

## **2024 FHSAA Class 4A Region 1**

Swimming and Diving Championships

Saturday, Nov. 2, 2024

### **HOST SCHOOL**

West Port High School

### **DATES**

Saturday, November 2, 2024 – Swimming and Diving

### **LOCATION**

Florida Aquatic Swimming and Training Aquatic Center  
4635 SW 67<sup>th</sup> Ave. Ocala 34476

### **START TIMES**

Saturday, November 2, 2024 – warm up 8:00am – Start 10:00am

### **RULES**

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

### **USA SWIMMING OBSERVATION**

This meet will be Observed for Florida Swimming, #(pending)

## **DIVING INFORMATION**

Date: Saturday, Nov. 2, 2024

Florida Aquatic Swimming and Training Aquatic Center  
67<sup>th</sup> Ave. Ocala 34476

Location:  
4635 SW

### **(1-meter springboard)**

Warm-up: 8:00am

Start: 10:00am

Diving Sheets: May be emailed to Diving Director Courtney Gillis

**[CoachCourtney@AtlanticCoastDivingJax.com](mailto:CoachCourtney@AtlanticCoastDivingJax.com)**

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.

## **POOL SPECIFICATIONS**

The swimming facility is an indoor, 50-meter x 25-yard pool, with lanes 22 available for warm-up and cool-down throughout the competition plus an outdoor 50 meter pool. The competition will be held in an 8-lane course, where water depth throughout competition course is 9'9".

## **WARMUP**

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

## **TIMING SYSTEM**

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

## **OFFICIALS**

Referee: Quinn Sampson

Starter:

Admin Official: Kevin Milak

Meet Marshal: Greg Humphries

S & T:

Meet

Director: Bill Vargo

## **OFFICIATING CONTACT**

Certified officials interested in volunteering on deck are asked to contact Meet Referee Quinn Sampson in advance of the meet at 352-208-9100 or [qsampson@gmail.com](mailto:qsampson@gmail.com)

## **MORE INFO**

Bill Vargo – 352-804-2167 – [ocalamarlins@gmail.com](mailto:ocalamarlins@gmail.com)

Kevin Milak – 832-233-0234 – [Kevin\\_Milak@floridafast.com](mailto:Kevin_Milak@floridafast.com) – Facilities Director

## **SCORING**

Place 1st thru 16<sup>th</sup> Place

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

## **MEET EXPENSES**

**\*\*\*\* ALL REGION TEAMS WILL SPLIT ANY EXPENSES OR REVENUES**

## **TIMERS**

Participating schools are asked to provide 2 volunteer timers. Please email the volunteer names by Wednesday, October 30 to Greg Humphries – [warren.humphries@marion.k12.fl.us](mailto:warren.humphries@marion.k12.fl.us) so they can get in free

## **AWARDS**

Championship and runner-up trophies will be awarded to both Boys and Girls.

## **COACHES/CAPTAIN MEETING**

A meeting of head coaches and team captains will be held after warm-ups and run by the Meet Referee at 9:45am at the outdoor pool.

## **PARKING & ENTRANCE**

Cars – There is plenty of parking in the front of the facility

Buses – Parking will be at the rear of the facility. **PLEASE DO NOT DROP THE SWIMMERS OFF AT THE FRONT ENTRANCE.**

**ENTRANCES – Spectators, Coaches and Officials – Front Door**

**\*\*\*\* SWIMMERS - must enter through the rear parking lot through the outdoor pool gate ( rear lot )**

## **HOSPITALITY**

will be provided the officials only.

Hospitality

## **GATE OPENING & ADMSSION FEE**

Gates will open on Saturday at 8:00am. Admission fee is \$9.00 per spectator and no spectators will be allowed on deck. Spectator seating will be in the stands.

**Tickets may be purchased through [www.GoFan.co](http://www.GoFan.co)**

**\*\*\*\* NO tickets will be sold at the door**

## **ORDER OF EVENTS**

Girls Event Boys

1 200 Medley Relay 2

3 200 Free 4

5 200 IM 6

7 50 Free 8

15-minute break\*

11 100 Fly 12

13 100 Free 14

15 500 Free 16

17 200 Free Relay 18

10-minute break

19 100 Back 20

21 100 Breast 22

5-minute break

23 400 Free Relay 24