

2023 4A REGION 1 SWIMMING & DIVING CHAMPIONSHIPS

HOSTED BY: Lake Brantley High School

DATE & TIME: Friday/Saturday November 3 & 4, 2023

Diving Friday
Rosen Aquatic Center Warm up 11:30AM
Start 1:00 PM

Swimming Saturday **Timed Finals**

Lake Brantley High School Warm up 8:00AM
Start 10:00AM

LOCATION:

DIVING

Rosen Aquatic Center
8422 International Dr
Orlando, FL 32819

SWIMMING

Lake Brantley Aquatic Center
991 Sand Lake Rd.
Altamonte Springs, FL 32714

POOL SPECS:

Lake Brantley High School Pool

25-yard short course x stretch 50 meters. 2 x stainless steel moveable bulkheads, non-turbulent lane lines. Swimming competition to be held in all deep water 8 lane course, wall to bulkhead. 13 Lanes Warm up/Warm down during the meet.

TIMING EQUIP: Daktronics Timing w/ 10 Lane scoreboard

HYTEK meet management software to be used for meet management and results.

RULES: 2023 National High School Swimming & Diving rules will govern except where specified by the FHSAA.

AWARDS: First & Second Girls & Boys Team awards.

FINANCIAL: Any loss shall be shared among the participating teams.

PARKING: Limited parking at the pool, with parking available in the front parking lot.

BUSES: Those teams being transported by bus are reminded NOT TO DRIVE THE BUS DOWN TO THE POOL. Use the bus ramp by taking an immediate right after entering the school and drop off/pick up swimmers at the end of the ramp.

SPECTATORS **Spectator fee will be \$9.00 per person paid through Go Fan**

COACHES

MEETING: Saturday at 9:30AM in front of the Conference room prior to the start of the meet.

CONTACT: **admin@patriotaquatics.com**

OFFICIALS: Referee: Bart Smith
Admin Ref Michelle Pope
Starter: Cheryl Pavlacka
S & T: Chris Snively
Meet Marshall Clay Parnell

DIRECTIONS TO THE POOL:

From I-4, exit at the S.R. 434 exit (Longwood-Winter Springs) and turn west on to S.R. 434. Go approx. 1 ½ miles and turn right on Sand Lake Rd. Go to the 2nd stop light and turn right into the school. Park in this lot and walk back past the football field to the pool.

WARM UP: Warm up times and lanes may be assigned prior to the meet.

ORDER OF EVENTS

FRIDAY- November 3, 2023 1:00 PM

9-10 Diving

SATURDAY–November 4, 2023 10:00AM TIMED FINALS

1-2 200 Medley Relay

3-4 200 Freestyle

5-6 200 Individual Medley

7-8 50 Freestyle

15 Minute Break

11-12 100 Butterfly

13-14 100 Freestyle

15-16 500 Freestyle

17-18 200 Freestyle Relay

10 Minute Break

19-20 100 Backstroke

21-22 100 Breaststroke

5 Minute Break

23-24 400 Freestyle Relay

Scoring Individual Events

20-17-16-15-14-13-12-11

9-7-6-5-4-3-2-1

- Relays are double

MEET COMMITTEE: TBA

DIVING INFORMATION: The diving contest will be held in accordance with the rules of the national high school swimming and diving rulebook.

Order of Dives

2 Vol

3 Opt

2 Vol

1 Opt

1 Vol

2 Opt

Diving sheets - Please submit diving sheets electronically by Oct 29 through the DiveLive system. Email questions to orlandodiveacademy@gmail.com