

*4th Annual  
Frank Holleman  
Swimming & Diving  
Invitational*



Hosted by Nease High School  
Swimming and Diving

Parent and Spectator  
Information Packet

# WELCOME PARENTS AND SPECTATORS!

*By providing this information packet, we hope to make your day at the Holleman Invitational an enjoyable one!*

## LOCATION/TIMES

The Swimming competition is being held at Planet Swim and Tennis Club on Saturday, September 21, with Prelims starting at 8:30 am and Finals at 4:30 pm. The Diving events will be at The Bolles School on Friday, September 20, with competition beginning at 1:00 pm.

## PARKING

Within this document you will find a detailed parking map. As noted, swimmers may be dropped off at the Planet Swim lot at 300 Davis Park Rd., but the lot itself is available only for coaches and certified officials running the meet. There are several other options for parking, all within a few minutes walk to the pool.

## ADMISSION

The meet admission fee is \$10.00, which is payable at the door by cash or Venmo. Of course, coaches and swimmers are admitted free, as well as anyone 18 years and younger. Each spectator will be given a wristband that will grant admission for both Prelims and Finals. For payment by Venmo, QR code provided at the door.

## SEATING & TENTS

The deck (area inside the fence) is reserved for swimmers, coaches, officials and meet volunteers, except in designated bleacher areas at the far end of the pool which can be accessed by walking around the fence perimeter. Teams may bring additional tents to place in the grassy areas behind the fence. Swimmers should bring chairs and blankets/towels for seating under their tents in their assigned team areas.

## TIMING

We appreciate the parents and friends who step up to serve as volunteer timers at the meet. Coaches have been informed that each team is required to time in one lane (two timers), assigned to either Prelims or Finals (see enclosed). If you wish to lend a hand -- no experience required -- please inform your coach. Up to four timers per team will be admitted free of charge in the session their team is assigned to time, as long as their names are submitted in advance of the meet. If all is on schedule, Prelims will last about four hours; Finals just over three hours.

## RESULTS

Final results will be posted on the glass doors to the Coaches and Officials Hospitality Room near the facility entrance. Also, results can be viewed on your phone through the Meet Mobile app (*search Holleman*). Heat sheets are not sold at the meet and can be obtained from your team's coach. Heat and lane assignments are also displayed on Meet Mobile.

## CONCESSIONS/HOSPITALITY

Lite concessions will be available at the meet; cash and Venmo accepted. Hospitality will be provided for coaches and officials throughout both sessions.

## FOOD DRIVE

We hope that all swimmers and families support our food drive for the Homeless Coalition of St Johns County, a charity specifically chosen by Frank Holleman that serves those less fortunate in the St Augustine area. Thank you for contributing in whatever way you can!

## PAST TEAM CHAMPIONS

<b>YEAR</b>	<b>GIRLS</b>	<b>BOYS</b>
2021	CREEKSIDE	NEASE
2022	PONTE VEDRA	BARTRAM TRAIL
2023	PONTE VEDRA	BOLLES

## MEET LIVESTREAM

Prelims and Finals will be livestreamed on YouTube. You may access the telecast by clicking here:

<https://www.youtube.com/@swimstreams/streams>

Or by using the QR code:



## FRANK HOLLEMAN

Coach Frank Holleman has contributed greatly to both high school and club swimming in the Jacksonville and St. Augustine areas for nearly 40 years! He's been instrumental in the growth of competitive swimming and continues to serve as head coach of the St. Augustine Swim Team after recently retiring from coaching high school swimming.



In the fall of 1987, Coach Holleman became the head swim coach at his alma mater, Terry Parker High School, and held this position for the next five seasons. During this period, Coach Holleman became first associated with St. Augustine Swim Team and served as a Novice/Age group assistant under Head Coach Dave Williams. In September of 1992, Coach Holleman became the head coach of the Navy Jax Swim Team located at NAS JAX. He held this position until December of 1995. After a brief retirement from coaching, Holleman returned to the St. Augustine area in the summer of 1996 to take over SAST and also serve as Head Coach for Boys and Girls Swimming at Saint Augustine High School.

