

# 2026 FAST Polar Plunge

Friday - Sunday  
January 9 - 11, 2026  
Florida Aquatics Swimming & Training  
4635 SW 67th Avenue Road  
Ocala, FL 34474

- [Meet Letter](#)
- [Volunteer sign-up](#)
- [Livestream link](#)
- [Psych sheet](#) (final)
- [Timeline](#)
- [Heat sheets](#)

## **Meet Overview:**

It's the first meet of 2026! We are excited to see everyone perform!

The meet is structured with a Friday evening session with just the 1650 freestyle event, and then morning sessions (age 13 and over) and afternoon sessions (age 12 and under) on Saturday and Sunday.

Be sure to bring lots of water, healthy snacks, and WEAR YOUR SHOES! Be in your GSC shirt, GSC cap, and in your GSC team suit. Mornings will be a little chilly this weekend - even in an indoor pool, we will feel this chill so bring something warm to wear when not in the water!

Appropriate Speedo tech suits may be worn with your group coach's permission.

**This is a closed-deck meet**, meaning only swimmers, coaches, officials and timers will be allowed on the deck at any time. Parents can spectate from the seating area above the pool.

Parents please note that **swimmers must have their own timers for the 400 IM, 500 free, and 1650 free**, so for those events you will be allowed on the deck.

GSC **IS** swimming relays at this meet. Relay teams will be announced after warm-ups of each session, so make sure your swimmer is on time so we don't have to rearrange or scratch relays.

## **Schedule:**

- Friday PM 1/9 (1650 freestyle)
  - Arrive: 4:45 pm
  - Pool warmup 5:00pm
  - Session start 6:00pm
  - Session end ~7:30pm

- Saturday AM 1/10 (13&O)
  - Arrive/facility doors open 7:30 am
  - Pool warmup 7:45am
  - Session start 9:00am
  - Session end ~12:15pm
- Saturday PM 1/10 (12&U)
  - Arrive no later than 12:15pm
  - Pool warmup 12:30pm
  - Session start 1:30pm
  - Session end ~4:30pm
- Sunday AM 1/11 (13&O)
  - Arrive/facility doors open 7:30 am
  - Pool warmup 7:45am
  - Session start 9:00am
  - Session end ~11:30am
- Sunday PM 1/11 (12&U)
  - Arrive no later than 11:30am
  - Pool warmup 11:45am
  - Session start 12:45pm
  - Session end ~3:45pm

**Meet Attire:**

- If you elect to wear a cap, it MUST be a Gator Swim Club team cap.
- We will wear our black Speedo team suits for this competition.
- Wear tennis shoes to the meet for dryland and for between events.
- Team shirts
  - Friday - Any GSC shirt
  - Saturday - **Blue**
  - Sunday – **Orange**

Please reach out to Christie with any questions! ([admin@gatorswimclub.com](mailto:admin@gatorswimclub.com))

Let's have a great meet!