

2022 Class 4A Region 1 Swimming and Diving Championships
Meet Information
Swimming & Diving: Saturday, October 29

Hotel information:

SpringHill Suites Ocala
 4100 SW 40th Street, Ocala, Florida, USA, 34474

Transportation:

No team transportation will be provided for this meet. Instead swimmers will need parents or car pool to transport to the hotel Friday night.

*** If the are carpooling, it is REQUIRED to be an approved St. John's County Volunteer Driver*

Creekside pays the hotel room for swimmers based on 2-4 per room. Room assignments will be as follows:

Room - 2 queen	Emma N	Ayden	Kylie*	
Room - 2 queen	Mallory	Mollie	Ava W	
Room - 2 queen	Rory	Maddie	Ria	
Room - 2 queen	Dani	Elise	Leslie*	
Room - 2 queen	Ian	Rylan	Liam	
Room - 2 queen	Yash	Ben	Kieran	
Room - 2 queen	Dylan	Aiden	Landon*	
Room - King	Coach Ed			
Room - king	Coach Kylie			

Swimmers can elect to stay with parents as long as the parents are staying at the same hotel. Please provide Coach Ed the room number upon check-in.

* Athletes staying with parents.

Itinerary:

Friday, Oct. 28 :

6:00-7:30 am: Practice at JCP

4:30 pm- 8:00pm: swimmers travel to Ocala based on parents' availability. Check-in with Coach Ed at 904-314-7254 by text at the hotel based on arrival.

No Team Dinner due to varying travel times.

8:30pm: room check- water/ gatorade delivered to rooms

9:00pm: Bedtime

Saturday, Oct. 29:

Florida Aquatic Swimming and Training Aquatic Center
4635 SW 67th Ave. Ocala 34476

6:30 am- meet in lobby for breakfast. **Wear Regional Team shirts**

7:00am: depart for Aquatic Center (take SW 40th Street approx 6 minutes)

8:00-9:30: Warm-ups (*If two warm-up sessions time will be adjusted*)

10:00 am : Meet start

11:00 am: Team Snacks and Lunch (Publix subs) will be pre-ordered and brought to the meet.

2:00 pm: departure for home

Make sure you pack extra towels, sweatshirts, parkas, socks, shoes, and anything needed to stay warm in preparation for possible cool weather during warm ups. Creekside Tent will be brought for team area (if needed for outside).

In addition, please read the additional information about the facility's rules and ticket sales in meet letter.

2022 FHSAA Class 4A Region 1

Swimming and Diving Championships

Friday and Saturday, October 28, 29, 2022

HOST SCHOOL

West Port High School

DATES

Friday, October 28, 2022 – Diving

Saturday, October 29, 2022 - Swimming

LOCATION

Florida Aquatic Swimming and Training Aquatic Center

4635 SW 67th Ave. Ocala 34476

START TIMES

Diving - Friday, October 28 – warm up 4:00pm – Start 5:30pm

Swimming – Saturday - October 29 – warm up 8:00am – Start 10:00am

RULES

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

USA Swimming Rules will govern USA Swimming athletes.

USA SWIMMING OBSERVATION

This meet will be Observed for Florida Swimming, #(pending)

DIVING INFORMATION

Date: Friday, October 28, 2022

Location: Florida Aquatic Swimming and Training Aquatic Center
4635 SW 67th Ave. Ocala 34476

(1-meter springboard)

Warm-up: 4:00pm

Start:

5:30pm

Diving Sheets: May be emailed to Diving Director Kyle VanArsdall –
kylevanarsdall@gmail.com

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

swimming facility is an indoor, 50-meter x 25-yard pool, with lanes 22 available for warm-up and cool-down throughout the competition plus an outdoor 50 meter pool. The competition will be held in an 8-lane course, where water depth throughout competition course is 9’9”.

WARMUP

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

TIMING SYSTEM

A Colorado Timing System will be used with touchpads (primary), two-button and stopwatch backup and mini-scoreboard.

OFFICIALS

Referee: Quinn Sampson

Starter: Rick Mills

Admin Official: Kevin Milak

Meet Marshal: Greg Humphries

S & T:

Meet

Director: Bill Vargo/Greg Humphries

OFFICIATING CONTACT

Certified officials interested in volunteering on deck are asked to contact Meet Referee Quinn Sampson in advance of the meet at 352-208-9100 or qsampson@gmail.com

MORE INFO

Bill Vargo – 352-804-2167 – ocalamarlins@gmail.com

Kevin Milak – 832-233-0234 – Kevin_Milak@floridafast.com – Facilities Director

SCORING

Place 1st thru 16th Place

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

FACILITY and MEET EXPENSES

****** ALL REGION TEAMS WILL SPLIT ANY EXPENSES OR REVENUES**

TIMERS

Participating schools are asked to provide volunteer timers. If providing volunteers, please email a list of volunteer names by Wednesday, October 26, to Greg Humphries – warren.humphries@marion.k12.fl.us

AWARDS

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

COACHES/CAPTAIN MEETING

A meeting of head coaches and team captains will be held after warm-ups and run by the Meet Referee at 9:45am in the Hospitality Room

PARKING & ENTRANCE

Cars – There is plenty of parking in the front of the facility

Buses – Parking will be at the rear of the facility. **PLEASE DO NOT DROP THE SWIMMERS OFF AT THE FRONT ENTRANCE.**

ENTRANCES – Spectators, Coaches and Officials – Front Door

****** SWIMMERS - must enter through the rear parking lot through the outdoor pool gate (rear lot)**

HOSPITALITY

will be provided the officials only.

Hospitality

GATE OPENING & ADMSSION FEE

Gates will open and swimmers/coaches will be admitted on Friday at 4:00pm for the Diving Event and Saturday at 8:00am for the Swimming Events. Admission fee is \$7.00 per spectator and no spectators will be allowed on deck. Spectator seating will be in the stands.

Tickets may be purchased through www.GoFan.co

****** NO tickets will be sold at the door**

ORDER OF EVENTS

Girls Event Boys

1 200 Medley Relay 2

3 200 Free 4

5 200 IM 6

7 50 Free 8

15-minute break*

11 100 Fly 12

13 100 Free 14

15 500 Free 16

17 200 Free Relay 18

10-minute break

19 100 Back 20

21 100 Breast 22

5-minute break

23 400 Free Relay 24