

**2021 FHSAA Class 4A District 1
Swimming and Diving Championships
Thursday & Friday, October 28-29, 2021**

PARTICIPATING SCHOOLS

**Atlantic Coast
Bartram Trail
Buchholz**

**Creekside
Flagler Palm Coast
Mandarin**

**Nease
Oakleaf
Sandalwood**

HOST SCHOOL

Nease High School

DATE (SWIMMING)

Friday, October 29, 2021

LOCATION

Planet Swim and Tennis Club, 300 Davis Park Rd., Ponte Vedra FL 32081

START TIMES

Warm-up 8:30 am

Meet Start 10:00 am (Timed Finals)

RULES

NFHS Rules Championship Meets as amended by FHSAA will govern the meet. USA Swimming Rules will govern USA Swimming athletes.

USA SWIMMING OBSERVATION

Florida Swimming Observation #: _____ (pending)

DIVING INFORMATION

Date: Thursday, October 28, 2021

Location: The Bolles School, 7400 San Jose Blvd, Jacksonville, FL 32217
(1-meter springboard)

Warm-up: 11:00 am

Start: 12:30 pm

Diving Sheets: May be emailed to Diving Director Courtney Gills at coachcourtney@atlanticcoastdivingjax.com or turned in on site by 11:30 am. Courtney Gills contact #: (904) 323-1472

Divers will perform 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

The facility is an outdoor, 50-meter x 25-yard pool, with lanes available for warm-up and cool-down throughout the competition. The competition will be held in an 8-lane course, where water depth throughout competition course is 6’2”.

WARMUP

If necessary, two warmup sessions will be held and lane assignments will be sent to head coaches prior to the meet.

TIMING SYSTEM

A Colorado Timing System will be used with touchpads (primary), buttons and stopwatch backups and mini-scoreboard.

OFFICIALS

Referee: Don George
Starter: Ellen Colkett
Admin Official: Scott Rabalais
Meet Marshal: Kandi Debus
Meet Director: Gus Calado

OFFICIATING CONTACT

Certified officials interested in volunteering on deck are asked to contact Meet Referee Don George in advance of the meet at dgeorge175@gmail.com

MORE INFO

Scott Rabalais, email scottrabalais@comcast.net cell/text: (904) 806-6779

SCORING

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

ENTRY LIMITS

There is a team entry limit of four (4) swimmers per individual event scored. Each school is allowed to enter one (1) relay team per relay event. Each swimmer is limited to entering four events, no more than two of which may be individual events.

ENTRY DEADLINE

Please submit your Meet Entry File and Team Roster File to Scott Rabalais at scottrabalais@comcast.net by SUNDAY, OCTOBER 24, NO LATER THAN 12 NOON. Head coaches will be sent an email entry confirmation upon receipt of entry.

ENTRY NOTES

Coaches should enter swimmers/relays with best Yards time, or NT. Coaches must enter swimmers and divers electronically with meet entry files compatible for import into Hy-Tek software. It is recommended that swimmers’ school year be included. Also, since this is a USA Swimming Observed meet, those USA Swimming

athletes who wish to have their times submitted for the SWIMS database must have their USA Swimming ID# included in the entry. The events file will be created and sent to you by Scott Rabalais, whom you may contact with any questions (see email above).

ENTRY FEES

The entry fee is \$330 per school. Checks shall be made payable to "Nease High School." They may be delivered to Nease Coach Gus Calado on deck, or mailed to Nease High School, c/o Athletic Director Charles Gomes, 10550 Ray Rd, Ponte Vedra, FL 32081.

PSYCH/HEAT SHEETS

Once the entries are processed, the Psych Sheet will be sent to the coaches for review. No changes to events may be made once the Psych Sheet is distributed, unless clerical in nature. The Heat Sheet will be distributed via email to head coaches.

DECK ENTRES

Deck entries are NOT allowed for this meet.

TIMERS

All participating schools will be asked to two timers for the duration of the meet. Schools are welcome to split timer duties into shifts. Nease High School will supply all timer equipment needs and lap counters. A timer meeting will be called at approximately 9:30 am.

VOLUNTEERS

Each school is required to email a list of their volunteers by Monday, October 25, to Kandi Debus at ckdebus@comcast.net

AWARDS

Championship and runner-up trophies will be awarded to both Boys and Girls.

PARKING

Parking instructions will be sent to the head coach of each participating team to forward to all participants and families. Schools are encouraged to use a school bus to transport swimmers.

CHECK-IN

Coaches are asked to check in upon arrival at the Hospitality Room to receive coaches' heat sheets, relay cards and other essentials.

COACHES/CAPTAIN MEETING

A meeting of head coaches and team captains will be held during warm-ups and run by the Meet Referee. In the case of dual warm-ups, there will be two meetings held. Meetings time(s) will be announced via an email to coaches.

CONCESSIONS/HOSPITALITY

Hospitality will be provided for all coaches, officials and volunteers. Nease High School will operate a concession stand.

GATE OPENING & ADMSSION FEE

Gates will open and swimmers/coaches will be admitted as of 9:00 am. Admission fee is \$6.00 per spectator and no spectators will be allowed on deck. Spectator viewing will occur from outside the pool's perimeter fencing. Tickets will be sold online only, and each school will be allotted a maximum of 25 tickets. Those wishing to purchase tickets should contact their school's coach for a direct link to purchase on www.gofan.co.

WEATHER CONTINGENCY PLAN

In case of pending inclement weather (i.e. Hurricane development), the meet committee will partake in a conference call no later than Wednesday, October 27. Once both the host (Nease) Athletic Director and Meet Director reach a decision, the Meet Director will notify the district coaches via email.

JURY OF APPEALS

Head coaches from Bartram Trail, Buchholz, Creekside, Mandarin and Oakleaf High Schools

COVID PROTOCOLS

Via email, the meet host will provide a list of Covid Protocols (if any) prior to the meet.

ORDER OF EVENTS

Girls	Event	Boys
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
	<i>15-minute break*</i>	
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
	<i>10-minute break</i>	
19	100 Back	20
21	100 Breast	22
	<i>5-minute break</i>	
23	400 Free Relay	24

*Events 9 and 10, Girls and Boys 1-meter Diving, will be held at an alternate date and site as noted above in this document.