

FAST High School Open #1
November 5th, 2023
Florida Aquatics Swimming & Training
4635 SW 67th Ave. Rd Ocala, Fl. 34474



Date & Times:

Date	Warm Up Start	Meet Start
Sunday, November 5th Session 1	8:00 AM	9:15 AM
Sunday, November 5th Session 2	Immediately following Session 1	90 minutes after end of Session 1

Approved By: Florida Swimming of USA Swimming: # FL-6551

“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 67th Ave Rd. Ocala, Fl. 34474

Pool Specs: Certified 25 yard, 10 lane pool, and 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.

Medical: Lifeguards on duty with AED device available.

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

Type of Meet: Session 1: 25 Yard Course, Timed Finals Competition
Session 2: 50 Meter Course, Timed Finals Competition

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

Eligibility: Open to any 2023/2024 USA Swimming member who is either currently in high school or who has graduated from high school. USA Swimming registration is required for the OME entry.

Entry Limit: Swimmers will be limited to 5 events per day.

Entry Deadline: All entries must be received by 7:00 pm, Saturday, November 4th 2023.

Entry Form: Entries will be submitted through OME – The USA Swimming OME system will be open starting on 10/23/23. Please note, once events are checked out of OME they cannot be edited or deleted. Please RSVP if your team plans to attend, so we can gather contact information as well as an estimated head-count. Meet Homepage Link - <https://www.gomotionapp.com/team/fastfalcons/page/hosted-meets--events/high-school-state-sunday-time-trials>

For questions about entries, please reach out to Kevin_Milak@FloridaFAST.com

Entry Fees: Facility Fee: \$10.00 per swimmer
Heat Sheet Fee: \$3.00 per swimmer
\$5.50 per individual event

Fees will be paid through OME

Seeding: For Session 1, 25-yard, SCY times will be used for seeding.
For Session 2, 50-Meter, LCM times will be used for seeding.

Conversions 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 CONSOLIDATED AT THE DISCRETION OF MEET MANAGEMENT

Scratches: Scratch on the block with no penalty

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 – Melissa Hellervik-Bing
Starter – Bob Griffiths
S & T – Frank Swigon
Marshall – Cameron Rasmussen
AO – Kevin Milak
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

Sunday, November 5th 2023 Session 1: Short Course Yards 8:00 AM Warm Up / 9:15 AM Start		
Girls Event #	Event	Boys Event #
1	400 IM	2
3	100 Free	4
5	200 Breast	6
7	200 Back	8
9	100 Fly	10
11	200 IM	12
13	500 Free	14
15	100 Breast	16
17	100 Back	18
19	200 Free	20
21	200 Fly	22
23	50 Free	24
25	1650 Free	26

Sunday, November 5th 2023 Session 2: Long Course Meters Warm UP: TBD / Meet Start: 90 Minutes after session 1 ends		
Girls Event #	Event	Boys Event #
27	800 Free	28
29	200 IM	30
31	100 Free	32
33	200 Breast	34
35	400 Free	36
37	100 Fly	38
39	200 Back	40
41	400 IM	42
43	100 Breast	44
45	200 Free	46
47	100 Back	48
49	200 Fly	50
51	50 Free	52
53	1500 Free	54