

**2024 FHSAA Class 4A District 1  
Swimming and Diving Championships  
Diving - Tuesday, October 22, 2024  
Swimming – Thursday, October 24, 2024**

<i>Atlantic Coast</i>	<i>Creekside</i>	<i>First Coast</i>	<i>Mandarin</i>
<i>Oakleaf</i>	<i>Sandalwood</i>	<i>Tocoi Creek</i>	

**HOST SCHOOL**  
Oakleaf High School

**LOCATION (Swimming)**  
Planet Swim and Tennis Club, 300 Davis Park Rd., Ponte Vedra Beach, FL 32081

**START TIMES (Swimming)**  
Warm-up 10:30 am  
Meet Start 12:00 pm (Timed Finals)

**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 by Florida Swimming.

**DIVING INFORMATION**

Date: Tuesday, October 22, 2024  
Location: The Bolles School, 7400 San Jose Blvd., Jacksonville, Fla.

Warm-up: 10:00 am  
Start: 11:30 am

Diving Contact: Courtney Gills [coachcourtney@atlanticcoastdivingjax.com](mailto:coachcourtney@atlanticcoastdivingjax.com)  
(904) 323-1473 cell/text

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.

Divers must be listed in the entry file along with swimmers. The diving competition can be followed in real time through the Dive Live app.

**FACILITY**

The facility is an outdoor, 50-meter x 25-yard pool, with lanes available for warm-up and cool-down throughout the competition. The competition will be held in an 8-lane course, where water depth throughout the competition course is 6’2”.

**WARMUP**

If necessary, two warmup sessions will be held, and 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 full LED scoreboard.

**OFFICIALS**

Referee: John Dupee  
Starter: Matt Gapinski  
Stroke and Turn: Sondra Santana  
Admin Official: Scott Rabalais  
Meet Director: Jack Powers-Young (Oakleaf High School Head Coach)

**OFFICIATING CONTACT**

Certified officials interested in volunteering on deck are asked to contact the meet referee Mike Dupee in advance of the meet at [johndupee@bellsouth.net](mailto:johndupee@bellsouth.net).

**MORE INFO**

Jack Powers-Young, email: [jpow482@gmail.com](mailto:jpow482@gmail.com) or [john.powersyoung@myoneclay.net](mailto:john.powersyoung@myoneclay.net)  
cell/text: (904) 505-7731

**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

**ENTRY LIMITS**

There is a team entry limit of four (4) swimmers/divers per individual event. Each school is allowed to enter one (1) relay team per relay event. Each athlete is limited to entering four events, no more than two of which may be individual events.

**ENTRY DEADLINE**

The Meet Entry File is due to Scott Rabalais at [scottrabalais@comcast.net](mailto:scottrabalais@comcast.net) by *SATURDAY, OCTOBER 19, NO LATER THAN 7:00 PM*. Head coaches will be sent an email entry confirmation upon receipt of entry.

**ENTRY NOTES**

Coaches should enter swimmers/relays with best Yards time, or NT. Coaches are strongly encouraged to enter swimmers and divers using Hy-Tek software. If this is not possible, please use an Excel spreadsheet showing swimmers’ events, seed times, full official name, school year and gender.

If creating entries electronically, coaches are asked to use the provided meet entry file. It may be obtained from Scott Rabalais (see contact email above).

If coaches/swimmers wish to have times entered into the SWIMS database, the entry file must include the current 14-character USA Swimming ID for USA-registered swimmers.

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**

The meet entry fee is \$250 per school. Checks shall be made payable to *Oakleaf High School* and can be delivered on deck upon arrival at Coaches Check-in or mailed in advance to Oakleaf High School, 4035 Plantation Oaks Blvd. Orange Park, FL. 32065. Attn: OHS Swimming.

### **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.

### **DECK ENTRES**

Deck entries are NOT allowed for this meet.

### **TIMERS**

Each school will supply a minimum of 2 timers for the meet with Oakleaf supplying 4. Up to 4 names submitted for timers per school by Wednesday evening 7PM will be placed on a list for free admission. Please send names to [jpow482@gmail.com](mailto:jpow482@gmail.com).

### **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 will be two meetings held. Meeting time(s) will be announced via an email to coaches.

### **PARKING**

A Parking Map will be forwarded to head coaches prior to the meet.

### **CONCESSIONS/HOSPITALITY**

Hospitality will be provided by Oakleaf High School for all coaches and certified officials. A concessions stand will be offered during the meet.

### **GATE OPENING & ADMISSION FEE**

Spectator gate will open as of 10:30 am. Admission fee is \$8.00 per spectator, and tickets must be purchased in advance at GoFan ([www.gofan.co](http://www.gofan.co)). Ticket sales are limited to 300 spectators. Each school will be allotted 40 tickets, and coaches will be provided a link for each school's ticket allotment. Tickets not sold 24 hours before the meet will be open for general sale.

### **WEATHER CONTINGENCY PLAN - Tentative back up date is October 25, 2024!**

In case of pending inclement weather (i.e. hurricane development), the meet committee will partake in a conference call. Once both the host (Oakleaf) Athletic Director and Meet Director reach a decision, the Meet Director will notify the district coaches via email.

## **JURY OF APPEALS**

A Jury of Appeals of five coaches will be established from the participating schools.

## **ORDER OF EVENTS**

<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>15-minute break*</i>	
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
	<i>10-minute break</i>	
19	100 Back	20
21	100 Breast	22
	<i>5-minute break</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.