

Dear Florida High School Swim Coach,

The Florida Swimming Pool Association (FSPA) is proud to announce the **47th Annual Florida Swims High School Swim Meet**, benefiting the Swimming Pool Education & Safety Foundation. We invite your school to participate in this statewide event, which draws more than 50 teams and nearly 1,000 competitors. We are excited to host this year's meet at the state-of-the-art **Florida Aquatics Swimming and Training (FAST)** facility located in Ocala, FL.

**Important Meet & Facility Information:**

- This is an air-conditioned indoor pool facility with a dedicated locker room for athletes on the first floor (see facility map).
- Parking is free. Parking staff will be available in the main lot to direct your vehicles. Buses will park in the back lot.
- Coaches are responsible for picking up all wristbands at the main entrance and distributing them to athletes before they enter the pool deck.
- Teams are not permitted on the pool deck unless they are competing that day, and the pool has officially opened for controlled warm-ups.
- Coaches must sign a liability waiver for their school and athletes before entering the pool deck.
- The deck has seating for 800 athletes. Please advise your team not to bring chairs, tents, etc., as bleacher seating will be available.
- This meet will have a closed deck. Spectators will have seating with seatbacks on the second floor. *Dedicated ADA seating is also available.*
- Entry deadline: **Friday, September 26, 2025, at 5:00 p.m.**
- Due to anticipated high attendance, there will be a team cap. **Please [\[RSVP here\]](#) to secure your spot.** *\*Higher ranking will be given to schools who have previously attended*

This meet includes an optional **Developmental Program** for swimmers who do not meet qualifying times for the Invitational Meet.

For additional information and hotel booking at discounted rates, visit [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com).

We look forward to seeing you at the Florida Swims High School Swim Meet. Please don't hesitate to reach out if you have any questions.

All the best,

**Jessica Johnson**  
FSPA Event Manager

# Schedule



## ***Friday Night, October 3 | Developmental Meet***

### *Swimming*

- 3:00 p.m. Pool opens for General Warm-ups
- 3:15 p.m. Coaches Meeting
- 4:00 p.m. Pool opens for Controlled Warm-ups
- 4:15 p.m. Officials / Volunteer Timers Meeting
- 4:45 p.m. Pool Closes
- 5:00 p.m. Swimming Competition Begins

## ***Saturday, October 4 | Invitational Meet***

### *Swimming & Diving*

- 6:00 a.m. Pool opens for warm-ups until 8:00 a.m. following the Warm-up Schedule emailed & posted online at [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)
- 6:15 a.m. Coaches Meeting
- 8:00 a.m. Officials / Volunteers Meeting
- 8:30 a.m. Swimming Preliminaries Begins

*\*Event will be run in a 10-lane competition pool*

### *Afternoon Break*

- 1:00 p.m. **Diving Begins**
- 4:00 p.m. Pool opens for warm-ups until
- 5:30 p.m. Swimming Consolations / Championship Finals

# 2025 FLORIDA SWIMS HIGH SCHOOL DEVELOPMENTAL MEET

## GENERAL INFORMATION

**SANCTIONED BY:** Florida High School Activities Association

**SPONSORED BY:** Florida Swims Foundation / Florida Swimming Pool Association

**HOST TEAM:** Trinity Catholic High School

**DATE:** **Friday, October 3, 2025**

**PLACE:** Florida Aquatics Swimming and Training (FAST)  
4635 SW 67th Ave Rd., Ocala, FL 34474

**POOL SPECS:** One 25 yard / 10 lane course depending on entries. Fresh water and heated Non-turbulent lane lines - Colorado Timing System Gen 7 with Touchpads & button backup

**ELIGIBILITY:** Open to Florida high school teams

**ENTRY:** No entry will be accepted without entry form and payment.  
Hy-Tek files required for all entries.

**DEVELOPMENTAL ENTRY FEES:**

# of Competitors	1-3	4-10	11-19	20-29	30-39
Entry Fee	\$100	\$175	\$225	\$275	\$325

Fee based on original entry count – NO REFUNDS.

