

**FHSAA**  
**2023 3A REGION 3 SWIMMING & DIVING CHAMPIONSHIP**

**Date and Times:** Saturday, November 4, 2023  
Swimming Finals: Deck Opens: 1:45 pm / Warm-Up: 2 pm/ Start 4 pm  
(See information below for diving competition details)

**Location:** North Shore Aquatic Complex  
901 North Shore Drive NE  
St. Petersburg, FL 33701

**Gate Fee:** \$9.00 – All ticket sales will be via GoFan  
**No spectators permitted on deck.**

**Meet Host:** Jesuit High School

**Eligibility:** All swimmers submitted on each team's Home Campus Roster who qualified to advance.

**Order of Events:**

Women	Men
1 200 Medley Relay	2
3 200 Freestyle	4
5 200 Individual Medley	6
7 50 Freestyle	8
***** <b>15 MINUTE BREAK</b> *****	
9 1 Meter Diving	10
11 100 Butterfly	12
13 100 Freestyle	14
15 500 Freestyle	16
17 200 Freestyle Relay	18
***** <b>10 MINUTE BREAK</b> *****	
19 100 Backstroke	20
21 100 Breastroke	22
***** <b>5 MINUTE BREAK</b> *****	
23 400 Freestyle Relay	24

**Scoring:** Individual: 20,17,16, 15,14,13,12,11,9,7,6,5,4,3,2,1  
Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

**Awards:** Girls team champion and runner-up and boys team champion and runner-up.

- Entries:** Swimmers that qualified in their respective District Meets and were listed on the Region Meet psych sheet are eligible to participate. A student-athlete whose name was not originally submitted on the official entry list is not eligible to participate in the Region meet until the addition of his or her name is approved by the FHSAA office.  
Each team is allowed four swimmers per event; each contestant shall be limited to four events, no more than two of which may be individual events. Follow all rules of the 2022-23NFHS Rules Book and the 2022 FHSAA Swimming & Diving Manual.
- Relays:** Any swimmer on your Master Entry Form (SW3) may be eligible for a relay. Relay cards will be provided in the morning coaches meeting. Prior to the start of the relay events, you must turn in your relay card listing your relay swimmers. You may list up to eight swimmers. **REMINDER: You MAY NOT scratch a swimmer from an individual event in order to swim an additional relay.**
- Scratches:** There will be no declared false starts.
- Head Referee:** Jeff Bridge ([jeffbridge@gmail.com](mailto:jeffbridge@gmail.com) )
- Meet Manager:** Bill Shaffer ([shaffer@tampabay.rr.com](mailto:shaffer@tampabay.rr.com))
- Scoring:** John Ware ([johnware@midnightsports.com](mailto:johnware@midnightsports.com))
- Timers:** **Each school is requested to provide one timer per school.** Each school should e-mail Bill Shaffer ([shaffer@tampabay.rr.com](mailto:shaffer@tampabay.rr.com)) with the name of their school's timer; the volunteer timer will not be charged admission to the event.
- Warm-Up Lanes:** Two warm-up sessions - Lanes will be assigned by Wednesday, November 1st
- Heat Sheets:** \$5 each - FYI: Two complimentary heat sheets will be included in each school's Coaches Packet
- Notes:** Any financial losses will be divided equally among participating schools.  
  
Meet will be USA Swimming observed.

**FLORIDA HIGH SCHOOL ACTIVITIES ASSOCIATION  
2023 3A REGION 3 DIVING INFORMATION**

- Date & Time:** Wednesday, November 1, 2023, 4:30 pm
- Location:** Academy of the Holy Names (Athletic Complex)  
3319 S. MacDill Ave.  
Tampa, FL 33629  
Parking garage entrance is on the west side of MacDill, just south of the walking bridge. To avoid school traffic, approach the entrance by driving southbound on MacDill Ave. Once inside the garage you will see the pool.
- Warm-Ups:** 3:15 pm. Please do not enter the parking garage prior to 3:00 pm.
- Host Team:** Academy of the Holy Names & Jesuit High School
- Gate Fee:** \$9.00 – All ticket sales will be via GoFan
- Competition:** Boys and Girls will run concurrently. Diving referees will have the discretion to make any necessary changes in compliance of the rules to permit safe and continual competition.
- Diving Judges:** Each team should have a coach available to judge and names should be submitted to Kathie McNeil ([coachkathiediving@gmail.com](mailto:coachkathiediving@gmail.com)) by no later than 12 pm on Monday, October 30<sup>th</sup>.
- Dive Sheets:** All divers must have qualified in their respective District Meets and listed on the Region Meet psych sheet.  
**Please send a dive list to Kathie McNeil ([coachkathiediving@gmail.com](mailto:coachkathiediving@gmail.com)) by no later than 12 pm on Monday, October 30<sup>th</sup>.** Please indicate voluntary dives with a "V" or highlight.  
**This list may be adjusted until 4:00 pm on the day of the meet.**  
A Coach or high school representative should be present to sign sheets, which will be at the scoring table upon your arrival.
- Order of Competition:** Preliminary round: 2 voluntary dives & 3 optional dives  
Semi-final round: 2 voluntary dives & 1 optional dive  
Final round: 1 voluntary dive & 2 optional dives  
  
All five groups must be represented in the first 8 rounds.  
  
The first 8 rounds must not have 2 optionals from a single group.
- Note:** **All divers and lists must meet 2023-24 NFHS standards and regulations in addition to the 2023 FHSAA Swimming & Diving Manual.**
- Diving Referee:** Tony Perriello ([anthony.perriello@gmail.com](mailto:anthony.perriello@gmail.com))