

FAST Meet Itinerary

Friday – Sunday
January 30 – February 1, 2026

Location:
FAST
4635 SW 67th Ave Rd
Ocala, FL 34474

| | | | | | |
|-----------------------------|-----------------------------|--------------------------|-----------------------------|-------------------------|-----------------------------|
| Meet Letter | Psych Sheet | Timeline | Gator Entry | Tickets | Live Stream |
|-----------------------------|-----------------------------|--------------------------|-----------------------------|-------------------------|-----------------------------|

First time to a swim meet? [CLICK HERE](#) for a quick reference guide.

Volunteers [CLICK HERE](#)

Perks of volunteering – no tickets! Best seats in the house! Hospitality food.

Gator! It's going to be a bit chilly this weekend – even indoors. We need your help to make sure your swimmers come with the proper cold weather attire. We already ask every meet for swimmers to come in socks and shoes... this weekend it's imperative. Heat loss through the feet happens even in hot weather so let's protect them this weekend. Bring multiple layering options so when one gets too wet you can switch out to something dry. If you're not in the pool warming up and warming down you should have pants, parkas, sweatshirts on and staying warm.

Warm Up Schedule

Please be sure to BE ON TIME for arrival. Swimmers need to be behind the blocks with their coaches BEFORE the assigned warm up start time. Please be sure to see a coach prior to leaving the meet AFTER your last event.

| | Arrival Time | Warm Up Starts | Start | Finish |
|-------------------------|--------------|----------------|--------|--------|
| Friday 1000 Free | 4:30p | 5:00p | 6:00p | 7:20p |
| Saturday AM 13&Older | 7:30a | 7:45a | 9:00a | 11:45p |
| Saturday PM 12&Under | 11:45a | 12:00p | 1:00p | 3:45p |
| Sunday AM 13&Older | 7:30a | 7:45a | 9:00a | 11:15a |
| Sunday PM 12&Under | 11:15a | 11:30a | 12:30p | 3:00p |

Attire

As usual, if your swimmer elects to wear a swim cap during the meet, it MUST be a GSC team cap. We will wear our Gator Speedo team suits for competition. For tech

suits, speak to your group coach this week prior to the meet. A reminder, all tech suits MUST be Speedo brand.

Friday – Black Shirts

Saturday – Blue Shirts

Sunday – Orange Shirts

Relays

We have relays at the beginning of each session. We've included relays in the Gator Entry PDF above, but there may be changes. Coaches will give the official line up at the end of warm ups.

Lets have a great meet and GO GATOR!

Your GSC Coaching Staff