

2023 FHSAA Class 4A District 1  
Swimming and Diving Championships  
Diving Monday October 23rd and Swimming Thursday October 26<sup>th</sup>, 2023

Host School(s)  
Sandalwood, Mandarin and Atlantic Coast

SWIMMING  
Date Thursday October 26<sup>th</sup>, 2023

Location  
The Bolles School, Tarver Pool, 7400 San Jose Blvd, Jacksonville, FL 32217

Time  
10:30am  
19:15am Warm Up

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: Monday 10/23/2023  
Location: Bolles School 7400 San Jose Blvd Jacksonville, FL 32217  
Warm Up 11:30a  
Meet: 1:00 p

Diving Director Courtney Gills at [coachcourtney@atlanticcoastdivingjax.com](mailto:coachcourtney@atlanticcoastdivingjax.com) #: (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.

Instructions for DiveLive

1. Download the DiveLive App - available on Apple and Android - <https://scoresandmore.live/download/>
2. Sign Up for Free Profile
3. Find your team and join (as a coach, diver, parent, or administrator)
4. Divers must be approved/accepted by the coach Coaches who need to have their team created should submit a team request. (<https://scoresandmore.live/add-your-team/> )

Divers: Enter your sheet Join a meet and quickly type in your list. Drag and drop to rearrange your dive order. Make changes at any time. Connect and share with friends. Follow your friends in diving. Share your accomplishments on social media. Videos of your dives Looking for that 104B where you pancaked? The 301B you nailed last month? Just go to your dive sheet and view your videos.

### Pool specs

Tarver Pool is a 10-lane Myrtha Pool, set for an 8-lane 25-yard course. Minimum water depth on the start and turn end is 6'8". Diving offers two 1-meter Maxi boards on Duraflex short stands.

Continuous 25-yard warm-up/down lanes will be available in the Uible Pool throughout the competition. FEET-FIRST ONLY ENTRY from the deck in the Uible Pool. No Starts or Relay exchanges permitted in Uible Pool. Warm up/Warm down lanes will be assigned to each team.

### Timing

Timing equipment consists of Hytek Meet Manager, Superior Swim Timing software, harnesses, buttons, Colorado pads and scoreboard, and a minimum of 1 watch per lane.

Officials

Referee: Don George

Meet Marshals: Jochen Schmitges (SHS) and Atlantic Coastemale

Meet Director Alexi Keto

Admin Official: Pete Santilli

### Officiating Volunteer Contact

Certified officials interested in volunteering on deck are asked to contact Meet Referee Don George at [Dgeorge175@gmail.com](mailto:Dgeorge175@gmail.com)

### More Info

Leslie Guzzone, email [guzzonel@duvalschools.org](mailto:guzzonel@duvalschools.org) cell/text: (904) 868-3114

### Entry Deadline

Please submit your Meet Entry File and Team Roster File to Alexis Keto at [meetdirector@bolles.org](mailto:meetdirector@bolles.org) by Monday, OCTOBER 16th, NO LATER THAN 12 NOON. Head coaches will be sent an email entry confirmation upon receipt of entry. Diving deadline is Wednesday October 18<sup>th</sup> to [coachcourtney@atlanticcoastdivingjax.com](mailto:coachcourtney@atlanticcoastdivingjax.com).

### Entry Fee

The entry fee is \$500.00 per school. Checks shall be made payable to "Sandalwood High School." They may be delivered to Sandalwood Coach Leslie Guzzone on deck or mailed to Sandalwood High School, Athletic Office, 2750 John Prom Blvd, Jacksonville, FL 32246

### Psych Sheet / Heat Sheet

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.

### 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. Bolles will supply all timer equipment needs and lap counters. A timer meeting will be called at approximately 11:10am.

### Volunteers

Each school is required to email a list of their volunteers by Monday, October 23rd, to Leslie Guzzone at [guzzonel@duvalschools.org](mailto:guzzonel@duvalschools.org)

Spectators:

Spectators can view the competition from the elevated Zorn Stadium Bleachers. The Meyers-Labenz Pool Deck is closed to spectators. Only athletes, coaches, officials, and meet workers are allowed on the pool deck. As per USA Swimming safe sport rules, No images during the start from the East Bleachers.

Deck Space & Team Areas:

Athletes will enter at the Uible Pool Archway. Coaches, Officials, and Spectators will enter the East gate (between the two pools and between the pool and football field). Teams should plan to set up a team area on the Uible Pool deck. The Uible pool covered bleachers are first-come-first serve for team areas. Other bleachers on the East Uible deck will need team tents for shade. There are a few spaces in the corners of the Tarver Pool Meyers-Labenz pool deck for team tents. There are no athlete bleachers on Tarver’s pool deck. There should be no athletes in the Tarver Pool Zorn Stadium bleachers. These are reserved for spectators.

Bathrooms:

Restrooms within the facility are reserved for athletes only. Adults use the restrooms at the Maintenance Building, Davis Gym Hallway, McGehee Auditorium, or Skinner-Barco Stadium. Portable bathrooms are also onsite.

Swimsuits:

As a reminder, swimsuits with two logos are not legal for competition. It is not recommended that swimmers use sharpie type markers to cover the logos as it is alleged that the pen’s chemicals may compromise the textile quality of the garment. Also, tape will not be allowed to cover logos due to its impermeable quality.

Per the NFHS, all suits must be of one piece, even during the warm-up period.

“Deck Changing” is not permitted at the facility. Please see the notes above regarding changing locations and restrooms.

Entries

Entries Hy-Tek meet entry files as received from the participating schools via FHSAA. Relay cards will be in each team’s check in packet to be submitted at the time of the event. A preliminary dive sheet should be sent to Courtney Gills, coachcourtney@atlanticcoastdivingjax.com, by Wednesday October 18th at 12:00PM via email. Dives can be changed up to the start of the competition.

