2026 3A–District 7 Swimming and Diving Championship
Florida High School Athletic Association
Hosted by Osceola Fundamental High School

Sanctioned by: Florida Swimming of USA # (in process)
"In granting this approval it is understood and agreed the USA Swimming/Florida Swimming **shall** be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event".

Condition of: Sanctioning The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.

Location: Diving & Swimming
Southwest Pool
13120 Vonn Road
Largo, FL 33774

DECK CHANGING & SHAVING: **Changing on deck & shaving on the premises is PROHIBITED by FHSAA rule. Competitors use only the individual restrooms on the side of the main building.**

Dates/Times: Diving – Friday, 10/23
Warm up 8 am Competition begins at 10 am

Swimming – Friday 10/23
4 pm Warm-up (Team/Lane Assignment TBA)
4:40-4:55 pm One way starts in competition lanes only
4:40 pm Coaches Meeting
5 pm Timed Finals begin

Type of Meet: 25-yard Short Course High School District Championship Timed Final format. Meet Management may opt to use fly-over starts at this competition.

Pool Specs: Certified 25 -yard outdoor pool with a maximum of two eight lane racing courses, having a minimum depth of 5 feet and non-turbulent lane lines.
(Backstroke Ledges are not permitted in High School Swimming.)

Timing System: Electronic Timing System with scoreboard, manual back-up watches-Computer Scoring

Gate Fee: $8.00 per person/per session. Purchase tickets at GoFan.co

Meet Host: Osceola Fundamental High School

Administrator in Charge: Cynthia Mucerino, Athletic Director

Eligibility: All swimmers submitted on each team's District Meet entry list (per Home Campus)

Warm up: Assignments will be made once entries are submitted.

Order of Events:

Girls		Boys
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
25	50 adaptive	26
7	50 Freestyle*	8
- 15-minute break per NFHS rule -		
11	100 Butterfly	12
27	100 adaptive	28
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
- 10-minute break per NFHS rule-		
19	100 Backstroke	20
21	100 Breaststroke	22
- 5-minute break per NFHS rule -		
23	400 Freestyle Relay	24

** Diving will be held separately and will not show in swimming order of events

Seeding: Timed finals slowest to fastest using 8 lanes

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

Awards: Girls Team Champion and runner up, Boys Team Champion and runner up, Individual and Relay Ribbons up to 8th place

Entries: All entries with times (Hy-tek file) must be submitted via email by **Friday, October 16, 2025, by 11:00pm** to: John Ware at johnware@midnightsports.com
If you are having any difficulties submitting your entries, please contact Ware at **813-240-3893**
Entries failing to make the deadline may result in not being entered in the meet. Follow all FHSAA protocols for official entries. Relay cards will be provided at the meet.

A student athlete whose name was not originally submitted on the official entry list is not eligible to participate in the district meet until the additional of his or her name is approved by the FHSAA office.

Each team is allowed a maximum of 4 swimmers per event; each contestant shall be limited to a maximum of 4 events, no more than two of which may be individual events. Follow all rules of the 2020-2021 NFHS rules book and the FHSAA Swimming & Diving Manual.

Swimmers must have their USA swimming numbers in the entry file for times to be recognized by USA Swimming.

Relays: Any swimmer on your Master Entry form (HyTek file) 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. Relay card must also designate the name of the lead-off swimmer who actually swims in the lead-off position. You may list up to 8 swimmers. Reminder: You MAY NOT scratch a swimmer from an individual event in order to swim an additional relay.

Declared False Start: During the Florida High School State Championship Series, NO declared false starts are permitted.

Failure to Compete: A competitor who fails to compete (no show) in an event in which he/she has officially entered, shall be disqualified from further competition in the state series unless the failure to compete is due to a medical reason certified by an appropriate medical professional and declared to the Meet Referee in advance of the event.

