

**2023 FAST Pentathlon**  
**September 24th, 2023**  
**Florida Aquatics Swimming & Training**  
**4635 SW 67<sup>th</sup> Ave. Rd Ocala, FL 34474**



**Date & Times:** Sunday, September 24th – Warm Up 8:00 am / Meet Start 9:00 am

**Sanctioned By:** Florida Swimming of USA Swimming: # FL-XXXX

“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 the MAAPP policy 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 67<sup>th</sup> Ave Rd. Ocala, FL 34474

**Pool Spec & Timing System:** Certified 25 yard, 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:** Short course, 25 yards. Timed Finals Competition.
- Rules:** Current USA Swimming and Florida Swimming rules will govern.
- Eligibility:** This is a closed meet – open only to swimmers from the FAST Falcons and Gator Swim Club.  
**Entries will be limited to keep the meet under the four (4) hours per session.**  
On deck registrations will be allowed. 2023 proof of registration must be presented to the referee.
- Entry Limit:** All Swimmers will be limited to 5 individual events. Entries that exceed the entry limit will automatically be dropped.
- Entry Deadline:** All entries must be received by 12pm, Friday, September 15th 2023.
- Entry Form:** **We request entries via email to: [Kevin\\_Milak@FloridaFAST.com](mailto: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:** Flat Fee: \$20 per swimmer (fee allows participation in up to 5 events)  
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:** 25 yard, SCY times will be used for seeding. All events will be swam fastest to slowest.

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

- Scratches:** Scratch on the block with no penalty
- Scoring:** Swimmers can choose from the event lineups listed below – after a swimmer swims their five events, their time from all five events will be added together for a cumulative time, with the goal being to have the lowest cumulative time.
- 9 and older swimmers may choose 1 of the following event lineups to compete in  
**Option A:** 50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM  
**Option B:** 100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM
- 8 and Under swimmers may choose either option A (detailed above) or Option C (below)  
**Option C:** 25 Fly, 25 Back, 25 Breast, 25 Free, 100 IM

## **Disability**

### **Athletes:**

FAST encourages the participation of USA Swimming members with disabilities in this meet. The swimmers disability must meet the definition of a disability as outlined by USA Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn 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 – Don George  
Starter – Kevin Milak  
S & T – Beth Wolfe  
Marshall – Cameron Rasmussen  
AO – Delia Frosolono  
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 Coda 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](mailto:Cameron_Rasmussen@FloridaFAST.com)

**Order of Events**

<b>Sunday, September 24th 2023 8:00 AM Warm Up / 9:00 AM Start</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	8 & Under 25 Fly	2
3	Open 50 Fly	4
5	Open 100 Fly	6
7	8 & under 25 Back	8
9	Open 50 Back	10
11	Open 100 Back	12
13	8 & Under 25 Breast	14
15	Open 50 Breast	16
17	Open 100 Breast	18
19	8 & Under 25 Free	20
21	Open 50 Free	22
23	Open 100 Free	24
25	Open 100 IM	26
27	Open 200 IM	28