

**2018 Class 3A Region 1
Swimming and Diving Championships
Thursday November 1, 2018**

Host Team: Bartram Trail High School

Swimming & Diving Venue:
Cecil Aquatic Complex
13611 Normandy Blvd, Jacksonville, FL 32221

Date & Time: Thursday, November 1, 2018

Swimming Events: TIMED FINALS: Warm-ups 12:30 pm Meet Starts 2:00 pm

Diving Program: 8:00am Warm-ups
8:30 am Deadline for turning in “diving sheets” for all divers
9:00 am Competition begins for girls and boys

Bartram Trail High School and Courtney Gillis from Atlantic Coast Diving will manage the Diving portion of the meet.

Rules: Current edition of National Federation of Swimming and Diving and Records for Championship Meets as amended by FSHAA. Divers will perform a total of 11 dives; 5 voluntary dives shall come from each of the 5 groups, and shall have an assigned “DD” with a sum total of 9.0 or less. The 6 optional dives shall include at least 1 chosen from each of the 5 groups. No more than 1 optional dive from the same group is permitted through semifinals. All five groups must be represented in the first 8 rounds.

Pool Specifications: 50m, 8 lanes x 25y, 20 lanes + diving well, indoors, 81° - 82°F (27° - 28°C) Diving: Two 1m boards

Timing System: 8-lane **Superior Timing Systems** with LED scoreboard

Officials: Referees/Starters: Ellen Johnson
Administrative Referee: Scott Rabalais
Timing Console: Megan Van Siclen
Meet Marshal: TBA
Meet Director: Robert Bruns (Bartram Trail High School)

Awards: Champion and Runner-up Team Awards for both Girls and Boys
Ribbons for individual 1-8 places

Team Scoring: Girls and Boys events compete and score separately. Points are scored through 16 places as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Pts	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Entries: **Official District Roster/Swim Entries & Team Roster due to Scott Rabalais (scottrabalais@comcast.net).** Entries will come from the FHSAA Championship Meet Coordinator

Important Note: We encourage you to enter your swimmers and divers using Hy-Tek software. If this is not possible please use an excel spreadsheet.

**Please include all coaches & Administrators on your official entry form.

We will email a “psych sheet” three (3) days prior to the meet.

Meet Committee:

1. Rob Bruns – Bartram Trail High School
2. Tracy LaCosta – Creekside High School
3. Frank Holleman – St. Augustine High School
4. Ben Rowe- Atlantic Coast High School
5. TBA

Inclement Weather Policy:

In case of pending inclement weather (i.e. Hurricane development), the meet committee will partake in a conference call no later than October 29,, 2018. Once a decision is reached, both the FHSAA and the remainder of the district’s schools coaches will be notified via email by Meet Director

Timers & Volunteers

- *Each school is required to have two volunteer timers. Please include a clipboard and Stopwatch and pencil for each timer.*
- *Each school will email to **Robert Bruns** (brunsr@stjohns.k12.fl.us) a list of volunteers by Monday October 29th. Swimmers, coaches and volunteers listed will receive a pass for the meet.*

Hospitality

Bartram Trail High School will be responsible for hospitality for Swimming & Diving. Each high school will be responsible for a case of water/refreshment for timers and officials.

Lap Counters

Creekside High School will be responsible for lap counters for the meet.

High School Swimming and Diving Order of Events for Timed Finals:

Events 9-10	Diving
Events 1-2	200 Medley Relay
Events 3-4	200 Freestyle
Events 5-6	200 Individual Medley
Events 7-8	50 Freestyle
Events 11-12	100 Butterfly
Events 13-14	100 Freestyle
Events 15-16	500 Freestyle
Events 17-18	200 Freestyle Relay
Events 19-20	100 Backstroke
Events 21-22	100 Breaststroke
Events 23-24	400 Freestyle Relay

The odd numbered events are for the girls'.
The even numbers events are for the boys'.

Spectator admission gate opens at 12:30 pm. Please inform your spectators that admission to the event is \$7.00 Swimming Timed Finals per FHSAA.

Athlete & Coaches gate opens at 12:00pm Noon

Beginning at 12:00pm Noon we will distribute team packets which will include deck passes, heat sheets and relay cards

There will be a short meeting for head coaches and captains run by the head referee and Robert Bruns at **12:15 pm in the Cecil Aquatic Lobby. Attendance is mandatory.**

Photography & Video

Photography and video is only permitted by those wearing “Press” identification. Flash photography is not allowed during the meet at any time. There will be at no time photography or video allowed behind the starting block area. Anyone in violation of this rule will be escorted from the facility.

Sportsmanship

Any athlete acting in an unsportsmanship manner will be disqualified from the meet, thus forfeiting their chances in advancing to the State Swim Meet. Examples:

- A. Use of vulgar language*
- B. Throwing of cap, goggles, towel, or other swim gear*
- C. Ink on body (other than a tattoo)*