**2019 Class 2A District-1 Swimming and Diving Championships**

**23 October 2019**

**Hosted by: Arnold High School**

**Type of Meet:** 25-Yard Short Course Championship Timed Finals sanctioned by FHSAA FL/USA-S Swimming

**Primary Date:** Swimming Timed Finals**:** Pool opens at 12:30 P.M. for open warm-ups (Coach Mike will work to Wed, October 23rd get a set warm-up schedule promulgated once all team entries have been received.

**Secondary Date:** Meet begins at 2:30 P.M. for timed finals.

Thurs, October 24th

\* Meet Referee/ Marshall may alter warm-up procedures to meet the needs of the swimmers.

Diving warm-ups 7:30 A.M. - 8:50 A.M.

Diving starts at 9:00 A.M.

\*All divers (girls and boys) will dive together. Girls first and then the boys for each round.

**Location: PANAMA CITY BEACH AQUATIC CENTER**

16200 Panama City Beach Pkwy

Panama City Beach, FL 32413

(850) 236-2205

\*Any questions pertaining to facility may be addressed with Regina Appleby at [rappleby@pcbgov.com](mailto:rappleby@pcbgov.com)

**Admission Fees: $6.00 as per FHSAA policy**

Heat sheets will be available for purchase at the gate.

**Team fees:** Each team attending will pay a **$74** meet fee for each Girl’s and Boys’ team ($148 total if you have girls and boys). The fee will go towards facility charges, meet set up, timing, and equipment rental.

**All Coaches passes are in the Coaches' Packet**. Pass number to be determined by the number of swimmers/divers per school. All Coaches/Managers must have identification for their position.

\*Please note that swimmers/divers cannot enter facility before coach's arrival.

**Pool Specs:** Certified 25-yard outdoor competition pool with non-turbulent lane lines, continuous warm up/warm down lanes available during the meet. Water depth in the competition pool is minimum 7 feet at the start and turn end.

**Dive Specs**: Diving well with two (2) 1-meter boards (New boards for the 2019 season)

**Rules:** 2019-2020 NFHS Swimming & Diving Rules as modified by the FHSAA. **PARENTS/SPECTATORS ARE NOT PERMITTED ON DECK neither behind blocks nor behind coaches’ area.** Only volunteers, coaches, and officials will be allowed on the pool deck. All spectators seating is in the bleachers at the turn end of the competition pool and around the deck and grass areas not aforementioned.

**Timing System:** Electronic automatic and/or semi-automatic timing system with 8-lane timing board, manual back-up watches.

**Entries/Seeding:** Entries are due NLT 5:00 P.M. on Friday, 18 October 2019. Email entries to Collin Burchins at [Cburchins@gmail.com](mailto:Cburchins@gmail.com) and Mike McMullan at [mike.mcmullan66@gmail.com](mailto:mike.mcmullan66@gmail.com).

Please submit your dive lists/sheets to Dana Hagan at [db1215@hotmail.com](mailto:db1215@hotmail.com) and Mike McMullan at [mike.mcmullan66@gmail.com](mailto:mike.mcmullan66@gmail.com) by Monday, 21 October 2019. You may change the list at the meet. A Coach needs to be present at the competition to sign the dive sheets. No changes to dive sheets will be accepted after 8:30 a.m. the morning of competition.

**Scratches:** A contestant who is entered and does not show up shall be disqualified for the remainder of the meet and State Series. Once the competitor’s name has been entered for the event, he/she is charged with that event. Individuals or relay teams missing an event because of lateness shall not be excused and shall be disqualified for the remainder of the meet.

**Scoring:** 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

**Relays:** Any swimmer on your Master Entry Form may be eligible for a relay prior to the start of the relay events; you must turn in your relay card listing your relay swimmers. You may list up to 8 swimmers. Remember: you MAY NOT scratch a swimmer from an individual event in order to swim an additional relay.

