

## FAST Pentathlon Meet Itinerary

Sunday September 21, 2025

FAST Ocala  
4635 SW 67<sup>th</sup> Ave Rd  
Ocala, FL 34474

<a href="#">Meet Letter</a>	<a href="#">Psych Sheet</a>	<a href="#">Timeline</a>	<a href="#">Heat Sheet</a>	<a href="#">Gator Entries</a>
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### Volunteers

Parents, if you are available to help time please sign up [HERE](#).

The meet format is a Pentathlon, so we're swimming 5 events each at this meet, no relays.

### Warm Ups

Sunday

Arrive 7:45am

Warm Up 8:00am

Start Time 9:00am

### Meet Attire

As usual, if you elect to wear a cap it MUST be a Gator Swim Club team cap.

We will wear GSC team Speedo suits only for this competition, no tech suits.

Sunday – Orange TShirts

### What to Bring?

New to a swim meet? [CLICK HERE](#)

No chairs, swimmers will sit on deck in the bleachers.

Bring water, Gatorade, and some light fruit snacks for fueling during the meet.