Officials: Head Referee: Bob Bentz
Administrative Referee:
Starter:
Stroke & Turn:
Head Marshall:
Meet Manager: Karen Smalley smalleyka@pcsb.org 727-422-7929

Announcer: TBD

Results: FHSAA.com and then midnightsports.com after FHSAA posting

Notes: Each team is to pay $150 entry fee as agreed upon in the district meeting.
Please send a check to Osceola Fundamental High School, attention to Jennifer Hanson.

District Shirts: FHSAA approved vendor will be on site to sell distict t-shirts.

Deck Passes: Only Athletes, Coaches, Volunteers will be allowed on deck. Any School Photographers must have prior approval to be on deck, just like Timer Volunteers. Wristbands will be issued.

Coaches Info: One coach and one captain per team will meet for a meeting at 4:40pm.

Concessions: Concessions and hospitality will be available. Concession is cash only.

Timers: *Each team should provide two timers for the session.* Look for the signup genius to send to volunteers.
All timers should be registered volunteers with the school system in their county.

Club Coaches: Club coaches may sit at the turn end of the pool on deck at the warm up/warm down end of the pool.

Camera Zones: Per FHSAA, meet management shall designate and inform the public of 'Camera Zones" at each meet where both still photography and video photography of a race or competitor in a race may be taken. Acceptable 'Camera Zones' may include but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of the pool when not in use as the start end. Meet management shall also designate 'No Camera Zones'. Under NO circumstances will camera zones include the area immediately behind the starting blocks at either end of the racing course while they are in use for 'race starting purposes' during competition and warm up. No camera zones also include locker rooms, restrooms, or any other dressing area.

Any individual failing to abide by this rule could be subject to the FHSAA Code of Conduct violation.

Disability Athletes

Disability Swimmers are encouraged to compete in this District Championship in the 50 Freestyle and the 100 Freestyle. Those events are already built into the Team Manager database. Disability events will not be scored in this District meet, however, the Disability Swimmers may advance to Regionals similar to their able-bodied teammates, barring a Disqualification or No Show. Proof of Disability and the FHSAA Accommodation form must be forwarded to the Meet Referee and the Meet Director at least one week prior to the start of the meet. The Meet Director is responsible for making sure the facility management is aware of all necessary accommodations at least one week prior to the meet. If your school has a disability swimmer and you have not yet submitted the necessary medical documentation to me, please send over at your earliest convenience along with any required accommodations.

-Once designated as a Disability Athlete, the swimmer may only enter the 50-yard freestyle and the 100-yard freestyle at the District level and follow advancement procedures. The Disability Athlete may not enter a non-disability event. Exception: a Disability Athlete may be included as a team competitor in the 200 Free Relay and the 400 Free Relay

2026 3A–District 8 Diving Championship
Florida High School Athletic Association

Location: Southwest Rec, 13120 Vonn Road, Largo FL 33774

Date: Friday, 10/23

Pool Specs: Two 1-Meter maxi-flex boards with 11 ft. diving well

Times:

8am	Warm-up begins
9:40am	Finals changes on dive sheets due
10am	Competition begins

Boys and Girls may run concurrently. Diving referees will have the discretion to make any necessary changes in compliance of the rules to permit and ensure safe and continual competition.

Dive Sheets: All divers must be listed on Master Entry Form (via Home Campus) and in the Hy-tek file submitted to John Ware on or before the October 16th deadline.

Please submit dive lists on Dive Live by Tuesday 10/22 (however changes can be made day of).

A Coach or HS Representative should be present at the competition to sign dive sheets.

The following must be included on each sheet:

1. Dive Number
2. Written Description
3. Position
4. Degree of Difficulty
5. Order in which dives will be attempted

Order of Competition:

Preliminary Round:	2 voluntary dives and 3 optional dives
Semi-Final Round:	2 voluntary dives and 1 optional dive
Final Round:	1 voluntary dive and 2 optional dives

Note: Each listed optional dive must represent all five diving categories; All divers must meet NFHS standards and regulations in addition to the FHSAA Swimming & Diving Manual.

Dive Referee: Tony Perriello

Dive Judges: Diving coaches from each school represented

Gate Fee: $8.00 Purchase tickets at GoFan.co