**Coaches Meeting**: **A mandatory coaches and team captains briefing with meet management and the Meet Referee will be at 2:15p.m.**

**Bring copy of FHSAA.org roster to Meet Referee prior to warm-ups.**

**Please enter USA ID information for those swimmers desiring upload to SWIMS database.**

**PLEASE SEE THE GENERAL NOTES STARTING ON PAGE 3 OF THIS DOCUMENT.**

**Meet Director:** Frank Sforza

**Officials:** Tommy Hosea - Head Referee

Collin Burchins - HyTek

**Officials Information:** All current FL/USA-S Swimming Officials will be accepted at this meet. All rules differences will be reviewed during the Officials Briefing at 1:00pm. Please email your availability and your FL/USA-S and/or FHSAA certification level to Tommy Hosea at [thom1507@gmail.com](mailto:thom1507@gmail.com).

**Officials Uniform:** White polo shirt over navy or khaki pants or skirt with white closed toe shoes.

**Awards:** Team trophies for champion and runner-up.

**Regional Apparel:** Coordinated through FHSAA and Team IP (877) 821-8643

**Timers: We request that each team provide a minimum of two meet workers.** Any parent volunteers willing to assist with timing, their services will be greatly appreciated. Please email their names to Frank Sforza at frank.a.sforza@gmail.com prior to meet. The timers briefing will be held at 1:20p.m. Please check in with clerk of course prior for your lane assignment and gate pass.

**Medical**: Reminder that any swimmer/diver needing special medical accommodations must have a doctor's note and FHSAA approval. The note and FHSAA approval must be given to the Meet Referee prior to the meet.

**General Notes for All Participating Teams & Coaches**

**RULES: 2019-2020 NFHS** Swimming & Diving Rules for Championship meets as amended by FHSAA. A meet committee will determine any issues not covered by the rules, such as equipment malfunctions. This is a FL/USA-S observed sanctioned meet; student-athletes who are also USA-S members and have submitted in writing their USA-S Membership number at Districts or to the computer operator will have their USA-S legal times entered in to the national SWIMS database. *(USA ID# consists of birthdate, 1st 3 letters of first name, middle initial, 1st four letters of the last name)*

**Kinesio, compression tape, or any taping is not allowed without prior authorization.** If you are unsure, please ask the Meet Referee for review PRIOR to the meet start. All doctors’ notes for known injuries should be submitted to FHSAA, and approval brought to the meet. If the injury is current, please bring doctor’s note and/or see the onsite trainer. Some exceptions are in place for last minute injuries but none will be approved unless a doctor’s note or obvious injury is presented. No taping or other medical measures are allowed that

can be considered an advantage in the competition. Again, if unsure, please ask! **Lastly, USA observed meets do not allow Kinesio tape** (even with a doctor’s note.)

**FLYOVER Starts will NOT be used at this meet**. Swimmers should exit the pool at the completion of their heat when all athletes in their heat complete the race. A gentle reminder by the Starter may or may not happen at the conclusion of the heat.

**BREAKS:** All Regional Meets have built in to the timeline 3 breaks during the session.

* Fifteen (15) minutes after the 50 FREE
* Ten (10) minutes after the 200 FREE RELAY
* Five (5) minutes after the 100 BREASTSTROKE and before the 400 Free Relays.

**RELAY Entries:** All athletes entered on your team’s Region Roster are eligible for use in relay events, provided they are listed correctly on the relay card and meet all other entry rules. If a swimmer is in 2 individual events, then they may only SWIM in 2 relays even though they may be listed on all three relays as 1 of the 8 possible swimmers. Please make sure you do not over swim your athletes as this is YOUR responsibility. The athlete would be disqualified from the meet and disqualify the 400 free relay team in which the over-entry would have occurred. The individual athlete is also OUT for the series and cannot compete in any events at the State meet including relays. Because all Region meets are now timed finals, we will not know over-entry until the END of the meet.