A native of Jacksonville, Florida, Coach Holleman began his coaching career in the summer of 1981 as Summer League coach for the Fort Caroline Club Flying Fish Swim Team in the River City Swim League. Over the next six years, Coach Holleman spent his summers as a summer league coach for The Baker County Bullets in Macclenny and the Deerwood Golf and Country Club in Jacksonville, while his fall and winters were spent pursuing a degree in professional physical education from the University of South Florida.

Some of Coach Holleman's achievements over the last 30 years:

- Two Time Florida Star Conference Coach of the Year 1995, 1996
- Qualified over 50 swimmers to local LSC, Sectional and Zone Championships. Qualified two swimmers to USA Swimming Junior Nationals in 2014 and 2015
- Coached two FHSAA State Champions and two NISCA High School All Americans in the 50+ year history of St. Augustine High School
- Qualified over 40 swimmers to FHSAA Finals including 13 state finalists and two State Champions and two High School All Americans
- USA Swimming expert for the Vietnam National Team 2012 -2015. Has participated as a member of the Vietnam National coaching staff of the 2012 Asian Championships in Dubai, UAE, and 2013 World Swimming Championship in Barcelona, Spain and 2013 SEA Games in Nya Pa Taw, Myanmar.
- 2016 recipient of "Pursuing Victory with Honor" Jeff Holt Coach of the Year Award for St. Augustine High School presented by the St. Johns County School District

*The swimming community is grateful to Coach Holleman for his immeasurable service to swimmers and swimming over a lifetime!*

**4th Annual Frank Holleman Invitational - 9/20/2024 to 9/21/2024****School List**

	<b>School</b>	<b>Female</b>	<b>Male</b>	<b>Total Athletes</b>	<b>Entries</b>	<b>Relay</b>	<b>Total</b>
1	BATR Bartram Trail High School	23	22	45	88	12	100
2	BSHS Beachside High School	17	13	30	60	12	72
3	CREE Creekside High School	16	20	36	72	12	84
4	FERN Fernandina Beach High School	13	4	17	34	8	42
5	FLEM Fleming Island High School	1	0	1	1	0	1
6	MHS Mandarin High School	11	13	24	45	12	57
7	MTZS Matanzas High School	16	17	33	65	12	77
8	MIDB Middleburg High School	9	6	15	30	6	36
9	NEAS Nease High School	29	25	54	92	12	104
10	OAKL Oakleaf High School	9	7	16	32	7	39
11	ORPK Orange Park High School	10	15	25	48	7	55
12	MENE Pedro Menendez High School	11	17	28	56	11	67
13	PVHS Ponte Vedra Sharks	29	24	53	92	12	104
14	STJO Saint Joseph Academy	11	9	20	39	7	46
15	SAUG St Augustine High School	5	5	10	20	4	24
16	BSS The Bolles School	16	17	33	62	12	74
17	TCSA Toco Creek High School	9	14	23	46	12	58
18	UCS University Christian School	4	2	6	12	0	12
19	WOLF Wolfson High School	5	7	12	24	0	24
20	YULE Yulee High School	11	6	17	33	5	38
		<b>255</b>	<b>243</b>	<b>498</b>	<b>951</b>	<b>163</b>	<b>1114</b>

# PARKING

## \*2024 Frank Holleman Invitational\*

(Available Parking in Yellow)



- 1) PLANET SWIM (300 Davis Park Rd.) - This parking lot is solely for team coaches, certified officials and essential personnel.
- 2) PUBLIC LOT – On Davis Park Rd, this lot is on the right just before Planet Swim Aquatics. Walking takes 3 minutes.
- 3) DAVIS PARK – To access, take your first right off of Davis Park Rd. Walking distance is 5-10 minutes. There are four parking lots in Davis Park.

Parking in the grass along Davis Park Rd. is allowed. Parking is not allowed in the Crosswater Community Church parking lot.

Drivers may drop off swimmers at the entrance to the Planet Swim parking lot or at the right turn into Davis Park and then proceed to other parking areas.

