



**May 24, 2025**  
**Hosted by Florida Atlantic Aquatics**  
**Sanctioned by the Florida Gold Coast LMSC**  
**for USMS, Inc Sanction #: 505-S003**

**Dates &  
Times**

**Saturday, May 24th**

**Meet start:** Warm-up 9:00-9:55am; Meet start 10:00 am

**Meet  
Director &  
Contacts**

Ryan Bubb, 402-430-6222, [rbubb@fau.edu](mailto:rbubb@fau.edu)  
FAA Masters, [faamasters@gmail.com](mailto:faamasters@gmail.com)

**Facility**

Florida Atlantic University Aquatic Complex  
5555 Volusia St.  
Boca Raton, FL 33431  
[Link to Google Maps](#)

Ten (10) 25-yard lanes will be provided for the competition.  
Open space (6 Lanes) will be provided for warm-up/down

**Pool Length  
Certification**

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1

**Timing  
System**

The primary timing system will be a Colorado Gen 7 with touchpads. Times from this competition will be eligible for USMS record and USMS Top 10 consideration

**Eligibility &  
Rules**

Current 2025 USMS Rules will govern the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming.

Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body. The swimmer's age group is determined by their age on the last day of the meet, May 24, 2025

## Entries

Online registration will be available through Club Assistant

### **[2025 FAA Paradise Sprint Entry Link](#)**

All entries must be received by Wednesday, May 21, 2025 at 11:59pm.

A Swimmer may compete in a maximum of six (6) events, including conforming and non-conforming

\$30 Meet Entry Fee (EARLY BIRD SPECIAL UNTIL APRIL 30, 2025)!!!

\$40 Meet Entry Fee (May 1, 2025 or after)

\$5 each individual event

FREE Relays

FREE 25s

All Entry & Event fees are non-refundable.

Your credit card will be charged by Florida Atlantic Aquatics for this meet.

## 25 Sprints

**FREE 25-Yard Event Entry Process:** You may enter the 25-yard sprints without being charged the \$5.00 per-event fee. These swims will be entered AT THE MEET, not during the online entry process.

NOTE that there is a limit of six individual events per swimmer for the meet; this includes the 25-yard sprints. If you are planning to enter the 25-yard sprints, keep that in mind when you select the rest of your events during the online entry process and make sure you won't be entering more than six when your 25-yard sprints are included.

During the meet entry process on Club Assistant, if you are electing to do ONLY 25s, please sign up for at least one relay to be entered into the meet.

## Seeding

All events will be swum in numerical order, seeded slow to fast.

**All events will be mixed gender & age group**

## Deck Entries

Deck entries will be accepted each day of the meet during warm-up for an added charge

Entries are ONLY permitted in open lanes, no new heats will be added

\$50 Meet Entry Fee (if not already entered in meet)

\$10 each individual event

FREE Relays

FREE 25s

Payment will be made by Credit Card

**Relays** Relay names will be due to the meet director by 9:30am on May 24, 2025

Mixed relays are comprised of 2 male and 2 female athletes

**Heat Sheets** Heat sheets will be available online on Meet Mobile and will be emailed to all entrants prior to the meet. If you would like a printed program, please print it at home and bring it with you.

**Results** Results will be emailed to all entrants, available online at FloridaAtlanticAquatics.com, USMS and on the Meet Mobile app

**Hospitality** Water and snacks will be provided to officials, coaches and volunteers only  
Concessions will not be available

**Time Trials** No Time Trials will be held at this event

**Lightning** The meet will be cancelled if lightning causes 2 hours or more in delays

Refunds will not be provided due to lightning cancellations

2025 FAA Spring Sprint Event Lineup	
Event #	Event Name
Session 2 - Begins at 10:00 AM	
1	200 Mixed Medley Relay
5 Minute Break	
2	25 Breaststroke (Deck Enter)
3	100 Butterfly
4	50 Freestyle
5	200 IM
5 Minute Break	
6	25 Butterfly (Deck Enter)
7	100 Freestyle
8	50 Backstroke
9	100 IM
5 Minute Break	
10	25 Freestyle (Deck Enter)
11	100 Backstroke
12	50 Breaststroke
13	200 Freestyle
5 Minute Break	
14	25 Backstroke (Deck Enter)
15	100 Breaststroke
16	50 Butterfly
5 Minute Break	
17	200 Mixed Freestyle Relay



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); Grown-Up Swimming meets or workouts; and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, viral or bacterial infection including but not limited to COVID-19, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

First Name	Last Name	MI	Sex (check) M      F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

**Revised 10/30/2024**