

2024 FAST Independence Invitational

June 28th – June 30th, 2024

Florida Aquatics Swimming & Training

4635 SW 67th Ave. Rd Ocala, FL 34474



Date & Times:

11-12, 13-14, Open				
Date	Prelims Warm Up	Prelims Start	Finals Warm Up	Finals Start
Friday, June 28th	7:30 – 8:45 AM	9:00 AM	3:45 – 4:45 PM	5:00 PM*
Saturday, June 29th	7:30 – 8:45 AM	9:00 AM	3:45 – 4:45 PM	5:00 PM*
Sunday, June 30th	7:30 – 8:45 AM	9:00 AM	3:45 – 4:45 PM	5:00 PM*

10 and Under		
Date	Timed Finals Warm Up	Timed Finals Start
Saturday, June 29th	Immediately following morning session	1 hour after conclusion of morning session
Sunday, June 30th	Immediately following morning session	1 hour after conclusion of morning session

*Finals warm up/start times may change at the discretion of the meet referee based on the days timeline

Sanctioned By: Florida Swimming of USA Swimming: # FL-6732

“In granting this approval it is understood and agreed that USA-S/FL shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of this event.”

Conditions of Sanction: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

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.

Sponsored by: Florida Aquatics Swimming & Training / FAST-FL

Location: Florida Aquatics Swimming & Training – 4635 SW 67th Ave Rd. Ocala, Fl. 34474

Pool Spec & Timing System: Certified 50-meter, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm ups and warm downs.
Water depth at starting end is 9'10"; Pool certification is on file with USA Swimming / Florida Swimming.

Colorado Timing System Gen 7 Timing with scoreboard. Manual back up

Type of Meet: 50 Meter Course. 10 & under: timed final competition; 11-12, 13-14, Open: Preliminary and Final Competition. Swimmers must be at least 11 years old to compete in Open Events.

In the 10 & Under timed finals sessions, 8 and Unders and 9-10's will be combined for heating but scored separately.

In Prelims, all events will be swum as combined 11 & Over. The top 20 swimmers at prelims in each age group (11-12, 13-14, Open) will qualify for finals. At Finals, age groups will be separated and will be swum in the order of youngest to oldest. 11-12, then 13-14, then Open.

Championship Finals will be followed by consolation finals for each age group. The top 10 times swum in prelims will qualify for the championship final, the 11-20th times from prelims will qualify for the consolation final.

The 1500 and 800 free will be swum as a timed final event in prelims, 11-12, 13-14, and Open age groups will be combined for heating but scored separately. These events may be limited to the top 30 entries (3 heats) per gender.

The 400 Free and 400 IM will be swum as timed finals events. The top 10 seeds for each gender in the 11-12 and the 13-14 age groups will compete at Finals. The top 20 seeds for each gender in the Open age group will compete at Finals. All other seeds will compete at prelims.

All relays will be conducted as timed finals events and will be swum in finals, with the exception of the 10 and under relays which will be completed in the 10 & under afternoon timed finals session.

Rules: Current USA Swimming and Florida Swimming rules will govern.

Eligibility: Open to any 2024 USA Swimming members
Entries will be limited to keep the meet under the four (4) hours per session.

Entry Limit: 11 and over swimmers will be limited to 3 individual events per session and 1 relay per session. 10 and under swimmers will be limited to 4 individual events per session plus 1 relay per session. Entries that exceed the entry limit will automatically be dropped.

To RSVP for the meet, please email Cameron_rasmussen@floridafast.com, with your expected number of total swimmers, and expected number of 10 and under swimmers.

Entry Deadline: All entries must be received by 12pm, Friday, June 21st, 2024.
Please send a preliminary copy of your entries before 12pm on Monday, May 27th so that we can get a more accurate swimmer count and preliminary meet timeline. Entries can be modified until the final deadline.

Entry Form: **We request entries via email to:** Kevin_Milak@FloridaFAST.com **with a pdf entry report.** Coaches will be emailed results upon completion of the meet. A complete Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form.
\$ 50.00 Additional fee if team does not enter the meet using the Hy-Tek format.

Entry Fees: Facility Fee: \$25.00 per swimmer
Heat Sheet Fee: \$3.00 per swimmer
Travel Surcharge per out of LSC Swimmer: \$2.00

Timed Final Events
\$5.50 per individual event
\$6.00 per relay

Prelims/Finals Events
\$8.50 per individual event

Teams should pay with a single check for entry fees, bring check with you to the meet, make checks payable to "Florida Aquatics Swimming & Training".

Seeding: 50-meter, LCM times will be used for seeding. Conversion can be made using the formula as published in the current Florida Swimming Handbook. Timed Final events will be seeded fastest to slowest. Prelim events will be circle seeded.

BREAKS MAY BE ADDED, EVENTS AND/OR HEATS MAY BE MOVED, DELETED, COMBINED OR CONSOLOATED AT THE DISCRETION OF MEET MANAGEMENT

awards, and score points for their team in the same manner as able bodied swimmers.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accommodated to the best of meet managements ability.

