

2023 FAST Senior Circuit #2

April 29-30, 2023

Florida Aquatics Swimming & Training

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



Date & Times: Saturday, April 29th- Warm Up- 2:00 PM/ Meet Start- 3:30 PM
Sunday, April 30th- Warm Up- 8:30 AM/ Meet Start 10:00 AM

Sanctioned By: Florida Swimming of USA Swimming: # **FL-6421**
“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.”

Condition 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

Warm up: Swimmers must enter the water feet first, with at least 1 hand in contact with the deck, unless executing a racing start under coach supervision in a designated one-way sprint lane.

Type of Meet: Long Course Meters, 50M, Timed Finals

Location: Florida Aquatics Swimming & Training – 4635 SW 67th Ave Rd. Ocala, Fl. 34474

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

Eligibility: Open to any 2023 USA Swimming members with at least one Florida Senior Spring Sectional qualifying time. Swimmers must be a registered member of a team that RSVP'd to be a part of the Florida Senior Circuit. **Entries will be limited to keep the meet under the four (4) hours per session.** On deck registrations will not be allowed.

Seeding: 50-meter, LCM times will be used for seeding. Conversion can be made using the formula as published in the current Florida Swimming Handbook.

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

Scratches: Scratch on the block with no penalty.

Entry Limit: All swimmers will be limited to 3 individual events per session plus relays

Entry Form: **We request entries via email to: Kevin_milak@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: \$10.00 Facility Fee per swimmer
\$5.50 per individual event
\$6.00 per relay
\$3.00 Heat Sheet Fee per swimmer
\$2.00 Travel Surcharge per out of LSC swimmer
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".

Entry Deadline: All entries must be received by 12pm, Monday, April 24th, 2023.

Rules: Current USA Swimming rules will govern

Officials:
Referee – Brett Ewald
Starter – Britt Camp
S & T – Steve Schenk
Marshall – Cameron Rasmussen
AO – Kevin Milak
Meet Manager –Kevin Milak

Information: Contact Kevin Milak kevin_milak@floridafast.com

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

Condition of Approval:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Any swimmer entered in the meet, unaccompanied by a USA-S 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is 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 applicable 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.

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.

Saturday Afternoon		
Girls Event #	2:00 PM Warmup	Boys Event #
	3:30 PM Start	
1	200 Medley Relay	2
3	200 Back	4
5	50 Free	6
7	200 IM	8
9	200 Fly	10
11	100 Breast	12
13	400 Free	14

Sunday Morning		
Girls Event #	8:30 AM Warmup	Boys Event #
	10:00 AM Start	
15	400 Freestyle Relay	16
17	400 IM	18
19	100 Free	20
21	200 Breast	22
23	100 Fly	24
25	200 Free	26
27	100 Back	28
29	800 Free	30