**RELAY CARDS Process to the Starting Blocks:** Relay card entries should be accurately filled out with 4 eligible swimmers listed left to right in the order they will swim and the option to add up to 4 more alternates. **Please make sure Relay Cards GO TO THE BLOCKS with all 4 of your athletes swimming the event. Relay Cards will be handed out at the Coaches/Captains Briefing.**

**RELAY ORDER** may be changed at any time up to the sound of the short whistles of the event/heat where the first swimmer must be behind the blocks and not changed. Order needs to be clearly marked and if changes are made, marked with a circled 1, 2, 3, 4 in front of the athlete’s name. Remember that after the first set of whistles calling the lead swimmer to the blocks, the order CANNOT change.

**WARM-UP/DOWN AREA during competition (lanes 11 buffer/closed, 12-14 warm-up/cool-down):** All entryin to the warm-up/cool-down lanes will be feet first - NO diving or using the blocks at any time.

**COACHES:** Please share this information with your team and captains, as well as parents and spectators from your school. Your captains should be able to assist you in this.

* **There should be QUIET for the start of each race.**
* **NO on-site shaving is allowed at any time. Violators are disqualified from the remainder of the series.**
* **The use of bells, horns, sirens, and any other artificial noisemaker during the meet is prohibited.**
* **NO cell phone use or photography/video in the locker rooms/bathrooms/changing areas of the facility.**

**PHOTOGRAPHY/VIDEO/Electronics RULE:** For the safety and protection of the student athletes and in accordance with the Jessica Lunsford Act, there are NO photography or video **devices** permitted behind the starting blocks, including any electronics used for such purpose. Every area in the peripheral and back from the pool edge on the starting side will be considered ‘behind the starting blocks’. As always, **no flash photography** is not allowed anywhere at the start of each heat. Violation of these rules may result in removal from the facility. ONLY Media personnel with prior FHSAA approval & credentials may use electronics for the purpose of reporting the event in the starting area after the start until the finish if it does not interfere with the athletes, officials, or delay the meet. Anyone not in accordance with these rules will be asked to leave the venue.

**UNIFORM RULES** will be enforced including ONE suit.

**SWIM CAPS:** If more than one swim cap is worn, make sure the underlying cap meets the NFHS/ FHSAA current rule for logo specifications-the cap showing will be the one judged as compliant with the rule; therefore, if the outer cap falls off, then the cap worn under that must comply with the NFHS/ FHSAA uniform rule or the swimmer is disqualified.

**DISABILITY SWIMMERS**: Please let the Meet Referee know if your athlete is an approved disability swimmer that needs special circumstances according to their disability swim ID card. If you have a disabled swimmer needing an alternate starting procedure, please bring that to the attention of the Meet Referee at any time prior to the start of the meet.

**WHISTLE STARTS:** Please make sure your swimmers know the starting procedure: Before your swimmers heat, they need to report to their lane timer and be ready to swim. A series of short whistles should show the swimmers ready for that heat directly behind the starting blocks. The deck referee’s long whistle will have them step up on the blocks, edge of pool, or step in to the water for backstroke. For backstroke events, a second long whistle is used to place your feet prior to the race being turned over to the starter. A swimmer may start from the deck next to the block or in the water using the rules for that stroke. Swimmers not on the block when the Deck Referee turns the heat over to the Starter are considered a No Show and will be disqualified for the remainder of the meet. All reasonable efforts will be made to allow the swimmer notice of their heat; however, it is their responsibility to check in with the timer and know when they need to report.

**500 FREESTYLE:** Lap counters shall be positioned at the end of each lane opposite the starting end. **ONE person per lane** shall advance the counter to the next higher odd number or the final lap orange card. Interference by the lap counter at the end of the lane can be cause for disqualification of the swimmer.

**WEATHER ISSUES:** In the event of inclement weather, the Aquatic Center will close the venue. Please LISTEN carefully for instructions over the announcing system and in the coaches/captains meeting. The Meet Committee should remain in the facility during this time and see the meet referee in the hospitality area.