

**4<sup>th</sup> Annual Frank Holleman Swimming and Diving Invitational**  
**Hosted by Nease High School Swimming and Diving**

**DATES/TIMES**

Diving – Friday, September 20, 2024

Warm-up 11:30 am

Competition 1:00 pm

Swimming – Saturday, September 21, 2024

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 (see page 2)

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 15-minute break will be held after event 8, a 10-minute break after event 18 and a 5-minute break after event 22.

**AWARDS CEREMONY**

During Finals, top 3 awards will be presented during the 15-minute break after event 8 for events 1-10 (events 9 and 10 are diving, held Friday). During the 10-minute break after event 18, top 3 awards will be presented for events 11-18. Top 3 awards for events 19-24, along with team awards, will be presented immediately after the last event.

**USA SWIMMING OBSERVATION**

This is an Observed Meet by Florida Swimming. To ensure your club athletes' times are eligible to load into the SWIMS database, the swimmers' USA ID should be included in the entry file. If the USA ID is not included, the swimmer's first and last name (as registered with USA Swimming) and date of birth will suffice.

## **DIVING FORMAT/INSTRUCTIONS**

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](mailto:coachcourtney@atlanticcoastdivingjax.com) (904) 323-1472

## **DIVE LIVE**

Instructions for Dive Live:

- 1) Download the DiveLive app (available on Apple and Android) at <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 at

<https://scoresandmore.live/add-your-team/>

Divers:

To enter your sheet, join a meet and type in your list. Drag and drop to arrange your dive order, and changes can be made at any time. Through DiveLive, you can follow fellow divers and share accomplishments on social media. Videos of all dives are available from your dive sheet.

## **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: Billy Brewster

Starter: Nat MacAdams

Stroke and Turn: Muriel Rabalais

Admin Official: Scott Rabalais  
Nease Head Coach: Gus Calado ([gmc@planetsswim.org](mailto:gmc@planetsswim.org))

### OFFICIATING CONTACT

Certified officials interested in volunteering on deck are asked to contact Meet Referee Billy Brewster in advance of the meet at [whiskerpens@gmail.com](mailto:whiskerpens@gmail.com).

### MORE MEET INFO

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

### SCORING

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>
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

The host reserves the right to limit participation to 500 athletes (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](mailto: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](mailto:scottrabalais@comcast.net) by SUNDAY, SEPTEMBER 15, 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 that creates entry files accepted by Meet Manager. 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**

\$27.00 per athlete entered, \$3.00 of which will be donated to the Homeless Coalition of St. Johns County. Checks are made payable to *“Nease Golden Panthers Boosters” with Memo: 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 through 24<sup>th</sup> place by the Prelim scratch deadline to allow other swimmers to move into Finals and/or alternate positions.

Finals alternates wishing to swim in an open lane in Finals must be standing at the Starter's area, 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 may 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. Swimmers will bring relay cards to the blocks and hand them to the lane timer. 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.

## TICKETS

Spectators may purchase an all-day pass for \$10.00 at the gate with cash or Venmo payment. All spectators age 18 and under will be admitted free of charge.

## HOSPITALITY

Coaches and officials will be offered hospitality as well as various beverages throughout the meet.

**ORDER OF EVENTS**  
**(Note: No Relays in Prelims)**  
**P = Prelims F = Finals**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
	<i>*Break: P10m, F15m</i>	
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
	<i>Break: P5m, F10m</i>	
19	100 Back	20
21	100 Breast	22
	<i>Break: F5m</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.

**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.

**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. Swimmers and coaches are asked to donate at least 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](http://www.homelesscoalitionstjohns.com).

For further information, contact Food Drive Chairperson Kate Stollenwerck at [kstollenwerck@yahoo.com](mailto:kstollenwerck@yahoo.com).