

3rd Annual Frank Holleman Swimming and Diving Invitational
Hosted by Nease High School Swimming and Diving

DATES/TIMES

Diving – Friday, September 22, 2023

Warm-up 2:00 pm

Competition 3:00 pm

Swimming – Saturday, September 23, 2023

Warm-up 7:00 am

Prelims 8:30 am

Finals w/u 3:30 pm

Finals 4:30 pm



LOCATION

Diving – The Bolles School, 7400 San Jose Blvd, Jacksonville, FL

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

RULES

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

FORMAT

All individual swimming events will be staged in a Prelim-Final format. During Prelims, a 10-minute break will be held after event 8, with a 5-minute break after event 16. All Prelim events shall be seeded slow to fast.

All relays are Timed-Final events, seeded slow to fast, and will be held during the Finals. No relays will be swum in the Prelims session. Individual events in the Finals shall have a B (Consolation) Final followed by an A (Championship) Final. During Finals, a 10-minute break will be held after event 8, while 5-minute breaks will be held after events 18 and 22.

DIVING FORMAT

There is no limit on a team's diving entries. Coaches should enter divers in the swim meet entry file. Divers will perform six (6) dives: one (1) voluntary dive and five (5) optional dives from four (4) categories.

Diving Coordinator:

Courtney Gills coachcourtney@atlanticcoastdivingjax.com (904) 323-1472

USA SWIMMING OBSERVATION

This is an Observed Meet by Florida Swimming. Swimmers' USA ID #s must be included in the entry file to ensure times are eligible for SWIMS database.

POOL SPECIFICATIONS

The meet will be held in a 25-yard course. The facility is an outdoor, 50-meter x 25-yard pool, with lanes available for warm-up and cool-down throughout the competition. Prelims will be held in a 10-lane course, while Finals will be run in an 8-lane course. Water depth throughout the competition course is six feet.

WARMUP

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

TIMING SYSTEM

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

OFFICIALS

Referee: Mike Sunman
Starter: Heath Clifford
Stroke and Turn: Muriel Rabalais
Admin Official: Scott Rabalais
Nease Head Coach: Gus Calado (gmc@planetswim.org)

OFFICIATING CONTACT

Certified officials interested in volunteering on deck are asked to contact Meet Referee Mike Sunman in advance of the meet at sunmike1@hotmail.com.

MORE MEET 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

AWARDS

Team - Trophies will be awarded to top three Girls teams and top three Boys teams.
Individual and Relay Events - Medals to top three in each event.

ENTRY LIMITS

A limit of 500 athletes will be accepted into the meet (see below). There is a team entry limit of six (6) swimmers per individual event, except for the 500 Free, where teams are limited to four (4) swimmers for each of the 500 Free events. Each school is allowed to enter a maximum of two (2) relay teams per relay event (A & B). No exhibition entries are allowed.

Each swimmer is limited to entering four events, no more than two of which may be individual events.

ENTRY RESERVATION

The entry reservation procedure for the meet is as follows:

- 1) Reservations will be taken from teams for the first 500 participants, that is, including all athletes of the school that brings the total to or beyond 500.*
- 2) To secure your team's spot in the meet, you may email or text Admin Official Scott Rabalais with your best estimate of how many athletes you will enter in the meet, including divers and any relay-only swimmers. A confirmation of your entry reservation will be sent when received.*
- 3) Scott may be emailed at scottrabalais@comcast.net and texted at (904) 806-6779. Please identify yourself if texting.*
- 4) For a school's reservation to be honored, the school's entry file MUST be received by the stated entry deadline.*

ENTRY DEADLINE

The Meet Entry File is due to Scott Rabalais at scottrabalais@comcast.net by *SUNDAY, SEPTEMBER 17, at 6:00 PM*. An email entry confirmation will be sent upon receipt of entry.

ENTRY NOTES

Coaches should enter swimmers/relays with best Yards time, or NT. Coaches are asked to enter swimmers and divers using Hy-Tek, Team Unify or other similar software.

For times to be uploaded into USA Swimming's SWIMS database, coaches must include the current USA ID for each club swimmer listed in the entry file.

Coaches are asked to use the provided meet entry file, which may be obtained from Scott Rabalais (see contact info above).

Though not required, it is requested that coaches show school year (9, 10, 11 or 12) for each swimmer in their entry file.

ENTRY FEES

\$25.00 per swimmer/diver entered, \$3.00 of which will be donated to the Homeless Coalition of St. Johns County. Checks are made payable to "Nease Swim and Dive" and may be delivered upon arrival at Coaches Check-in.

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, and Finals heat sheets will be sent as well by email, with limited copies available to coaches at the meet. The heat sheet and results will be posted to the Meet Mobile app.

DECK ENTRES

Deck entries are NOT allowed for this meet.

TIMERS

All participating teams will be asked to supply timers. Specific requests will be made after the entry deadline. Nease will supply all timer equipment needs and lap counters.

SCRATCHING PRELIMS AND/OR FINALS

There is no penalty for scratching on the block in Prelims. Swimmers who are qualified for and scratching a Finals event are asked to do so within 30 minutes following the conclusion of Prelims. While there is no penalty for No Show in the Finals, coaches are **STRONGLY ENCOURAGED** to report all scratches by the Prelim scratch deadline to allow other swimmers to move into Finals.

Finals alternates wishing to swim in an open lane in Finals must be standing at the Starter's stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the Starter will call for the alternate, not the Announcer.

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. Meeting time(s) will be announced via an email to coaches.

RELAYS

Coaches are NOT required to list relay participants with meet entry. Relay cards will be distributed to coaches upon arrival and the four swimmers on each relay shall be listed in order swimming in legible handwriting. Again, relays are in Finals only, timed finals.

PARKING

Parking instructions will be sent to the head coach of each participating team to forward to all participants and families.

CONCESSIONS/HOSPITALITY

Concessions will be sold throughout the meet by Nease High School. Coaches and officials will be offered breakfast and dinner hospitality as well as various beverages throughout the meet.

RELEASE

USA Swimming, the Florida LSC, the facility and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant's school to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times.

ORDER OF EVENTS
(Note: No Relays in Prelims)

Girls	Event	Boys
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
	<i>10-minute break*</i>	
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
	<i>5-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.

FOOD DRIVE DONATIONS

The Frank Holleman Invitational is accepting donations for the Homeless Coalition of St. Johns County, which provides innovative programs to assist the most chronic homeless families with children in the county to get off the street and on the road to self-sufficiency. Every swimmer and coach is asked to donate one canned good or dry goods, which may be turned in to the Check-in Table at the meet. Additional financial gifts or other types of donations may be given through the Homeless Coalition website at www.homelesscoalitionstjohns.com