

2009 FHSAA State Swimming & Diving Series
District 10 Class 3A
Wednesday , October 29th

Sanctioned By: Florida High School Activities Association

Host School: Nova High School

Facility: Plantation Central Park Aquatic Complex
9151 NW 2nd Street
Plantation, Fl 33324

Directions: **Plantation Aquatic Complex** is located in Plantation Central Park. From I-95 go west on 595. Exit north on Pine Island. Head North on Pine Island. On Broward Blvd head west approximately ½ mile (the 1st stoplight) to Central Park. Make a right on Central Park. Park entrance is located on the right hand side.

Schedule: Prelims: Warm-up: 7:30 AM Meet Start Time: 9:00 AM
Finals: Warm-up: 3:30 PM Meet Start Time: 5:00 PM
Top 16 swimmers will compete in finals.

Coaches Meeting: 8:30 AM (A captain from each school must also be present at this meeting).

Entry Limit: Limit 4 entries per team in each individual event.
Limit one relay per team for each relay event.
Individuals are allowed a maximum of 4 events total for the meet, being no more than 2 individual events.

Entries:

All Meet Eligibility List is due by Monday, October 19.
Please fax all district lists to (954)-754-323-1780 **By 5pm**

There are two ways to enter student-athletes in this meet:

1. Complete the Meet Seeding Report Forms that are included with this meet information. Make copies of these forms as needed. **Please fax these forms to Jimmy Parmenter at (954) 327-2221 Entries is due by Friday, October 23rd. By 12 noon. Or email forms to JimmyPPST@aol.com**

2. **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.**

Entries is due by Friday, October 23rd. By 12 noon.

Student-Athletes may also be entered electronically. Please email entries to JimmyPPST@aol.com in Hytek CL or SDIF Format only. Confirmation of electronic entries will be sent via e-mail. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. In all cases, provide each athlete's full name and grade.

No late entries or deck entries will be accepted.

NOTE* PLEASE REMEMBER TO ENTER RELAY ONLY SWIMMERS.

PLEASE ENTER SWIMMERS WITH TIME OR (NT) – WITCH STANDS FOR NO TIME.

Diving:

1. All diving sheets are due by 9:00 AM. If sheets are not submitted by this time, the diver is disqualified from the event. Girls may make changes to diving sheets up to one hour before the competition. Rulebook 9-3-5 pen.
2. Dive sheets may be faxed to.
3. Times: Warm-up: 7:30-9:00 AM All Divers
Boys Only Warm-up: 9:30-10:00 AM
Boys start time: 10:00 AM
Girls Warm-up: Immediately following boys' contest
Girls Start Time: Approximately 1:00 PM
4. NFHS rules apply for championship meets for diving format.
5. Prelims: 2 required dives & 3 optional dives in any order.
Semis: 2 required dives & 1 optional dive in any order.
Finals: 1 required dive & 2 optional dives in any order.
6. Each diver should submit a diving score sheet, signed by both the contestant and the coach, on the lines provided for those signatures, which includes the following: number, written description, position, degree of difficulty, with the number and degree of difficulty of the voluntary dive(s) circled, and order in which the dives will be attempted for all levels of the competition, preliminaries through finals. The dive number and position shall be the official description of the dive, and take precedence. In championship meets, this scoresheet shall be submitted to the meet official at the specified time and place, with changes permitted until 1 hour prior to the start of the diving competition. Correction of errors noted by the diving referee shall be permitted until the start of the diving competition. All five groups must be represented in the top 8 dives. The five required dives shall come from each of the five groups, with their assigned DD and have a sum total of 9.0 or less. No more than one optional dive from the same group is permitted in the top 8 dives or through semifinals.

Meet Referee:

Larry Fons
If any school has any officials and are willing to work the meet, please contact Larry Fons at Lpfons@aol.com

Awards:

Individual & Relay Events: Ribbons for 1-8th places.
Team Trophies for 1st place and runner up for both boys and girls teams.

Scoring:

From the preliminaries, individuals and relays will advance as follows:
Places 1-8th will swim in the Championship Final.
Places 9-16th will swim in the Consolation Final.

Points will be as follows:

Individual events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
Relays are double points.

Schools: Cooper City Cypress Bay Everglades Flanagan
 McArthur Miramar St. Thomas Northeast
 South Broward South Plantation Western NOVA
 West Broward

Admission: \$5 per session.

Swimming Contact: Jimmy Parmenter – (954-452-2526) or by email at: JimmyPPST@aol.com
 Pat Mcquaid - Nova

Diving Contact: Paul Breitfeller – 954-461-7814 or PMBREIT@msn.com

Facility Contact: Mark Hartman at (954) 452-2527 or by email at MHartman@plantation.org

USA Coaches: The meet is been observed for USA Swimming. Any coach who wishes for their swimmers times to count for USA Swimming, must contact Jimmy Parmenter no later than Friday, October 12th.

Parking: Free Parking.

Order of Events:

Girls	Order of Events	Boys
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
9	Diving	10
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
19	100 Back	20
21	100 Breast	22
23	400 Free Relay	24

