

2025 FAST Pentathlon
September 21st, 2025
Florida Aquatics Swimming & Training
4635 SW 67th Ave. Rd Ocala, FL. 34474



Date & Times: Sunday, September 21st – Warm Up 8:00 am / Meet Start 9:00 am

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7102**

It is understood and agreed that USA Swimming, Florida Swimming and the Florida Aquatics Swimming & Training club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

1. 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.
2. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
3. Deck changes are prohibited.
4. Operation of a drone or any other flying devices 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 Program & Events Coordinator (or his/her designee).

5. 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.
6. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.

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 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: Open to any 2025/2026 USA Swimming Members.
Entries will be limited to keep the meet under four (4) hours per session.
On deck registrations will not be allowed

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, Monday, September 15th, 2025**. Please send entry files to Andrew_Lazar@floridafast.com.

Entry Fees: Individual Event Fee: \$5

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 CONSOLIDATED AT THE DISCRETION OF MEET MANAGEMENT

Scratches: Scratch on the block with no penalty

Awards: Ribbons 1st-10th for the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15 & Over ***please remember to pick up awards in hospitality at the conclusion of the meet, they will not be mailed out!**

**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: Meet Manager – Kevin Milak

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.

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 Andrew Lazar – Andrew_Lazar@floridafast.com

Order of Events:

Sunday, September 21st 2025 8:00 AM Warm Up / 9:00 AM Start		
Girls Event #	Event	Boys Event #
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