



**2023 FHSAA Class 1A Region 2  
Swimming and Diving Championships  
October 26, 2023**

**Hosted by: Windermere Preparatory School**

- Type of Meet:** 25-Yard Short Course Timed Finals  
NFHS Swimming & Diving Rules as Modified by the FHSAA
- Meet**
- Date and Time:** Thursday October 26, 2023  
Pool opens at 1:00pm for warm up  
Meet begins at 2:30pm  
\*\*Athletes, coaches and spectator entrances will be labeled\*\*
- Diving:** Thursday October 26, 2023  
Warm-up for diving begins at 1:00 PM  
Diving starts at 2:00 PM
- Meet Location:** Rosen Aquatic & Fitness Center  
8422 International Drive  
Orlando, FL 32819
- Pool Specs:** Certified 25-Yard indoor pool, non-turbulent lane lines Eight (8) lanes with starting blocks, eight (8) 25-yard warm down lanes.
- Timing:**  
HYTEK meet management software to be used for meet management and results.
- Seeding:**  
Seeding based on performance at District Championships as provided by the FHSAA
- Coach's Meeting:**  
**A mandatory coaches briefing with meet management and the Meet Referee will take place at 2:00 PM in the hospitality area or a designated area on the pool deck.**
- Scratches:**  
A contestant who is entered and does not show up/scratches at the time of the event shall be disqualified for the remainder of the meet. Once the competitor's name has been entered for the event, he/she is charged with that event. Relay teams that do not show up/scratch the event shall be disqualified for the remainder of the meet in the event. Individuals or relay teams missing an event because of lateness shall not be excused and shall be disqualified for the remainder of the meet. The use of alternates is strictly prohibited.
- Entry Limits:**  
Athletes may swim a maximum of four (4) events. No more than two (2) may be individual events.

**Officials:**

Melissa Hellervik-Bing, Bob Walsh, Lisa Rines.

**General Warm-Up:**

**1:00 – 1:45 PM**

**Controlled Warm Up:**

**1:45 – 2:20 PM** Lanes 1-8 (Competition Pool) One way starts lanes 1,2,3, and 4, General warmup 5 & 6, Pace Lanes 7&8.

**\*Meet Referee/ Marshals may alter warm-up procedures to meet the needs of the swimmers\***

**Meet Admission Price**

Per FHSAA guidelines, all spectators are charged \$9.00 collected through Go Fan app. Heat Sheets will be sold for \$5 at the entrance gate.

**Awards**

Trophies - 1st - 2nd place for overall team champions for boys and girls.

**Advancement:**

**Individual Events:** The top two finishers in each region swimming individual events shall qualify for the state swimming meet. In addition, the next sixteen (16) fastest times from the championship finals, in all regions, will advance to the state swim meet as at-large qualifiers. All ties for the sixteenth at large qualifying times will also advance to the state meet.

**Relays:** Relays will advance 16 to the finals. The first-place finisher in each relay event from the four regional meets will automatically advance to the state finals. The next 12 places will be filled by the fastest at-large times from the teams that competed in the finals heat during the regional meets. Should there be a tie for the 16th place, those teams will advance to finals and we will seed three preliminary heats in the relay event.

**Diving:** The first and second place divers from each region shall qualify for the state swimming meet. The remaining sixteen (16) places in the diving competition will be filled from places three through six as at-large qualifiers to the diving competition.

NOTE: Please review 4.12.2.2.4(b) on page 7 of the FHSAA Handbook located on the FHSAA website regarding advancement.

**Diving Coaches**

- Please submit diving sheets electronically by Oct 23 through the DiveLive system. The DiveLive app is the easiest way to submit diving sheets. Each coach will need to apply to be the coach for their team. Once the coach is accepted, the divers will need to make an account and apply to be part of their high school team. The coach approves it. Then they find their meet on the calendar: FHSAA 1A Region 2. The divers will enter their dive sheets. Email questions to [orlandodiveacademy@gmail.com](mailto:orlandodiveacademy@gmail.com).

### ORDER OF EVENTS

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	200 MEDLEY RELAY	2
3	200 FREESTYLE	4
5	200 IM	6
7	50 FREESTYLE	8
9	ONE-METER DIVING	10
11	100 BUTTERFLY	12
13	100 FREESTYLE	14
15	500 FREESTYLE	16
17	200 FREESTYLE RELAY	18
19	100 BACKSTROKE	20
21	100 BREASTSTROKE	22
23	400 FREESTYLE RELAY	24