# **WARMUP ASSIGNMENTS**

2024 Frank Holleman Invitational

## **A WARMUP 7:00-7:30 AM**

Creekside	Lanes 0-2
St Augustine	Lane 3
Bartram Trail	Lane 4-7
Mandarin	Lanes 8-9
Tocoi Creek	Lanes 10-11
Beachside	Lanes 12-14
Ponte Vedra	Lanes 15-18
Univ Christian	Lane 19

*(Nease warmup at 6:30 am)*

## **B WARMUP 7:30-8:00 AM**

Middleburg	Lane 0
Orange Park	Lanes 1-2
Matanzas	Lanes 3-5
Oakleaf	Lanes 6-7
Fernandina Bch	Lanes 8-9
Wolfson	Lane 10
Bolles	Lanes 11-13
Yulee	Lanes 14-15
Menendez	Lanes 16-17
St Joseph	Lanes 18-19

## **C WARMUP (ALL TEAMS)**

Reverse One-Way Swim (Return to Blocks)	Lane 0 (8:00-8:20 AM)
One-Way Sprints	Lanes 1-10 (8:00-8:20 AM)
General Warmup	Lanes 11-19 (8:00-8:30 AM)

*Lane 0 is next to the starter (no block). Lanes with blocks are 1-10; remaining lanes are 11-19. During One-Way Sprints, Lane 0 is for swimmers who wish to swim down with a 25 when returning to the blocks. In prelims, Lanes 12-19 will remain open throughout the course of the competition for general warmup. During Finals, lanes 10-19 will remain open for general warmup. The competition pool will remain open for warm down during the scheduled breaks within the meet. Always enter the pool feet first!*

## **FINALS WARMUP**

From 3:30-4:10 pm:  
➤ General Warmup all lanes.

From 4:10-4:20 pm:  
➤ Lanes 1-6 one-way sprints, with lane 0 as a return 25 lane.  
➤ Lanes 7-10 relay starts only  
➤ Lanes 11-19 general warmup

After 4:20 pm thru Finals:  
➤ Lanes 10-19 general warmup

## **TIMING ASSIGNMENTS**

**\*2024 Frank Holleman Invitational\***

Each school shall provide two timers as assigned for the duration of the session. More than two timers from each school may volunteer and switch out at a time of their choosing. No experience necessary.

*Four timers from each school will be admitted free of charge if names are presented to Ryan Harrison at [ryan.harrison@gmail.com](mailto:ryan.harrison@gmail.com) no later than Friday, September 20, at 6:00 pm.*

### **PRELIMS – 10 LANES**

*Timer meeting called at 8:00 am. Expected duration of session 8:30 am – 12:30 pm*

**Fernandina Beach**

**Mandarin**

**Menendez**

**Middleburg**

**Oakleaf**

**St Augustine**

**St Joseph**

**Tocoi Creek**

**Wolfson**

**Yulee**

**University Christian – Alternates**

### **FINALS – 8 LANES**

*Meeting called at 4:00 pm. Session estimated 4:30-7:30 pm*

**Bartram Trail**

**Beachside**

**Bolles**

**Creekside**

**Matanzas**

**Nease**

**Orange Park**

**Ponte Vedra**

*Thank you to all timers!!!*

**4th Annual Frank Holleman Invitational - 9/20/2024 to 9/21/2024**

**Session Report**

Session: 2 Frank Holleman Invitational - Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Girls 200 Freestyle	60	6	08:30 AM	_____
Prelims	4 Boys 200 Freestyle	56	6	08:49 AM	_____
Prelims	5 Girls 200 IM	40	4	09:06 AM	_____
Prelims	6 Boys 200 IM	50	5	09:20 AM	_____
Prelims	7 Girls 50 Freestyle	83	9	09:35 AM	_____
Prelims	8 Boys 50 Freestyle	89	9	09:43 AM	_____
	Break: 10 Minutes:				
Prelims	11 Girls 100 Butterfly	41	5	10:01 AM	_____
Prelims	12 Boys 100 Butterfly	51	6	10:09 AM	_____
Prelims	13 Girls 100 Freestyle	84	9	10:19 AM	_____
Prelims	14 Boys 100 Freestyle	81	9	10:33 AM	_____
Prelims	15 Girls 500 Freestyle	39	4	10:47 AM	_____
Prelims	16 Boys 500 Freestyle	35	4	11:16 AM	_____
	Break: 5 Minutes:				
Prelims	19 Girls 100 Backstroke	65	7	11:50 AM	_____
Prelims	20 Boys 100 Backstroke	50	5	12:04 PM	_____
Prelims	21 Girls 100 Breaststroke	59	6	12:14 PM	_____
Prelims	22 Boys 100 Breaststroke	58	6	12:26 PM	_____
	Swimmers Counts for Warm-ups: 488	=====	=====		
	Entry / Heat Totals:	941	100		
	Finish Time			12:37 PM	_____

