

2026 FAST Helping Hands Invite

January 30th – February 1st, 2026

Florida Aquatics Swimming & Training

4635 SW 67th Ave. Rd Ocala, FL. 34474



Date & Times:

Date	Warm Up Start	Meet Start
Friday, January 30th	5:00 PM	6:00 PM
Saturday, January 31 st 13 & Over Session (AM)	7:30 AM	8:45 AM
Saturday, January 31 st 12 & Under Session (PM)	Immediately following conclusion of morning session	1 hour after conclusion of morning session
Sunday, February 1 st 13 & Over Session (AM)	7:30 AM	8:45 AM
Sunday, February 1 st 12 & Under Session (PM)	Immediately following conclusion of morning session	1 hour after conclusion of morning session

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: # **FL-7215**

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
Medical:	Lifeguards on duty with AED device available.
Type of Meet:	25 yard course, timed final competition.
Rules:	Current USA Swimming and Florida Swimming rules will govern.
Eligibility:	Open to any 2026 USA Swimming members Entries will be limited to keep the meet under the four (4) hours per session. On deck registrations will not be allowed.
Entry Limit:	Swimmers will be limited to 3 individual events and 1 relay per session.
	To RSVP for the meet, please email Andrew_Lazar@floridafast.com , with your expected number of total swimmers, and expected number of 12 and under swimmers.
Entry Deadline:	All entries must be received by 12pm, Friday, January 23 nd 2026.
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: \$10.00 per swimmer Heat Sheet Fee: \$3.00 per swimmer Travel Surcharge per out of LSC Swimmer: \$2.00 \$5.50 per individual event \$6.00 per relay
	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. Conversion can be made using the formula as published in the current Florida Swimming Handbook. Events will be seeded fastest to slowest. The 1000 Free may be limited to the top 40 swimmers per gender. The 500 Free and 400 IM may be limited to the top 50 swimmers per gender.

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 for the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15 & Over 1st-10th. **PLEASE REMEMBER TO PICK UP YOUR AWARDS IN HOSPITALITY, THEY WILL NOT BE MAILED OUT!**

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.

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

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 accomodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accomodated 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/1mage/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 – Andrew_Lazar@floridafast.com

Order of Events

Friday, January 30th 2026 5:00 PM Warm Up / 6:00 PM Start		
Girls Event #	Event	Boys Event #
1	11 & Over 1000 Free	2

Girls Event #	January 31st - 7:30 AM Warmup 8:45 AM Start (13 & Overs)	Boys Event #
3	13 & Over 200 Freestyle Relay	4
5	13 & Over 200 IM	6
7	13 & Over 50 Fly	8
9	13 & Over 200 Back	10
11	13 & Over 100 Free	12
13	13 & Over 50 Back	14
15	13 & Over 200 Fly	16
17	13 & Over 100 IM	18
19	13 & Over 100 Breast	20
21	13 & Over 500 Free**	22

Girls Event #	January 31st - Start 1 Hour after conclusion of morning session (12 & Unders)	Boys Event #
23	10 & Under 200 Freestyle Relay	24
25	11-12 200 Freestyle Relay	26
27	8 & Under 25 Fly	28
29	12 & Under 100 Free	30
31	12 & Under 200 Fly	32
33	8 & Under 25 Back	34
35	12 & Under 50 Fly	36
37	8 & Under 25 Breast	38
39	12 & Under 100 Breast	40
41	12 & Under 200 Back	42
43	8 & Under 25 Free	44
45	12 & Under 50 Back	46
47	12 & Under 100 IM	48
49	12 & Under 200 Free	50

Girls Event #	February 1st - 7:30 AM Warmup 8:45 AM Start (13 & Overs)	Boys Event #
51	13 & Over 200 Medley Relay	52
53	13 & Over 50 Breast	54
55	13 & Over 100 Fly	56
57	13 & Over 200 Free	58
59	13 & Over 100 Back	60
61	13 & Over 50 Free	62
63	13 & Over 200 Breast	64
65	13 & Over 400 IM **	66

Girls Event #	February 1st - Start 1 Hour after conclusion of morning session (12 & Unders)	Boys Event #
67	10 & Under 200 Medley Relay	68
69	11 - 12 200 Medly Relay	70
71	12 & Under 200 IM	72
73	12 & Under 100 Fly	74
75	12 & Under 50 Free	76
77	12 & Under 200 Breast	78
79	12 & Under 100 Back	80
81	12 & Under 50 Breast	82
83	12 & Under 500 Free **	84



Helping Hands



Food Drive

Drop your Donations off in Lobby!

Benefitting Food 4 Kids and Interfaith

Your donation earns you free admission
to the event!

