



September 24, 2019

Dear Participating High School Coach,

The *FSPA High School Invitational Swimming & Diving Meet* is quickly approaching. The meet is September 27-28 at the Sailfish Splash Aquatic Athletics Center in Stuart. Here are a few last minute details to help make the event a success for everyone.

Coaches will be required to check in with FSPA staff at the athlete's entrance prior to any athletes entering the facility. They will receive credentials to take back outside to their team to put on before entering the pool deck. Coaches and athletes only, no team parents are allowed through that entrance. Check-in will begin at 3:15 p.m. on Friday for Developmental teams and 5:30 a.m. on Saturday. If you are scheduled for the second round of warm ups on Saturday, please wait until all first-round teams have checked in. There are NO Friday warm ups for swimmers of the Invitational. **You must go to [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com) to see your team's warm up time.**

Please be aware that *there will not be any substitutions or additions to your original registration.*

As usual, we will be offering each competitor an official event T-shirt. The T-shirts will be split between adult small, medium and large with a few X-large. The T-shirts will be given to the coach along with all meet information at check-in. We request that coaches and competitors refrain from exchanging shirt sizes in the check-in area, but please feel free to do so in other areas.

All coaches are to participate in a meeting on Friday at 4:30 p.m. and again on Saturday at 8:00 a.m. It is imperative that you attend this meeting, as it will be our last opportunity to review the day's event and discuss any changes to the schedule.

We're looking forward to another successful and fun event and wish the best of luck to each team.

Sincerely,

Wendy Parker Barsell  
Meet Director

Florida Swimming Pool Association  
2555 Porter Lake Dr., Suite 106  
Sarasota, FL 34240  
Phone: (941) 952-9293

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Wendy Parker Barsell  
(866) 930-3772

# 2019 FPSA High School Swimming Meets

## General Comments on the Rules

Rules will be 2019-20 NFHS for Non-Championship meets as amended by FHSAA. (Note: FHSAA “State Series Rules” do not apply!)

**Warm-up time assignments are posted at [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com). Check your warm-up time before you arrive.**

The **Developmental Meet** is a single session Timed Finals Meet.

The **Invitational Meet** has **Preliminary heats** in the morning and **Finals** in the evening.

NFHS Uniform rules will be enforced.

On-site shaving is not allowed at any time. Violators will be disqualified from further participation in the meet.

All Invitational Meet 200 Medley Relay preliminary heats may be swum in the “Finals” pool after which two pools will be used. This will depend on the number officials available to properly cover the heats.

Visual “lap” counters for the 500 Freestyle, if used, shall be positioned on the deck at the end of the pool opposite the starting end. Only one person per is permitted at the end of each lane to operate a “lap counter” and, as the swimmer turns at the start end, they shall flip the “lap” counter to the next higher or lower odd number and show the orange card for the final length.

During Finals there will be five-minute breaks prior to the 100 butterfly and 500 freestyle.

Swim-offs will be conducted within 45 mins after the last heat of the last event in which any of the swimmers competing in the swim-off have competed. All swim-off will be decided during the preliminary session. Ties will be resolved for 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> places. **Coaches and swimmers are responsible for checking for possible swim-offs before leaving the facility.**

The order of swim for a relay team must be designated on the relay card. **Once called to the blocks**, the first person listed must swim first. The second, third and fourth swimmers may change their order but must correct the relay card by the end of the heat. Relay Cards, with all eligible swimmers listed will be returned to teams for finals. Over entry rules will apply. Max 4 events per swimmer– no more than 2 of which may be individual events.

Swimmers not on the block when the Referee extends his/her arm to the starter **will not be allowed to swim**. (Note: rule states on Long Whistle – arm extending is a courtesy!)

Swimmers requesting a “Declared False Start” (scratch) **from finals** must inform the Head Referee (or designee) within 15 minutes of the completion of the preliminary heats session so that finals can be properly seeded.

So that the meet can proceed without unnecessary delay, “Declared False Starts” in preliminary heats, or the timed finals meet, should be submitted to the Deck Referee prior to the start of the heat.

Swimmers withdrawing from any event because of injury or illness may not further participate in the meet without proper clearance by the Head Referee. (See Rule 3.2.2)

If a non-participating team member enters the water during a race, that person is disqualified from further participation and all team members participating in that race shall be disqualified.

Body markings are allowed if not **excessive**, objectionable, or vulgar. Tattoos which are vulgar or objectionable must be covered with non-transparent tape. The Head Referee will decide whether body markings or tattoos are excessive, vulgar, or objectionable.

The use of bells, sirens, horns, whistles and any other artificial noisemakers (such as rocks in a plastic bottle) during the meet by swimmers, coaches, team assistants or spectators, is prohibited. Please advise your swimmers and supporters of this.