**Pay by Check**

Make check payable to: **Florida Swims Foundation**  
Mail check to: 2555 Porter Lake Drive, Suite 106 Sarasota, FL 34240

**Pay by Debit/Credit Card**

Visit [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)

*\*Teams not paid in full at check-in will not be permitted to enter the pool deck or to compete.*

**ENTRY DEADLINE:** **Friday, September 26, 2025**

- No late entries will be accepted.
- No revision or changes will be permitted at the meet unless meet management has made errors.
- Photos and video will be taken at the event. By taking part in this event, you grant the FSPA full rights to use the images/video. This includes (but is not limited to), the right to use them in printed and online publicity, social media, press releases and fundraising. If any athletes do not wish to be photographed, please inform FSPA in writing.

**E-mail Hy-tek entries to:** [fasttimingsystem@gmail.com](mailto:fasttimingsystem@gmail.com)

Indicate in the e-mail body that entries are for the **"2025 Florida Swims Meet-Dev"**

**RULES:** Current edition of National Federation of High School Associations Swimming and Diving Rules as amended by FHSAA.

## SWIMMING PROGRAM:

1. The warm-up schedule will be e-mailed to coaches the week of the event and posted to [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)
2. Timed Finals format run in a 10-lane competition pool
3. No qualifying times for the Developmental Competition
4. No Diving in Developmental Competition
5. Individual competitors are permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.
6. If an individual swims in the Developmental Competition, he/she may only enter relays for the FSPA Invite.
7. Flyover starts may be used and heats may be combined at the discretion of the Meet Referee
8. **Each school is allowed one (1) team in each relay event**

## EVENT SCHEDULE:

1-2	200 yard Medley Relay	13-14	200 yard Freestyle Relay
3-4	200 yard Freestyle	15-16	100 yard Backstroke
5-6	200 yard Individual Medley	17-18	100 yard Breaststroke
7-8	50 yard Freestyle		
<Break> * length of break to be determined at coaches meeting			
9-10	100 yard Butterfly		
11-12	100 yard Freestyle		

\*Coaches are responsible for picking up all credentials and getting them to athletes prior to entry to the pool deck.

**Reminder:** Teams and athletes are not permitted on the pool deck unless they:

- Have their official credential,
- Are scheduled to compete that day, **and**
- The pool has officially opened for controlled warm-ups.

# 2025 FLORIDA SWIMS HIGH SCHOOL INVITATIONAL MEET

## GENERAL INFORMATION

**SANCTIONED BY:** Florida High School Activities Association

**SPONSORED BY:** Florida Swims Foundation / Florida Swimming Pool Association

**HOST TEAM:** Trinity Catholic High School

**TYPE OF MEET:** Swimming & Diving Championship and Consolation Finals Standard High School Order of Events

**DATE:** **Saturday, October 4, 2025**

**PLACE:** Florida Aquatics Swimming and Training (FAST)  
4635 SW 67th Ave, Ocala, FL 34474

**POOL SPECS:** One 25 yard / 10 lane course depending on entries. Fresh water and heated Non- turbulent lane lines - Colorado Timing System Gen 7 with Touchpads & button backup. Diving Boards are: 2x 1M Duraflex Springboards

**ELIGIBILITY:** Open to Florida high school teams by invitation

**ENTRY:** No entry will be accepted without entry form and payment. Hy-Tek files required for all entries.

**INVITATION  
AL ENTRY  
FEES:**

# of Competitors (swimming & diving)	1-3	4-10	11-19	20-29	30-39
Entry Fee	\$110	\$250	\$350	\$400	\$450

Fee based on original entry count – NO REFUNDS.

