

2025 Thursday Night Pentathlon

June 12th, 2025

Florida Aquatics Swimming & Training

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



Date & Times: Thursday, June 12th – Warm Up 5:30 pm / Meet Start 6:00 pm

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 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:** This is a closed meet – open only to swimmers registered with the FAST Falcons
On deck registrations will not be allowed.
- Entry Limit:** Swimmers will be limited to 5 individual events.
- Entry Deadline:** Monday, June 9th 2025
- Entry Fees:** \$5 per swimmer
- 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.

**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
- Spectators:** Spectators are allowed in the 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 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>

Additional Information: Contact – Cameron_Rasmussen@FloridaFAST.com

Thursday, June 12th 2025 5:30 PM Warm Up / 6:00 PM Start		
Girls Event #	Event	Boys Event #
1	Open 25 Fly	2
3	Open 50 Fly	4
5	Open 25 Back	6
7	Open 50 Back	8
9	Open 25 Breast	10
11	Open 50 Breast	12
13	Open 25 Free	14
15	Open 50 Free	16
17	Open 100 IM	18