



FAST Meet Information

May 14-15, 2022
Saturday & Sunday

4635 SW 67th Ave
Ocala, FL

USE THE MAP! GPS is still not reliable for getting to this new facility!

Note: Meets and Practice

We plan 'in season' meets with the idea that we are training normally and racing. Please don't get in a habit of missing practice the day before a meet to 'rest' or the day after the meet to 'recover'. The meets are placed at an interval that will allow coaches to alter practice and intensity to allow the athletes to prepare and recover while not missing the time in the water. We work towards our end of season meets, and if we rest too much along the way we won't have the results we are looking for in July/August.

Meet/Facility Info

This is the first event at the new pool in Ocala. It was designed to be a small meet between the four local teams. As such, we should be prepared for a few hiccups in the meet that could occur as they learn the new timing equipment, etc. Just roll with everything.

This will also be the first meet at a true Natatorium for most of our swimmers. The spectator area is a separate area from the pool deck with no access to the pool deck at any time except for the athletes, volunteers, and coaches. Stadium seating is provided, chairs and tents are not allowed at this meet. There are 1250 stadium seats at this venue, so finding a seat won't be a problem.

With that said, swimmers need to have all their necessities with them on the pool deck. Gator will sit together as a team in the bleacher section provided by the host. Chairs are not allowed so don't bring it. There are bleachers for 700 swimmers, with only 400 entered in the meet, so space won't be an issue.

Locker rooms are for athletes only.

Spectators will use the restrooms in the lobby and upstairs spectator area.

Food trucks will be on site for meals should you wish to take advantage.

Lots of fruit / veggies / water are advised as your snacks through the meet. They break down quickly and are a good source of quick carbs. These meet sessions are short, but you need to stay hydrated so have your water bottle with you (especially at warm ups).

<p>Gator Entries</p> <p>Find which events you are entered in to find your name faster in the heat sheet.</p>	<p>Psych Sheet</p> <p>For pre-meet only. You don't need to print this for the meet.</p>	<p>Est.Timeline</p> <p>To judge warm up / warm down time.</p>	<p>Heat Sheets (TBA)</p> <p>Will be updated Friday AM. Swimmers should print and have a copy with them.</p> <p>Be sure your swimmer has their event, heat, lane with them for each day! On a card or on their arm.</p>
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Team Attire

As usual, if your swimmer elects to wear a cap it MUST be a Gator Swim Club team cap.

Swimmers will wear their black Gator Swim Club team suit at this competition. No technical suits.

Saturday – Orange Shirts

Sunday – Blue Shirts

Swimmers should plan to wear socks and shoes between breaks in events. Bring a warm sweatshirt/parka for between events, as being wet in an airconditioned environment can be cold, especially for our younger swimmers.

Warm Ups

Please be sure that you are 10-15minutes EARLIER than the posted warm up time. We start at the listed times.

