

2025 FAST Independence Invitational

June 20th – June 22nd, 2025

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 20th	7:00 – 8:15 AM	8:30 AM	3:30 – 4:45 PM	5:00 PM*
Saturday, June 21st	7:00 – 8:15 AM	8:30 AM	3:30 – 4:45 PM	5:00 PM*
Sunday, June 22nd	7:00 – 8:15 AM	8:30 AM	3:30 – 4:45 PM	5:00 PM*

10 and Under		
Date	Timed Finals Warm Up	Timed Finals Start
Saturday, June 20th	Immediately following morning session	1 hour after conclusion of morning session
Sunday, June 21st	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-7043**

“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

Medical: Lifeguards on duty with AED device available.

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. Swimmers ages 11-14 who elect to compete in the open division must compete in the open division for all individual events.

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

In Prelims, events will be separated as 11-12 and combined 13 & 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 compete in the order of youngest to oldest. 11-12, then 13-14, then Open. If swimmers age 14 & Under want to compete in the "Open" category; please notify upon sending in your entry file, so they can be "aged up" in the system. Please note, if you decide to "age up" an athlete, it must be for the entire meet (not just for a particular event).

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

The 1500 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 will be swum as timed finals events. The top 10 seeds for each gender in the 11-12 age group will compete at Finals. The top 20 seeds for each gender in the 13-14 age group and the top 20 seeds for each gender in Open age groups will compete at Finals. All other seeds will compete at prelims.

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

Events 400 Meters and longer require a BB time for entry for 11 & overs. The open division requires a 15-16 BB time.

All 200 Meter events require at least a B time for entry for 11 & overs. The open division requires a 15-16 B time.

Qualifying times may have been achieved in either LCM or SCY competition.

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

Eligibility: Open to any 2025 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. 10 and under swimmers will be limited to 4 individual events per session and one 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 (noon), Wednesday, June 11th, 2025.
Please send a preliminary copy of your entries before 12pm on Monday, May 19th 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:** Andrew_Lazar@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
Spectator Fee: \$10 / Day; \$25 / Weekend; volunteers receive all-session pass

Timed Final Events

\$5.50 per individual event

\$6.00 per relay event (10 and unders only)

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".

Deck Entries: Deck entries are not allowed for this meet.

Seeding: Timed Final events will be seeded fastest to slowest. Prelim events will be circle seeded. Events will be seeded with priority of Long Course Times, then Short Course Yards Times.

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

Scratches: **Preliminaries:** Scratch on the block with no penalty in pre-seed events preliminary events. Failing to swim in deck seeded/positive check in events will result in the swimmer being barred/scratched from the next individual event the swimmer is entered in whether it be in prelims or finals.
Note: Declared False Starts may be used in any preliminary or timed final event.

Finals: Any swimmer who competes in a preliminary heat and qualifies for either the championship or consolation finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare his/her final intentions within thirty (30) minutes of his/her last preliminary event. Scratching from finals will be declared by drawing a single line through the swimmers name and initialing on the preliminary results maintained by the clerk of course/administrative referee. "Failure to swim will be penalized by the swimmer being automatically scratched from their next individual event, whether it be a prelim event or a final event, whichever occurs first. The referee may insert the next eligible swimmer into finals or consolation finals once a failure to swim is declared and in any vacant lanes resulting from the penalty.

Note: Alternates wishing to swim in an open lane in finals must report to the referee at the start area and be prepared to step on the block prior to the start of the event.

1500 Free: The 1500 will be swum as timed finals events in prelims, 11 and overs for each gender will be combined for heating purposes but scored separately. The events may be limited to the top 30 seeds per gender.

Check-in by 9:00 AM on the day of the event will be required for seeding for the 1500.

Finals: For 11-12, 13-14, and Open age groups, a consolation final (seeds 11-20), and a championship final (seeds 1-10) will be offered.

Scoring: A and B finals will be scored for the 11-12, 13-14, and Open age groups. The top 20 places per event will be scored in the 10 and under timed finals sessions.

Individual:	A Final/Places 1-10	24-21-20-19-18-17-16-15-14-13
	B Final/Places 11-20	11-9-8-7-6-5-4-3-2-1

Relay:	Places 1-10	48-42-40-38-36-34-32-30-28-26
---------------	-------------	-------------------------------

Awards: High point and high point runner up awards for 10 & under, 11-12, 13-14, Open 12 & Under Only: Medals for individual events places 1-3, ribbons for 4-10

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

Officials: Meet Manager –Kevin Milak kevin_milak@floridafast.com
Referee – Kevin Milak
AO – Andrew Lazar

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

**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.

Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

The accommodation form for swimmers with disabilities can be found here - <https://www.gomotionapp.com/szlsc/UserFiles/Image/QuickUpload/meet-accomodation-form-for-swimmers-with-a-disability-2-2-23-3-089452.pdf>

