

2014 Class 3A Region 1 Swimming and Diving Championships
Meet Information
Swimming: Thursday, October 30
Panama City Beach Aquatic Center

SPONSORED BY: Florida High School Athletic Association
Mosley High School

LOCATION: Panama City Beach Aquatic Center
16200 Panama City Beach Parkway
Panama City Beach, FL 32413
(850) 236-2205

Certified 25 yard x 50 meter pool. Non-turbulent lane lines.
Water depth for competition is a minimum of 5'8".
Colorado automatic timing equipment.
We will be using reaction time pads at this meet.
Eight lanes will be used for competition.
Additional lanes will be reserved for warm-up and warm-down lanes.

Hotel information:

Palmetto Inn

17255 Front Beach Rd
Panama City Beach, FL 32413
Phone: 850.234.2121

Transportation:

Swimmers will be transported by charter bus to Panama City. In keeping with season guidelines, swimmers have the option of being released to their parents at the completion of the meet (ie: when the team is boarding the bus to return to Jacksonville Thursday evening). Please make request to transport your child with advance notice in email format by Wednesday 10/29 by noon. **Student-athletes can ONLY travel back with their parents!**

Creekside pays the hotel room for swimmers based on 4 per room. Room assignments will be as follows:

Room 1: Long, Chestang, Burke, Riemensperger
Room 2: Aufdenberg, Garcia, Buczkowski
Room 3: Wheeler, Williams, Strickland, Reilly
Room 4: Riemensperger, Hardin, Gordon, Leonard
Room 5: McKernan, Revels, Ellis, Campbell
Room 6: Miller, Rogers, Arnold, Browder
Room 7: Pollitt, Braum, Gaver, Trummell
Room 8: Coach Reed
Room 9: Coach Davenport
Room 10: Coach McGillis
Room 11: Bus driver

Itinerary:

Wednesday, Oct. 29:

3:00- 3:30pm : Dismissal from school and load bus for departure

6:30pm-7:00pm: Arrival in Panama City (1 hour time difference; Jacksonville time will be 8pm)

7:30pm: dinner at hotel

9pm: In rooms

10:00pm: Lights Out; Chaperones in hallway monitoring for noise

Thursday, Oct. 30:

6:00am: divers wake up & breakfast (divers will be transported to pool by a chaperone)

7:00 am: Diving Warm-ups

8:00- 8:30am : Swimmer wake up

9:00am: Team Breakfast @ hotel pool/ kitchen area

9:00am: Diving Finals

9:30am- 10:30 am: team Study Hall (no TV on)

11:00am-11:30am: Team check-out and departure to pool

12:00pm: Swimming Warm-ups (Lunch will also be brought to the pool)

2:00pm: Finals meet

6:30pm- 7:00pm: Departure from Panama City to Jacksonville (team will stop for dinner)

Make sure you pack extra towels, sweatshirts, parkas, socks, shoes, and anything needed to stay warm in preparation for possible cool to cold weather during evening Finals. Coach Tracy will also have some "hand warmers" for the swimmers to keep in their pockets.

All changing of clothes must be done in changing areas, restrooms, or locker rooms as "Deck Changes" are prohibited!!!