**Pay by Check**

Make check payable to: **Florida Swims Foundation**

Mail check to: 2555 Porter Lake Drive, Suite 106 Sarasota, FL 34240

**Pay by Debit/Credit Card**

Visit [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)

**ENTRY DEADLINE:** **Friday, September 26<sup>th</sup> at 5:00 p.m.**

- No late entries will be accepted.
- No revision or changes will be permitted at the meet unless meet management has made errors.
- Photos and video will be taken at the event. By taking part in this event, you grant the FSPA full rights to use the images/video. This includes (but is not limited to), the right to use them in printed and online publicity, social media, press releases and fundraising. If any athletes do not wish to be photographed, please inform FSPA in writing.

**E-mail Hy-tek entries to:** [fasttimingsystem@gmail.com](mailto:fasttimingsystem@gmail.com)

Indicate in the e-mail body that entries are for the **"2025 Florida Swims Meet-Invite"**

**RULES:** Current edition of National Federation of High School Associations Swimming and Diving Rules as amended by FHSAA.

**AWARDS:** Ribbons: 1<sup>st</sup> through 8<sup>th</sup> for individual events and diving and 1<sup>st</sup> only for relays.  
Awards to the top three school

### SWIMMING PROGRAM:

1. 6:00 a.m. Pool Opens | Warmups
2. 6:15 a.m. Coaches Meeting (Mandatory)
3. 8:15 a.m. Pool Closed
4. 8:00 a.m. Officials and Volunteers Meeting
5. 8:30 a.m. Swimming Preliminaries begin
6. 12:00 p.m. Diving practice
7. 1:00 p.m. Diving begins
8. 4:00 p.m. Pool opens for warm-ups until 5:15 p.m.
9. 5:30 p.m. Swimming Consolations and Championship Finals begin

\*Note: Any program changes will be announced, and coaches are responsible for being aware of such changes

- The warm-up schedule will be e-mailed to coaches the week of the event and posted to [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)
- No qualifying times for relays
- The preliminary session will be conducted in one or two pools depending on entries and at the discretion of meet management. Flyover starts may be utilized.
- Finals will be conducted in one 10 lane pool
- Individual competitors are permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Preliminaries and finals are considered one meet.
- Each school is allowed four (4) individuals in each event
- **Each school is allowed one (1) team in each relay event**
- If an individual swims in the Developmental Competition, he/she may only enter relays for the Invite. The athlete's name must appear in the FSPA High School Invitational Meet database to allow for eligibility. Athletes swimming and not appearing in the database will not be considered eligible and will disqualify the relay for use of an ineligible athlete.
- Alternates wishing to compete in the Consolation Final must be in starter's area and ready to swim when called
- Scratches for finals are to be reported to Administration prior to the end of the preliminary session
- There will be 2 heats in finals, a consolation final (B) to be followed by the championship final (A)

### EVENT SCHEDULE:

1-2	200 yard Medley Relay	13-14	100 yard Freestyle
3-4	200 yard Freestyle	15-16	500 yard Freestyle
5-6	200 yard Individual Medley	17-18	200 yard Freestyle Relay
7-8	50 yard Freestyle	19-20	100 yard Backstroke
9-10	*Diving Diving-to be conducted at the end of the preliminary swim session. A 15 minute break during finals only	21-22	100 year Breaststroke
11-12	100 yard Butterfly	23- 24	400 yard Freestyle Relay

**\* Diving will take place at the conclusion of the preliminary session.**

**Reminder:** Teams and athletes are not permitted on the pool deck unless they:

- Have their official credential,
- Are scheduled to compete that day, **and**
- The pool has officially opened for controlled warm-ups.

**QUALIFYING TIMES:**

	<b>200 Freestyle</b>	<b>200 IM</b>	<b>50 Freestyle</b>	<b>100 Butterfly</b>	<b>100 Freestyle</b>	<b>500 Freestyle</b>	<b>100 Backstroke</b>	<b>100 Breaststroke</b>
<b>Women</b>	02:20.51	02:42.69	00:28.17	01:18.97	01:02.26	06:38.44	01:15.36	01:22.07
<b>Men</b>	02:09.10	02:24.17	00:25.12	01:04.55	00:58.95	06:08.26	01:10.40	01:14.89