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

Friday 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						
Qualifying Time		Girls	Event	Boys	Qualifying Time	
LCM SCY	3:06.39 2:42.59	1	11-12 200 Freestyle	2	2:59.19 2:35.99	LCM SCY
LCM SCY	2:55.29 2:33.59	3	13-14 200 Freestyle	4	2:43.99 2:22.49	LCM SCY
LCM SCY	2:49.19 2:28.99	5	Open 200 Freestyle	6	2:36.59 2:15.99	LCM SCY
		7	11-12 50 Butterfly	8		
		9	13-14 50 Butterfly	10		
		11	Open 50 Butterfly	12		
LCM SCY	3:30.59 3:03.89	13	11-12 200 IM	14	3:24.39 2:59.29	LCM SCY
LCM SCY	3:17.19 2:51.79	15	13-14 200 IM	16	3:02.89 2:37.99	LCM SCY
LCM SCY	3:11.19 2:46.19	17	Open 200 IM	18	2:56.19 2:30.89	LCM SCY
		19	11-12 100 Backstroke	20		
		21	13-14 100 Backstroke	22		
		23	Open 100 Backstroke	24		
LCM SCY	3:56.79 3:25.69	25	11-12 200 Breaststroke	26	3:47.89 3:16.39	LCM SCY
LCM SCY	3:40.29 3:10.99	27	13-14 200 Breaststroke	28	3:22.79 2:54.89	LCM SCY
LCM SCY	3:32.49 3:05.99	29	Open 200 Breaststroke	30	3:14.49 2:47.09	LCM SCY

Friday Afternoon - 11 & Over 1500 Timed Finals Session will start immediately following AM Prelims						
Qualifying Time		Girls	Event	Boys	Qualifying Time	
LCM SCY	24:24.99 23:19.69	31	11-12 1500 Freestyle	32	24:00.99 22:42.89	LCM SCY
LCM SCY	22:43.49 22:01.19	33	13-14 1500 Freestyle	34	21:25.69 20:46.99	LCM SCY

LCM SCY	21:52.49 21:36.19	35	Open 1500 Freestyle	36	20:33.39 19:54.69	LCM SCY
------------	----------------------	----	---------------------	----	----------------------	------------

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						
Qualifying Time		Girls	Event	Boys	Qualifying Time	
		37	11-12 100 Butterfly	38		
		39	13-14 100 Butterfly	40		
		41	Open 100 Butterfly	42		
		43	11-12 50 Freestyle	44		
		45	13-14 50 Freestyle	46		
		47	Open 50 Freestyle	48		
LCM SCY	3:28.09 2:59.49	49	11-12 200 Backstroke	50	3:22.99 2:52.89	LCM SCY
LCM SCY	3:13.29 2:46.39	51	13-14 200 Backstroke	52	3:01.79 2:34.69	LCM SCY
LCM SCY	3:06.79 2:42.19	53	Open 200 Backstroke	54	2:52.29 2:27.59	LCM SCY
		55	11-12 50 Breaststroke	56		
		57	13-14 50 Breaststroke	58		
		59	Open 50 Breaststroke	60		
LCM SCY	6:04.79 6:45.69	61	11-12 400 Freestyle	62	5:53.89 6:29.99	LCM SCY
LCM SCY	5:41.79 6:22.79	63	13-14 400 Freestyle	64	5:23.49 5:58.19	LCM SCY
LCM SCY	5:29.89 6:12.39	65	Open 400 Freestyle	66	5:10.19 5:42.09	LCM SCY

Saturday Afternoon - 10 & Under Timed Finals Warm Up: Immediately Following AM Session, Start: 1 hour after warm up start		
Girls	Event	Boys
67	10 & Under 200 Medley Relay	68
69	10 & Under 100 Breaststroke	70
71	10 & Under 50 Freestyle	72
73	10 & Under 100 Backstroke	74
75	10 & Under 50 Butterfly	76

77	10 & Under 200 Freestyle	78
----	--------------------------	----

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						
Qualifying Time		Girls	Event	Boys	Qualifying Time	
		79	11-12 100 Freestyle	80		
		81	13-14 100 Freestyle	82		
		83	Open 100 Freestyle	84		
LCM SCY	3:31.09 3:03.39	85	11-12 200 Butterfly	86	3:24.79 2:56.59	LCM SCY
LCM SCY	3:15.69 2:51.19	87	13-14 200 Butterfly	88	2:59.69 2:36.79	LCM SCY
LCM SCY	3:07.79 2:45.79	89	Open 200 Butterfly	90	2:51.69 2:30.19	LCM SCY
		91	11-12 50 Backstroke	92		
		93	13-14 50 Backstroke	94		
		95	Open 50 Backstroke	96		
		97	11-12 100 Breaststroke	98		
		99	13-14 100 Breaststroke	100		
		101	Open 100 Breaststroke	102		
LCM SCY	6:28.19 5:39.69	103	13-14 400 IM*	104	6:02.79 5:13.59	LCM SCY
LCM SCY	6:15.79 5:29.69	105	Open 400 IM*	106	5:47.99 4:59.19	LCM SCY

*400 IM will be timed finals: Top 10 seeds for each gender/age group will compete in the first event of finals, all other entries will compete in the final event of prelims

Sunday Afternoon - 10 & Under Timed Finals Warm Up: Immediately Following AM Session, Start: 1 hour after warm up start		
Girls	Event	Boys
107	10 & Under 200 Free Relay	108
109	10 & Under 100 Butterfly	110
111	10 & Under 50 Breaststroke	112
113	10 & Under 100 Freestyle	114
115	10 & Under 50 Backstroke	116
117	10 & Under 200 IM	118

