

FLORIDA HIGH SCHOOL ACTIVITIES ASSOCIATION
2024 1A REGION 3 SWIMMING & DIVING CHAMPIONSHIP

Date and Times: Saturday, November 9, 2024
Swimming Finals Warm-Up 8:15 AM/Start 10:00 AM
See attached information for diving competition details

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

Facilities: Certified 25-yard 8-lane outdoor pool with continuous flow-through lane lines; Colorado timing equipment, Hy-Tek Meet Manager with commlink software.

Gate Fee: \$9.00 per session

Meet Host: Shorecrest Preparatory School

Eligibility: All swimmers submitted on each team's District Meet Entry List that qualified to advance.

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

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 2024-25 NFHS Rules Book and the 2024 FHSAA Swimming & Diving Manual.

Relays: Any swimmer on your Master Entry Form may be eligible for a relay. Relay cards will be included in your coaches packet. 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.

Officials: Head Referee: Dan Nardozzi
Starter: Kevin Mooren
Stroke & Turn Charlotte Petersen

Meet Manager: Patty Nardozzi pnardozzi@hotmail.com
727-452-3893

Scoring: John Ware
johnware@midnightsports.com 813-240-3893

Timing System: Colorado Timing System provided by St. Petersburg Aquatics.

Warm-Up Lanes: Two warm-up sessions: 8:15 – 9:00 AM and 9:00 - 9:45 AM. Lanes will be assigned by Wednesday, November 6th and coaches notified by e-mail.

Heat Sheets: \$6.00 each. Two complimentary heat sheets will be included in coaches packet.

Concessions: Shorecrest Swim Team

Hospitality: Shorecrest Swim Team

Timers: Each team shall provide two timers per session unless other arrangements have been made through meet management.

Notes: Any financial losses will be divided equally among participating schools.

Meet will be USA Swimming observed, #OB-23-9562

ONLY PARENTS THAT ARE WORKING THE MEET ARE ALLOWED ON THE POOL DECK.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

Camera Zones: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of “Camera Zones” at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a “start-end,” etc. Meet Management shall also designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

FLORIDA HIGH SCHOOL ACTIVITIES ASSOCIATION
2024 1A REGION 3 DIVING INFORMATION

Location:	Berkeley Preparatory School Kelly Road, Tampa, Florida
Date & Time:	Wednesday, November 6, 2024, 1:00 PM start
Warm-Ups:	11:00
Equipment:	Maxiflex boards
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.
Dive Sheets:	<p>All divers must have qualified in their respective District Meets and listed on the Region Meet psych sheet. Please send a dive list by Tuesday, November 7 to Daniela Bremme-Mora at president@dunedinsoccer.com . This list may be adjusted until deadline for submission of dive sheets. Coach or high school representative should be present to sign sheets. The following must be included on the sheets:</p> <ol style="list-style-type: none">1. Dive number2. Written description3. Position4. Degree of Difficulty5. Order in which dives will be attempted
Order of Competition:	<p>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 Note: Each listed optional dive must represent all five diving categories; all divers must meet 2024-25 NFHS standards and regulations in addition to the 2024 FHSAA Swimming & Diving Manual.</p>
Diving Referee:	Bill Walker
Diving Judges:	Each team should have a coach available to judge and names should be submitted in advance to meet management.
Gate Fee:	\$9.00