



**Swimming and Diving District Championships
October 23, 2020
2020 Class 4A Region 1 District 1**



Host Team: Allen D. Nease High School

Swimming Venue: Ormond Beach YMCA Aquatics Center
500 Sterhaus Dr. #5128
Ormond Beach, FL 32174

Date: Friday, October 23, 2020

DIVING INFORMATION

Diving Venue: Mandarin High School
4831 Greenland Rd, Jacksonville, FL 32258

Date: THURSDAY, October 22, 2020

Diving Event: Warm-ups 9:00 am
Meet Starts 11:00 am

Pool Specifications: Two one-meter boards, diving well, outdoors, 78° - 82°F (25° - 28°C).

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.

Entries: Diving Sheets due to coachcourtney@atlanticcoastdivingjax.com by **Tuesday, October 20th, at 7:00pm**

Swimming Event: Warm-ups 11:30 am
Meet Starts 1:00 pm - **TIMED FINALS**

USA Swimming: Meet is Observed for USA Swimming, # **OB-20-9117**

Timing System: A Colorado Timing System will be used, which includes scoreboard and touchpads, with button and stopwatch backup. Hy-tek Meet Manager will be used for scoring and results

Pool Specifications: Outdoor, 8-lane x 25-yard course, held in a 50-meter pool. Additional lanes will be available for continuous warmup during meet, 78° - 82°F (25° - 28°C)

Entry Fee: \$250.00 per team. Make checks payable to Golden Panther Booster Club and ensure they are received by the Nease Swim and Dive Treasurer at 151 Outpost Trail, Ponte Vedra FL 32081 prior to the meet date.

Officials:

Meet Referee:	Don George
Deck Referee	Mike Peoples
Starter	Chris Debus
Stroke and Turn:	Ann Nygen
	Chris Wyatt
Administrative Official:	Scott Rabalais
Meet Director:	Gus Calado (Nease High School)

Awards: Champion and Runner-up Team Awards.

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: Team Roster File and the Entry File due to **Scott Rabalais** (scottrabalais@comcast.net) by **Sunday, October 18th at 12:00 noon**

If you are in need of a Meet Events file, please contact Scott Rabalais at the above email address.

Please do not send entries from a school email if return email does not accept attachments. For confirmation, coaches will receive a PDF of entries once received.

Important Note: The use of Hy-tek software is required for meet entries. Coaches may download a free copy of Team Manger Lite from the Hy-tek website, if necessary.

**Please include all Coaches and one adult team representative (who will act as each team’s COVID Procedure Compliance Officer) on your official entry form.

“Psych sheet” will be emailed to the address from which the entry & roster received by Tuesday October 20.

Meet Committee:

1. Gus Calado – Nease High School (Meet Director)
2. Sandee Hooper – Atlantic Coast High School
3. Scott Stanfield – Bartram Trail High School
4. Mike Dingfield- Mandarin High School
5. Mary Moorer – Navarre High School

COVID Drop-off and Entry Procedure:

1. **THIS IS A SWIMMER ONLY EVENT, THERE WILL BE NO SPECTATORS ALLOWED ON THE POOL DECK.**
2. **IF ARRIVING BY TEAM BUS, THE BUS WILL DROP OFF TEAM, AND PROCEED TO PARK. PLEASE ENSURE A COACH OR TEAM REPRESENTATIVE HAS CONTACT INFORMATION FOR THEIR BUS DRIVER TO COORDINATE PICKUP AFTER MEET COMPLETION.**
3. **TEMPERATURE CHECKS WILL BE CONDUCTED AT THE FACILITY ENTRANCE. ENTRY WILL BE GRANTED FOR SCANNED TEMPERATURES LESS THAN 100.4 DEGREES FAHRENHEIT.**

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 Tuesday October 20th. Once a decision is reached, both the FHSAA and the remainder of the district's schools. Both the school's AD and team coaches will be notified via email by Meet Director.

Timers & Volunteers

- All Timers, Volunteers and equipment will be provided by Nease High School
- Each school is required to have 1 adult team representative other than a coach to act as each team's COVID Procedure Compliance Officer, in order to provide assistance to their team to ensure COVID-19 protocols are adhered too. (Masks, Social Distancing between other teams, etc.). Please add this representative to the official entry form.

Hospitality

Nease High School will be responsible for hospitality of volunteers, coaches and officials.

Refreshments

- There will be no food or drinks available to purchase. Each team is responsible for their own food and drinks for their swimmers.
- Please remember to bring trash bags and clean up and sanitize your area upon leaving the facility.

Lap Counters

- Each team will provide one person as a counter for their team's 500-yard freestyle swimmers, if desired.
- Lap Counter Cards will be provided.

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
15 Minute Break	
Events 11-12	100 Butterfly
Events 13-14	100 Freestyle
Events 15-16	500 Freestyle
Events 17-18	200 Freestyle Relay
5 Minute Break	
Events 19-20	100 Backstroke
Events 21-22	100 Breaststroke
5 Minute Break	
Events 23-24	400 Freestyle Relay

The odd numbered events are for the girls.