Diving:

Prelims (up to 24 athletes per gender)

2 required dives and 3 optional dives in any order.

Semi Finals (cut to 20 athletes per gender)

2 required dives and 1 optional dive in any order.

Finals (cut to 16 athletes per gender)

1 required dive and 2 optional dives in any order.

Coach’s Meeting:

Coaches Meeting	Officials Briefing	Timers Briefing	Passes/Packets
9:45 AM*	9:15 AM	10:15 AM	9:00AM

***\*A team with a coach needing to monitor warm up and cannot attend meeting should let the meet director know.***

This meeting is to exchange information that coaches and swimmers will need to know to function according to the rules and regulations of FHSAA and to cover items of information or rulings that are necessary for the administration of the meet. This is not a seeding meeting, and no entries shall be accepted at this time. Contestants may be withdrawn (scratched) from the meet by their coaches at this time by notifying the meet manager. Contestants scratched at this time shall be disqualified from participating in the meet.

### Meet Committee:

A meet committee shall be appointed in accordance with the provisions of Rule 4, Section 1, Article 2 of the National Federation Swimming and Diving Rule Book. The meet committee shall be composed of five coaches/and or athletic directors from five different schools. The committee shall have the authority to act in any situation not specifically covered by the rules of procedure. The meet committee shall serve as the jury of appeals. A jury member must be replaced if his/her school is involved in an appeal. The decisions of the jury of appeals will be final. The jury of appeals may not set aside any FHSAA or NFHS rule.

### Entry Limits:

Athletes may swim a maximum of four (4) events. No more than two (2) may be individual events. Each school is limited to a maximum of four (4) individual entries per individual event and one (1) relay entry per relay event.

### Over Entries:

In both the FHSAA Swimming & Diving Manual and the NFHS Swimming & Diving Rules Book entry limitations are clearly addressed. At the regional level, possible over entries can be caused by swimming in an excessive number of relay events. If a swimmer is in two (2) individual events, then they may only swim/participate in two (2) relays. Athletes may be listed on all three relay cards, but participation is limited to two (2) relays when they are also in two (2) individual events.

### Student Athlete Failure to Appear:

A student-athlete who qualifies in a state series meet as an individual is expected to compete on successive levels of the state series unless ill, injured, suspended due to disciplinary action, or for any other reason acceptable to the Executive Director. If the student-athlete does not compete on a successive level, the student-athlete will not be permitted to compete in any other event in the State Series in that sport. Personnel on relay teams may be changed in accordance with the rules governing those sports. A school must submit in writing to the FHSAA Office the name of the student-athlete and an explanation for the inability to compete in advance of the competition whenever situations make it possible to do so. Failure to participate in the district/regional meet by an individual or relay team is a violation of FHSAA policy and shall subject the school to a \$50 penalty unless the reason for failure to participate is approved by the FHSAA Office.

### Swim Warm-ups:

Warm up lanes will be assigned on a 15 swimmer per lane ratio. Uible Pool will be available for warm up/warm down throughout the competition. Lane Assignments will be communicated when final entries are confirmed.

There is no diving from the starting blocks in Uible Pool during the competition.

\*Meet Referee/ Marshall may alter warm-up procedures to meet the needs of the swimmers

Scoring:

### Points will be earned for 1st – 16th place

Individual events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

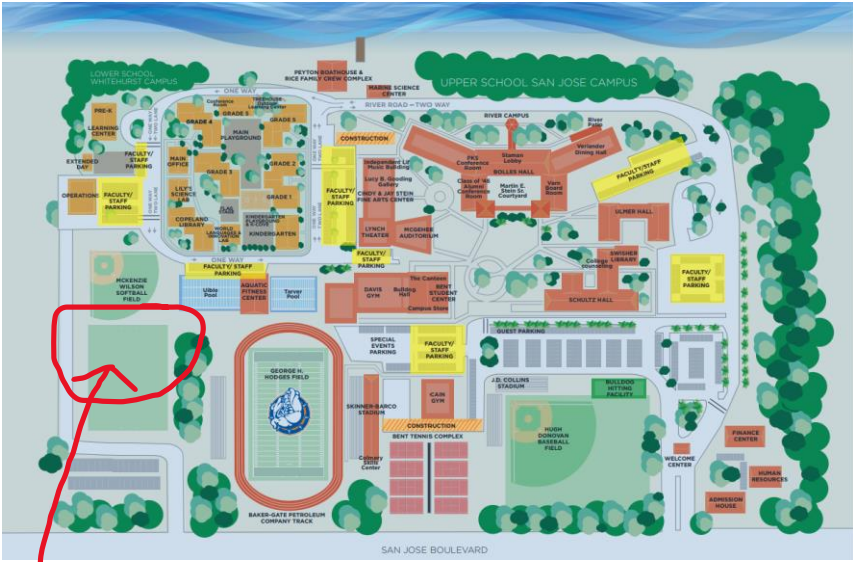
Relay events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

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### Meet Admission Price:

In accordance with FHSAA rules the admission will be \$8.00. Tickets are available for purchase on gofan.com. Heat sheets will cost \$5.00 and will be available at the door.

All Visitors should enter through the secondary gate & park in the auxiliary practice field next to Softball field.



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 Tuesday, October 24th. Once both the host schools Athletic Director and Meet Director reach a decision, we will notify the district coaches via email.

Jury of Appeals

Head coaches from Bartram Trail, Sandalwood, Creekside, Mandarin and Atlantic Coast High Schools

Order of Events

Girls	Event	Boys
1	200 Med Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
15min Break		
9	1m Diving	10
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
10min Break		
19	100 Back	20
21	100 Breast	22
5min Break		
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.