**Event Start Times are Estimates**

**4th Annual Frank Holleman Invitational - 9/20/2024 to 9/21/2024****Meet Record - Records**

1	Girls 200 Medley Relay	1:46.11	9/17/2022	Ponte Vedra A Wohlgemuth, A MacAdams, M Smith, P Zarczynski
2	Boys 200 Medley Relay	1:34.98	9/23/2023	Bolles K Jain, E Zamir, M Gumino, A Kravchenko
3	Girls 200 Free	1:51.04	9/23/2023	Olivia Moore - Nease
4	Boys 200 Free	1:40.38	9/17/2022	Raymond Prosinski - Bartram Trail
5	Girls 200 IM	2:04.98	9/23/2023	Charlotte Driesse - Nease
6	Boys 200 IM	1:50.10	9/23/2023	Thomas Frost - Bartram Trail
7	Girls 50 Free	22.94	9/23/2023	Maryn McDade - Fleming Island
8	Boys 50 Free	20.55	9/23/2023	Andy Kravchenko - Bolles
9	Girls 1 mtr Diving	283.85	10/2/2021	Ava Brinkman - Fleming Island
10	Boys 1 mtr Diving	291.90	9/22/2023	Maxwell Shaver - Fletcher
11	Girls 100 Fly	55.48	9/17/2022	Annie Wohlgemuth - Ponte Vedra
12	Boys 100 Fly	50.23	9/23/2023	Alex Kim - Toco Creek
13	Girls 100 Free	50.97	9/23/2023	Maryn McDade - Fleming Island
14	Boys 100 Free	46.53	9/17/2022	Matthew Koziol - Nease
15	Girls 500 Free	4:56.56	9/23/2023	Lily Doyle - Ponte Vedra
16	Boys 500 Free	4:27.96	9/23/2023	Thomas Frost - Bartram Trail
17	Girls 200 Free Relay	1:36.17	9/17/2022	Nease C Driesse, N Padgett, A Schroeder, O Moore
18	Boys 200 Free Relay	1:27.26	9/23/2023	Nease J Mainville, D Costello, W Lanoue, B Gear
19	Girls 100 Back	54.76	9/17/2022	Annie Wohlgemuth - Ponte Vedra
20	Boys 100 Back	51.74	9/23/2023	Andy Kravchenko - Bolles
21	Girls 100 Breast	1:05.83	10/2/2021	Anna Moore - Creekside
22	Boys 100 Breast	56.40	9/23/2023	Luke Zardavets - Nease
23	Girls 400 Free Relay	3:31.60	9/17/2022	Nease N Padgett, C Driesse, A Schroeder, O Moore
24	Boys 400 Free Relay	3:08.90	9/23/2023	Nease W Lanoue, B Gear, J Mainville, L Zardavets

\*Frank Holleman Invitational\*

# *Food Drive for Homeless Families*

Supporting the Homeless Coalition of St. Johns County

**ALL PARTICIPATING SWIMMERS AND COACHES ARE ASKED TO CONTRIBUTE ONE ITEM.  
DONATIONS MAY BE DROPPED OFF AT THE MEET'S HOSPITALITY ROOM.**

*This charity drive is being offered at the request of Coach Frank, and it's a great way to honor him!*



## **What does the Homeless Coalition Do?**

- ✓ Breaks the Cycle of Poverty and Homelessness with Children
- ✓ Builds Skills that Help Give Homeless Families a Positive Future
- ✓ Provides Safe Housing for Homeless Children and Their Parents

### **Preferable Donation Items:**

*Canned goods with "pop top" preferred (no need for can opener)*

*Dry goods such as rice or pasta*

*Cereals and crackers*

*Canned juices and bottled water*

*Dry milk*



The Homeless Coalition website also has a WISHLIST and an option for DONATING FUNDS.

Click here to visit the site:

[www.homelesscoalitionstjohns.com](http://www.homelesscoalitionstjohns.com)

**Thank You for Your Donation!!!**