The even numbers events are for the boys.

Pool Exit

At the completion of each event, each swimmer will be directed to swim down 25 yards to the turn end of the pool to exit opposite the starting blocks. This avoids increased contact between un-masked swimmers of the previous event with the swimmers preparing to start.

Spectators and admissions

There will be no spectators within the facility to minimize COVID exposure. Spectators may view from outside the facility's fence while being responsible for their own COVID protocols.

Facility Opening Time

For participants, the Aquatic Center will open at 11:00 am

Coaches and Captains Meeting / Information Dissemination

Beginning at 11:00 am team packets will be distributed which will include heat sheets and relay cards. Please see Gus Calado (Nease High School) or assigned Meet Representative for distribution. There will be a short meeting for head coaches and captains run by the head referee, Don George and Meet Director, Gus Calado at **12:00 noon in the Admin/Hospitality Room. Attendance is mandatory.**

Warm-up Assignments

Warm -ups will be conducted in three sessions. Two sessions where each team has will have 4 lanes for one session and a third open session which will have one-way traffic & starts for the competition lanes.

Session I: 11:30 – 12:00 (Atlantic Coast, Bartram Trail, Creekside, Mandarin, Sandalwood)

Session II: 12:00 – 12:30 (Buchholz, Navarre, Nease, Oakleaf, West Port)

Session III: 12:30 – 12:50 Open/Starts

Photography & Video

No flash photography will be allowed on the pool deck during the meet and no photography of any kind is allowed behind the starting area.

No drones will be allowed in or around the Aquatic Center.

COVID-19 Facility Information:

In addition to, and in alignment with the COVID protocols previously defined in this meet letter the following is provided:

To comply with COVID-19 protocols, each coach, representative, volunteer and swimmer will be temperature checked prior to entering the facility (<101.4). Once checked, if any person leaves the pool deck, they will not be allowed back onto the pool deck without being re-checked. Please plan to minimize re-entry.

Each team is responsible for their own face covering, sanitizing wipes, hand sanitizer, etc. It is recommended that masks will be worn while on the pool desk if social distancing of greater than six feet cannot be accomplished. It is required that each team's COVID Procedure Compliance Officer ensure compliance with all COVID related procedures while in the facility. Please ensure that no one exhibiting symptoms or directed to quarantine are brought to the pool deck or allowed to participate in the meet.

The following is provided to ensure all participating teams and persons within the facility understand and accept the risk of participation:

1. AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT.
2. COVID-19 IS AN EXTREMELY CONTAGIOUS DISEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH.
3. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SENIOR CITIZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE.
4. BY VISITING THE ORMOND BEACH YMCA AQUATIC CENTER POOL, YOU, YOUR SWIMMERS AND TEAM VOLUNTEERS VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19.
5. FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION, USA SWIMMING INC., ST JOHNS COUNTY SCHOOLS DISTRICT, NEASE HIGH SCHOOL ATHLETICS, AND THE ORMOND BEACH YMCA AQUATICS CENTER CANNOT PREVENT YOU (OR YOUR CHILD(REN)) FROM BECOMING EXPOSED TO, CONTRACTING, OR SPREADING COVID-19 WHILE PARTICIPATING IN FHSAA AND USA SWIMMING OBSERVED EVENTS.
6. IT IS NOT POSSIBLE TO PREVENT AGAINST THE PRESENCE OF THE DISEASE. THEREFORE, IF YOU CHOOSE TO PARTICIPATE IN AN FHSAA SANCTIONED EVENTS, YOU MAY BE EXPOSING YOURSELF TO AND/OR INCREASING YOUR RISK OF CONTRACTING OR SPREADING COVID-19.

7. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION, USA SWIMMING INC., ST JOHNS COUNTY, ST JOHNS COUNTY SCHOOL DISTRICT, NEASE HIGH SCHOOL, NEASE HIGH SCHOOL SWIM TEAM AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

Message from the Meet Director (Gus Calado)

First of all, Thank you and Welcome to FHSAA 4A-1 Districts. During these difficult and uncertain times, I personally felt that it was important for our swimmers to have a chance to swim and compete, but compete safely. For some this is their last opportunity to swim at the high school championship level before they graduate.

To the coaches, parents and swimmers, please understand the strict guidelines that are written in the meet letter. I am focused and concerned for the safety of all teams participating. It is essential that everyone adheres to the COVID-19 protocols that are practiced at your school, your team practices and what has been provided.

Understand, if a swimmer has tested positive (and is still within the CDC guidelines for isolation) or has been notified to quarantine (due to contact tracing) during districts, that swimmer will not be allowed to participate, and consequently ends his chance to proceed onto Regionals and States.

*Thankyou,
Coach Gus*