Saturday AM (13&Older) – 7:30am

Saturday PM (12&Under) – 11:40am

- White 12:10pm

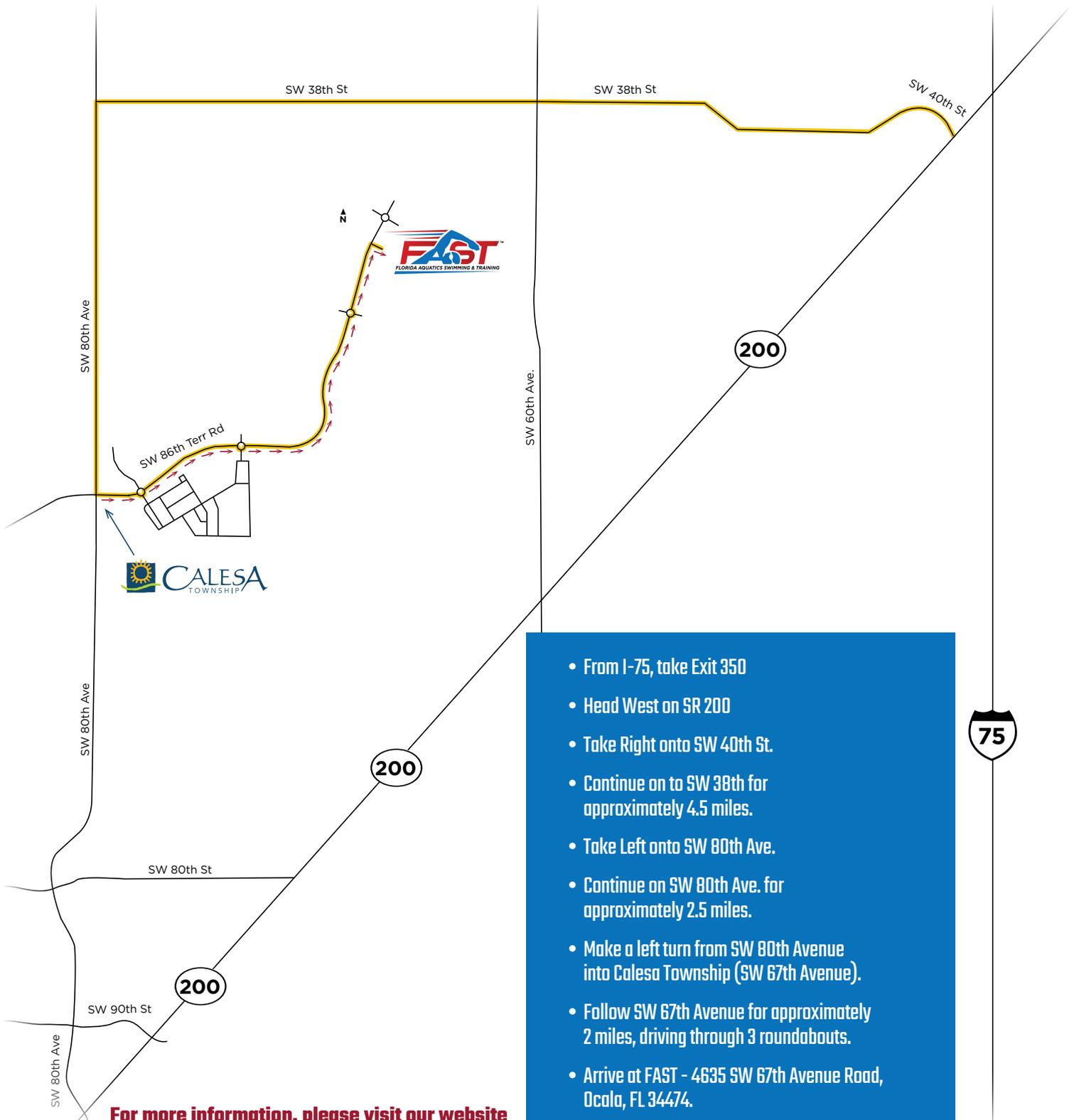
Sunday AM (All Ages) – Gold, Senior(s) – 7:30a

Green, Blue, Orange, Silver – 7:50a

White – 8:10a

Continuous warm up and warm down will be available throughout the meet in the adjacent outdoor pool. There is a scoreboard that will display the current event and heat indoors to keep track of where the meet is.

DIRECTIONS TO



- From I-75, take Exit 350
- Head West on SR 200
- Take Right onto SW 40th St.
- Continue on to SW 38th for approximately 4.5 miles.
- Take Left onto SW 80th Ave.
- Continue on SW 80th Ave. for approximately 2.5 miles.
- Make a left turn from SW 80th Avenue into Calesa Township (SW 67th Avenue).
- Follow SW 67th Avenue for approximately 2 miles, driving through 3 roundabouts.
- Arrive at FAST - 4635 SW 67th Avenue Road, Ocala, FL 34474.

For more information, please visit our website FloridaFAST.com, or call 352-820-4222.



Swim Meet Tips

New to swim meets? Here is some basic information and tips for preparing for and attending meets with your swimmer.

Attending meets is an important part of the sport of swimming. Meet competition allows swimmers and parents to see the results of the time and effort put into going to practice! As professionals in the sport, our coaches know that statistically speaking your children are more likely to stay with competitive swimming if they attend meets because meets are part of the reward system that drives them to continue to train and improve over time. Meets are also great opportunities for swimmers and swim parents to socialize and build friendships.

Each season's meet schedule is posted to the team's website (www.gatorswimclub.com). Each meet listed on our website has a "meet information" file available to provide lots of details including meet location, events, and fees. GSC will send out important information in the days before a meet including a team itinerary (where to be and when) and coaching requests.