Kristy Gavin  
Head Referee

# FSPA Development Meet - September 27, 2019

## Meet Event Order

Event Number	Event Description	Qualifying Time
1 and 2	200 Medley Relay	NT
3 and 4	200 Free	NT
5 and 6	200 Individual Medley	NT
7 and 8	50 Free	NT
9 and 10	100 Fly	NT
11 and 12	100 Free	NT
13 and 14	200 Free Relay	NT
15 and 16	100 Back	NT
17 and 18	100 Breast	NT

# FSPA Invitational Meet – September 28, 2019

## Meet Event Order

Event Number	Event Description	Women's Qualifying Time	Men's Qualifying Time
1 and 2	200 Medley Relay	NT	NT
3 and 4	200 Free	2:20.51	2:09.10
5 and 6	200 Individual Medley	2:42.69	2:24.17
7 and 8	50 Free	28.17	25.12
Break - - weather and time permitting			
9 and 10	100 Fly	1:18.97	1:04.55
11 and 12	100 Free	1:02.26	58.95
13 and 14	500 Free	6:38.44	6:08.26
15 and 16	200 Free Relay	NT	NT
Break - - weather and time permitting			
17 and 18	100 Back	1:15.36	1:10.40
19 and 20	100 Breast	1:22.07	1:14.89
21 and 22	400 Free Relay	NT	NT
23 and 24	1-Meter Diving	NP	NP



**FSPA High School Invitational Swimming & Diving Meet  
September 27-28, 2019**

For all of warm-up except the last 1/2 hour:

**ALL SWIMMERS WILL ENTER THE POOL FEET FIRST AND WITH ONE HAND ON THE DECK**

All Lanes (Push-off's only, NO EQUIPMENT): Swimming and Pulling only

The last 1/2 hour is controlled warm-up as follows:

Lane (both course set ups) (NO EQUIPMENT)

- 1 Push off 50's pace (circle swimming)
- 2 Racing start one length, only sprints
- 3 Swimming and Pulling only
- 4 Swimming and Pulling only
- 5 Swimming and Pulling only
- 6 Racing start one length, only sprints
- 7 Racing start one length, only sprints
- 8 Push off 50's pace (circle swimming)

**NO EQUIPMENT PERMITTED**

**Diving warm-ups for girls begins at conclusion of boys prelims.**

**Warm-up schedules for Saturday are posted online at  
[www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)**

You must go online to see the scheduled time for your team's warm-up. Saturday will either be 6:00 a.m. – 7:00 a.m. or 7:00 a.m. – 8:00 a.m.

# *FSPA High School Invitational* *Swimming & Diving Meet* **Schedule**

## **Friday - *Developmental Meet***

### **Swimming**

- 3:30 p.m. Pool open for warm-ups until 3:30 p.m. following the Warm-up Schedule
- 4:00 p.m. Officials / Volunteer Timers Meeting
- 4:30 p.m. Coaches Meeting
- 5:00 p.m. Swimming Competition Begins
- 5:00 p.m. Diving warm-ups

## **Saturday - *Invitational Meet***

### **Swimming**

- 6:00 a.m. Pool open for warm-ups until 8:00 a.m. following the Warm-up Schedule posted online at [www.FSPASwimMeet.com](http://www.FSPASwimMeet.com)
- 7:30 a.m. Officials / Volunteer Timers Meeting
- 8:00 a.m. Coaches Meeting
- 8:30 a.m. Swimming Preliminaries Begin
- 4:00 p.m. Pool open for warm-ups until 5:15 p.m. following the Warm-up Procedure
- 5:30 p.m. Swimming Consolations / Championship Finals\*  
*\*Breaks during finals are based on weather and time permitting. They will be after the 50 free and after the 200 free relay.*

### **Diving**

- 11:00 a.m. Girls warm up at conclusion of boys swimming and have one hour
- 12:00 p.m. Girls' Competition Begins (til 2:30 p.m.)
- 2:30 p.m. Boys warm up at conclusion of girls diving and have one hour
- 3:30 p.m. Boys' Competition Begins (til 5:30 p.m.)

# FSPA High School INVITATIONAL SWIMMING & DIVING MEET

## DIRECTIONS TO SAILFISH SPLASH AQUATIC ATHLETICS CENTER

**931 SE Ruhnke St., Stuart**  
**(772) 320-3100**



### HEADING SOUTH

(on I-95 N / SR-9) Depart I-95 North / SR-9, EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the Right in 0.7 mi, continue another 4.1 mi. turn Right onto SE Indian St. 0.4 mi. turn left onto SE Willoughby Blvd, 2nd Block turn Right, you have arrived at 931 SE Ruhnke St, Stuart, FL.



### HEADING NORTH

(on I-95 S / SR-9) Depart I-95 South / SR-9, Exit 101, East ramp SR-76 toward Stuart / Indiantown, 0.6 mi. turn Left onto SR-76 East / SW Kanner Hwy, pass Sunoco on the Right in 0.4 mi., 3.8 mi. turn Right onto SE Indian St, 0.4 mi. turn Left onto SE Willoughby Blvd, 0.2 mi. you have arrived at 931 SE Ruhnke St, Stuart, FL.



### FLORIDA'S TURNPIKE- PALM CITY / STUART Exit

(on SR-714 E / SW Martin Downs Blvd), head East on SR-714 East / SW Martin Downs Blvd / over the bridge, turns into Monterey Road, pass the Hess Gas Station on corner continue East, turn Right onto SE Willoughby Blvd, Sailfish Splash Waterpark will be on your Left at 931 SE Ruhnke St, Stuart, FL.



### HEADING SOUTH ON US HWY 1

SR-5 / SE Federal Hwy, turn Right on Colorado Ave / Kanner Hwy, Left (East) on Monterey Road, turn Right onto SE Willoughby Blvd, Sailfish Splash Waterpark will be on your Left at 931 SE Ruhnke St, Stuart, FL.



### HEADING NORTH ON US HWY 1

SR-5 / SE Federal Hwy, turn Left on Indian St /, Right onto SE Willoughby Blvd, Sailfish Splash Waterpark will be on your Right at 931 SE Ruhnke St, Stuart, FL.