

Class 1A, Region 1 Swimming and Diving Championships
Meet Information
November 6, 2009
Tallahassee, Florida

- SPONSORED BY:** Rickards High School
Florida High School Athletic Association
Florida State University Morcom Aquatic Center
Area Tallahassee Aquatic Club
- LOCATION:** SWIMMING: Morcom Aquatic Center, Tallahassee, Florida
Certified 8 lanes, 25 yards. Non-turbulent lane lines. Water depth at the competition starting end is a minimum of five feet zero inches. The starting blocks are 29 inches above the surface of the water. Eight lanes will be used for competition. Additional lanes will be reserved for warm-up and warm-down
- DIVING: Morcom Aquatic Center, Tallahassee, Florida
- DATE:** Diving – Friday Nov. 6, 2009
Swimming – Friday Nov. 6, 2009
- TIMES:** DIVING Warm-ups: 11:30 AM to 1:00 PM
Competition: 1:00 PM
- SWIMMING PRELIMINARIES: Warm-ups: 7:30 AM to 8:45 AM
Competition: 9:00 AM
- SWIMMING FINALS:
Warm-ups: 4:00 to 4:50 PM
Competition: 5:00 PM
There will be consolation and championship heats in Finals.
- COACHES MEETING: There is a mandatory coaches meeting at 7:15 AM in the Aquatic Center hospitality area
This meeting is being held to cover items of information or rulings that are necessary for the administration of the meet. This meeting is not a seeding meeting, and no entries shall be accepted at this time. Contestants may be withdrawn (scratched) from the meet by their coaches at this time by notifying the meet manager. Contestants scratched at this time shall be disqualified from participating in the meet. No substitutions are permitted. Coaches must make every effort to review the listing of contestants in each event to ensure that each of their contestants is properly entered and that each name is correct.
- OFFICIALS MEETING: Diving – 12:30 PM
Swimming – 8:30 AM and 4:30 PM.
- TIMING EQUIPMENT:** Colorado Automatic and/or Semi-Automatic Timing Equipment will be used.
- ENTRY LIMIT:** Entries will be determined by qualification from the three District meets as set by FHSAA Swimming and Diving Rules.
- SCRATCHES:** Pursuant to NFHS Rules 3-2-2, 3-2-3, and 3-2-7, a swimmer who is officially entered in an event must compete in that event, unless scratched or forced to

withdraw due to illness or injury. **For failing to compete in all races, heats and rounds for which the competitor is qualified or entered, they shall be disqualified from further competition. Per FHSAA Rules, there will be no Declared False Starts at this meet.** Swimmers who are unable to compete should report, with their coach, to the Meet Referee to be excused.

- ALTERNATES** If there is a “no show” in consolation finals, alternates may be placed in empty lanes, if available. Alternates should be ready to swim and report to and declare themselves to the Deck Referee prior to Consolation Finals being called to the blocks for the event for which the swimmer is an alternate.
- RULES:** National Federation of State High School Association 2009/2010 Swimming and Diving and Water Polo Rules Book as modified by the 2009 Florida High School Athletic Association Swimming and Diving Manual rules apply.
- Swimmers, coaches, meet officials, and volunteers only are allowed onto the competition pool deck. All others are to remain in the spectator area. Violation of this rule will result in expulsion from the Aquatic Center for all offending parties.
- SCORING:** INDIVIDUAL EVENTS: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
RELAY EVENTS: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
- AWARDS:** Trophies will be awarded to the top two schools.
Ribbons will be awarded to the top eight swimmers and top 4 relays.
- ENTRANCE FEES** A spectator entrance fee of \$6.00 will be charged. Bleachers will be provided, but a separate spectator area will not be designated. Spectators will not be allowed onto the competition pool deck. Only swimmers, coaches, officials and volunteers will be allowed onto the competition pool deck. The area between the deck wall and bathhouse is reserved for teams. Teams are encouraged to bring canopies, chairs, and other items for the comfort of the swimmers between events. The pool is an outdoor venue and weather in early November varies. Be prepared!
- MEET ENTRIES:** Entries will be determined by qualification from the three District meets as set by FHSAA Swimming and Diving Rules.
- SEEDING:** Seeding will be done by FHSAA staff following the District Meets.
- OBSERVATION BY US SWIMMING** This meet will be observed under Florida Swimming rules for certification of times by USA Swimming.
- MEET REFEREE:** Michael Clow (850) 894-5945, mikeclow@comcast.net
- MEET MANAGER:** Teri Clow at mikeclow@comcast.net.
- MEET COMMITTEE:** A meet committee will be established under FHSAA rules. This committee will serve as a jury of appeals. When acting as a jury of appeals, a member of this committee whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded. The request for an appeal shall be directed to the meet committee through the meet manager. The decision of the meet committee shall be final. The meet committee may not set aside any rule.

**COACHES/MEET
WORKERS/VOLUNTEERS**

Coaches are requested to identify themselves and their assistants to the Meet Referee before the meet. This will ease in identification if a coach is needed.

Each team is expected to assist in providing meet workers. Each team will designate one (1) parent per session to serve as timers, runners, etc. These individuals will be the only adults, besides coaches, allowed onto the pool deck. Per FHSAA, all coaches must be identified in the Meet Management Data Base when submitting entries for Districts. No additional coaches will be allowed on deck.

Officials wishing to help with the Meet should contact Michael Clow (850) 894-5945 (H) or (850) 891-7530 (W), or by e-mail at mikeclow@comcast.net with their qualifications.

WARM UP SCHEDULE

EXCEPT FOR CONTROLLED RACING STARTS, EACH SWIMMER MUST ENTER THE WATER FEET FIRST

WARM-UPS WILL BE HELD IN ACCORDANCE WITH THE NFHS RULE BOOK

There will be up to 20 lanes available for warm-up. During competition, the south half of the 50 meter pool will be available for warm-up/warm-down. Please do not use the diving well pool during this time.

A large number of swimmers are expected. Expect to share lanes.

**DIRECTIONS TO
MORCOM AQUATIC
CENTER**

2560 POTTS DAMER STREET

Take I-10 to Exit 193 (Capital Circle NW/Regional Airport)

Travel South 4.25 miles and turn left onto Orange Ave.

Travel East 2.2 miles and turn left onto Pottsdamer St. (Look for signs for FSU/FAMU School of Engineering/WFSU/Seminole Golf Course)

Travel .3 miles. Morcom Aquatic Center is on your left. Park in the WFSU parking lot across the street or the College of Engineering Parking Lot just past the pool.

Parking in front of the pool is for Meet Officials and pool staff ONLY!

