FHSAA
2026 2A REGION 3 SWIMMING & DIVING CHAMPIONSHIP

Date and Times: Saturday, November 7, 2026
Swimming Finals: Deck Opens: 1:45 pm / Warm-Up: 2 pm/ Start 4:00 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: Academy of the Holy Names

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
**********	**15 MINUTE BREAK**	**********
9	1 Meter Diving	10
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
**********	**10 MINUTE BREAK**	**********
19	100 Backstroke	20
21	100 Breaststroke	22
**********	**5 MINUTE BREAK**	**********
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: Dr. Richard Sheridan (rsheridan@tampabay.rr.com)

Meet Manager: Robbie Shaffer (robbieshaffer01@gmail.com)

Scoring: John Ware (johnware@midnightsports.com)

Timers: **Each school is requested to provide one timer per school**. Each school should e-mail Robbie Shaffer (robbieshaffer01@gmail.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 Tuesday, October 27th

Heat Sheets: Will be emailed to the coaches for distribution. Two 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 observed by USA Swimming.

FHSAA
2026 2A REGION 3 DIVING INFORMATION

Date & Time: Wednesday, November 4, 2026, 4:00 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. Please submit your judge's name to Kathie McNeil (coachkathiediving@gmail.com) by no later than 7pm on Sunday, November 1st so that a judging panel can be selected and verified.

Dive Sheets: All divers must have qualified in their respective District Meets and listed on the Region Meet psych sheet.
Please send dive lists to Kathie McNeil (coachkathiediving@gmail.com) by no later than 7 pm on Monday, November 2nd. Please indicate voluntary dives with a "V" or highlight. (a typed list of numbers & descriptions in order is ok, as is a picture of a dive sheet)

This list may be adjusted until 3:15 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 2026-27 NFHS standards and regulations in addition to the 2026 FHSAA Swimming & Diving Manual.**

Diving Referee: Tony Perriello (anthony.perriello@gmail.com)