Spectators: Spectators are allowed in the balcony bleacher section only. No spectators are allowed on deck. Bleacher seating capacity is 1200.

Officials:

Referee – Kevin Milak
Starter – Tina Nemes
S & T – Beth Wolfe
Marshall – Cameron Rasmussen
AO – Andrew Lazar
Meet Manager –Kevin Milak

Deck Restriction: USA Swimming Insurance Safety Regulations require that the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials, and meet personnel. Parents and other spectators are not allowed into any areas other than the bleacher seating.

Warm Up Rules: No equipment permitted in the competition pool during warm ups.

Unless doing a racing start in the designated lanes, all swimmers must enter the pool feet first.

Warm up session may be divided on a “by team” warm up schedule with assigned lanes if posted and sent out to teams prior to the start of the meet. The meet referee may alter the warm up schedule to meet the needs of the competitors.

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 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 “racing 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 subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2

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.

Additional Information: Contact – Cameron_Rasmussen@FloridaFAST.com

Prelims: 7:30 AM Warm Up / 9:00 AM Start
 Finals: 3:30 PM Warm Up / 4:45 PM Start

Girls	Event	Boys
1	11-12 400 Medley Relay*	2
3	13-14 400 Medley Relay*	4
5	Open 400 Medley Relay*	6
7	11-12 200 Freestyle	8
9	13-14 200 Freestyle	10
11	Open 200 Freestyle	12
13	11-12 50 Butterfly	14
15	13-14 50 Butterfly	16
17	Open 50 Butterfly	18
19	11-12 200 IM	20
21	13-14 200 IM	22
23	Open 200 IM	24
25	11-12 100 Backstroke	26
27	13-14 100 Backstroke	28
29	Open 100 Backstroke	30
31	11-12 200 Breaststroke	32
33	13-14 200 Breaststroke	34
35	Open 200 Breaststroke	36

*Relays will be swum at Finals

Friday Afternoon - 11 & Over 1500 Timed Finals
 Session will start immediately following AM Prelims

Girls	Event	Boys
37	11-12 1500 Freestyle	38
39	13-14 1500 Freestyle	40
41	Open 1500 Freestyle	42

Saturday Prelims (AM) & Finals (PM) - 11 & Over
 Prelims: 7:30 AM Warm Up / 9:00 AM Start

Finals: 3:30 PM Warm Up / 4:45 PM Start		
Girls	Event	Boys
43	11-12 400 Freestyle Relay*	44
45	13-14 400 Freestyle Relay*	46
47	Open 400 Freestyle Relay*	48
49	11-12 100 Butterfly	50
51	13-14 100 Butterfly	52
53	Open 100 Butterfly	54
55	11-12 50 Freestyle	56
57	13-14 50 Freestyle	58
59	Open 50 Freestyle	60
61	11-12 200 Backstroke	62
63	13-14 200 Backstroke	64
65	Open 200 Backstroke	66
67	11-12 50 Breaststroke	68
69	13-14 50 Breaststroke	70
71	Open 50 Breaststroke	72
73	11-12 400 Freestyle	74
75	13-14 400 Freestyle	76
77	Open 400 Freestyle	78

*Relays will be swum at Finals

Saturday Afternoon - 10 & Under Timed Finals Warm Up: Immediately Following AM Session Start: 1 hour after conclusion of AM Session		
Girls	Event	Boys
79	10 & Under 200 Medley Relay	80
81	10 & Under 100 Breaststroke	82
83	10 & Under 50 Freestyle	84
85	10 & Under 100 Backstroke	86
87	10 & Under 50 Butterfly	88
89	10 & Under 200 Freestyle	90

Sunday Prelims (AM) & Finals (PM) - 11 & Over Prelims: 7:30 AM Warm Up / 9:00 AM Start Finals: 3:30 PM Warm Up / 4:45 PM Start
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Girls	Event	Boys
91	11-12 200 Freestyle Relay*	92
93	13-14 200 Freestyle Relay*	94
95	Open 200 Freestyle Relay*	96
97	13-14 400 IM	98
99	Open 400 IM	100
101	11-12 100 Freestyle	102
103	13-14 100 Freestyle	104
105	Open 100 Freestyle	106
107	11-12 200 Butterfly	108
109	13-14 200 Butterfly	110
111	Open 200 Butterfly	112
113	11-12 50 Backstroke	114
115	13-14 50 Backstroke	116
117	Open 50 Backstroke	118
119	11-12 100 Breaststroke	120
121	13-14 100 Breaststroke	122
123	Open 100 Breaststroke	124
125	11-12 800 Freestyle	126
127	13-14 800 Freestyle	128
129	Open 800 Freestyle	130

*Relays will be swum at Finals

Sunday Afternoon - 10 & Under Timed Finals Warm Up: Immediately Following AM Session Start: 1 hour after conclusion of AM Session		
Girls	Event	Boys
131	10 & Under 200 Freestyle Relay	132
133	10 & Under 100 Butterfly	134
135	10 & Under 50 Breaststroke	136
137	10 & Under 100 Freestyle	138
139	10 & Under 50 Backstroke	140
141	10 & Under 200 IM	142