Please watch your e-mail for notifications about commitment deadlines for the meets. We are not able to accommodate late entries, and once your swimmer is entered in a meet any fees will be charged even if plans change and you don't attend; this is because we have by that time committed attendance to the host team and have to pay our fees to them regardless of how many of our swimmers actually attend and compete.

Some meets may have qualifying standards, meaning swimmers must have achieved specific time cuts to be eligible to swim events at those meets; time standards are posted to the GSC website and the meet schedule indicates when these standards apply.

Before the Meet

In preparing for a meet, you will want to pack the things your swimmer needs, including the following:

- Team cap and swimsuit
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Sunscreen for outdoor meets
- Water bottle to stay hydrated

- Warm clothes to put on between events, including shoes, especially for cold-weather meets
- Snacks should be light, healthy food—no junk food! Fruits and veggies are best!

You will also want to prepare the things you need to be comfortable at the meet! Swim meets can be long and hot, so the more prepared you are, the more you will enjoy the experience too. Suggested items include the following for outdoor meets:

- Foldable outdoor chairs
- Pop-up tents/canopies for shade/shelter from rain
- Highlighters for heat sheets and sharpies for event-marking swimmers
- Snacks and water bottles
- Sunscreen and bug repellent

At some meets swimmers will all sit together in designated areas, and at others they can sit with their parents as long as they are watching the progression of the meet so they are behind the blocks at the right time. Swimmers new to meets can stay near the coaches for help getting to their races.

Be sure your swimmer gets enough rest in the days before the meet!



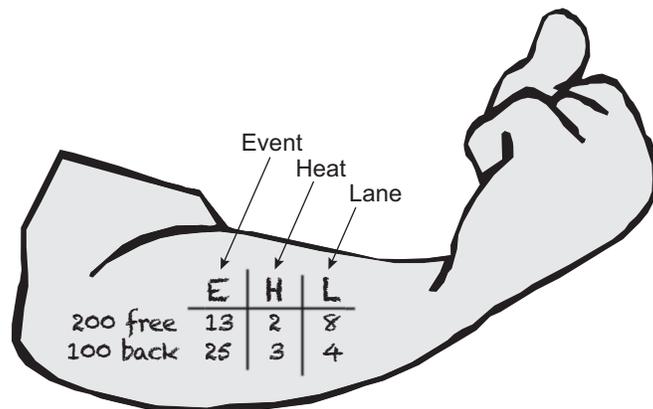
At the Meet

The GSC coaches will be stationed in one location within the designated coach's area on the pool deck. Your child's group coach may or may not be attending a meet, but there will be familiar faces there! Team itineraries list the names of coaches attending each meet session.

Before each meet starts, team members gather with the coaches for stretching and the in-water warm-up. Throughout the course of the meet, all swimmers need to check in with a coach before and after each race for instructions, last minute reminders, calming of nerves, encouragement, and feedback on their swims.

Heat sheets that list each event, heat, swimmer, and lane may be available for purchase at meets. For some meets, GSC will receive heat sheets ahead of time to distribute them as PDFs to attending families. An app that also can be used to follow events at meets is MeetMobile; some meets provide live updates to the app as events are completed.

It is helpful to write your child's event information on their arm or leg to give them a reminder of which events they are swimming as well as which heat and lane they are in. This is best done with a sharpie, and should be done on dry skin. Even if you only know events and not heats or lanes, it helps to start the marking and coaches can fill in the rest. Here is a sample:



As swimmers get older they are less interested in having the event lists on their arms or legs. The same event information on index card tucked in the swim bag does the trick!

Handling Disqualifications

Disqualifications are a part of swimming, but can be upsetting to our athletes. It is important for swimmers and parents to know that disqualifications are quite common, especially with younger swimmers and those new to competitive swimming, but they happen even at the highest levels of the sport. It's very important to understand that getting DQ'd simply means a mistake was made during the swim that violated a rule of competition. Some rules are broad (everyone must touch the wall during a turn) while others are more specific (butterfly and breaststroke require a 2-hand touch at all turns and at the finish). A DQ doesn't negate how your child swam, did a perfect turn, or had a great start, and the takeaway should be "OK, we will do more work on that piece in practice." Coaches will talk to the swimmer about the DQ and provide support and reassurance, but you can really help by reinforcing to your swimmer that all swimmers get DQ'd over the course of their careers, including the top athletes in the world and even at international events like the Olympics!