cassidy, 1082 S. Rogers Circle, Boca Raton, FL 33487
Zelle payments accepted at SaintAndrewsAquatics@gmail.com*

DECK ENTRIES

No deck entries

Late Entry Deadline for Saturday Events is 6:00 PM Friday, February 13th.

Late Entry Deadline for Sunday Events is 6:00 PM Saturday, February 14th.

ENTRY PROCEDURES & DEADLINE

Entries and Fees must be received on or before Saturday, February 7th to ensure athletes receive T-shirts and swag.

- Teams must submit electronic entries only.
- Individual entries may be processed via the registration page links [HERE](#).
- The HYTEK entries must be sent via Email to Jon Reid at reidme2@hotmail.com, and please include a print out to the entry summary, waiver and entry fees.
- An Entry Report and Exception report (if any) will be sent back to entering club/unattached swimmer by Wednesday, February 11th.

The e-mailed Entry Report sent to you confirming your entry, along with all subsequent Entry Reports notifying you of changed or updated entries, shall be the official record of your entry. No other information will be considered if there is an entry error or discrepancy.

IMPORTANT REMINDER

Entering clubs/swimmers need to check all data BEFORE submitting. Entering club with unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for accuracy.

ATHLETE ATTITUDE

Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised in open water swimming there may be inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.

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We welcome registered athletes with cognitive or physical disabilities, and the Referee will make reasonable accommodations to facilitate participation. Please notify the Meet Director or the Meet Referee in advance, to allow us to understand the nature of any accommodation being requested.

SWIMWEAR

USA Swimming Open Water swimwear rules will be in effect.
There will be no wet suits allowed.

MEET INFO & RESULTS

All meet information and results will be posted to our event website -
<https://scoww.com/>

PARKING

There will be plenty of parking available at Tradewinds Park on Saturday.

Parking on Sunday will be limited at the venue and ride sharing is encouraged.

More detailed parking instructions will be posted on our site and sent to all registered participants as we near the competition.

OPEN WATER EVENTS

BOYS EVENT #	AGE	DISTANCE	TYPE	GIRLS EVENT #
1	Open - Youth	1.5 Kilometer	Individual	2
3	Open - Adults	1.5 Kilometer	Individual	4
5	Open	3K KNOCKOUT	Individual	6
7	Open	5 Kilometer	Individual	8
9	Open	1 Kilometer	Individual	10
1R	14 & Under	500-Meter	Individual	2R

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ENTRY SUMMARY and WAIVER

Please fill out the information requested below and submit with your payment.

Make checks payable to Saint Andrew's Aquatics or you may Zelle your payment to SaintAndrewsAquatics@gmail.com Thank you.

Send to: Kara Cassidy
1082 S. Rogers Circle
Boca Raton, FL 33487

NAME OF CLUB _____ **CODE** _____

TOTAL AMOUNT ENCLOSED: _____

NAME _____
ADDRESS _____
CITY - STATE - ZIP _____
HEAD COACH EMAIL ADDRESS _____
PHONE _____
CLUB OFFICIAL EMAIL _____
COACH _____
COACH _____
COACH _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges Saint Andrew's Aquatics, Florida Gold Coast Swimming, , and its Board of Directors, USA Swimming Inc., Broward County, Palm Beach County and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event.

Further, the undersigned shall indemnify and hold harmless Saint Andrew's Aquatics and Florida Gold Coast Swimming, USA Swimming Inc., Broward County, Palm Beach County and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____

Date _____

Did you include?

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Entries Printed
Check for entries
This completed form and membership meet entry form

No entrant will be permitted to compete unless the entrant is a member as provided in Article 302
Held under the sanction of USA Swimming

SID CASSIDY OPEN WATER WEEKEND

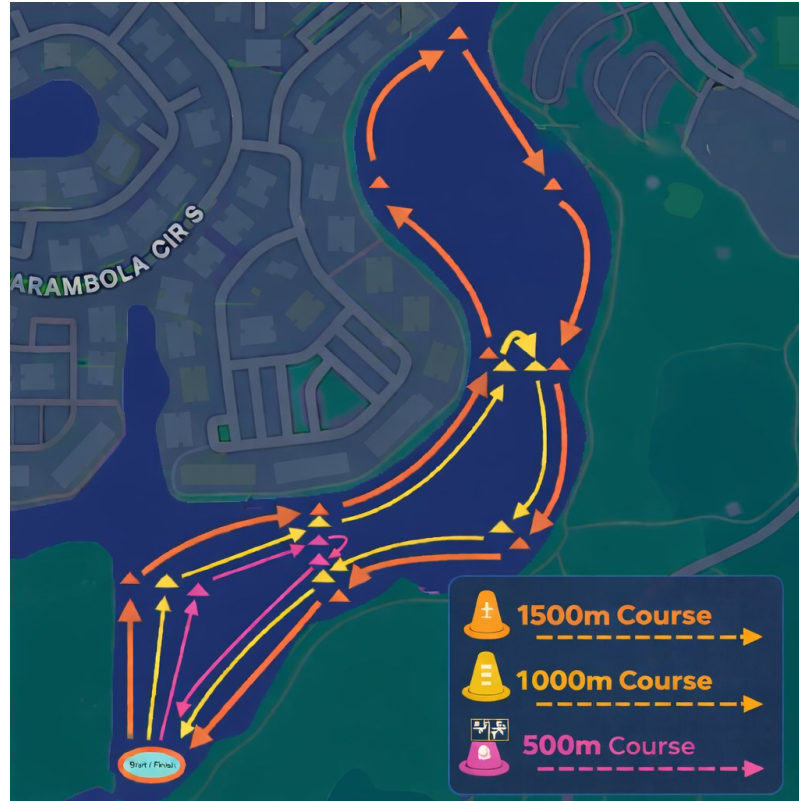
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Tradewinds Park Freshwater Course



South Inlet Park Saltwater Course

