

**2025 Polk County High School  
Swimming & Diving Championship  
Friday, Oct. 10, 2025, and Saturday, Oct. 11, 2025**

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**Swimming & Diving Information**

**Host School:** Lake Wales HS & Winter Haven HS

**Location:** Rowdy Gaines Pool

**Address:** 210 Cypress Gardens Blvd. Winter Haven, FL

**Date:** Friday, Oct. 10, 2025 (Diving) & Saturday, Oct. 11, 2025 (Swimming)

**Start Times:** **Diving Warmup: 1:00pm - Friday, Oct. 10th**  
**Diving Start: 3:00pm - Friday, Oct. 10th**  
**Assigned Swim Warmup: 6:30am-8:30am - Saturday, Oct. 11<sup>th</sup>**

Diving pool will be closed during swim competition. All warm downs will be in the designated space at the competition pool.

**Swim Meet Start: 9:00am - Saturday, Oct. 11th**

**Type of Meet:** 25-yard Short Course, Time Finals

**Rules:** NFHS Rules Championship Meets as amended by FHSAA will govern the meet. USA Swimming Rules will govern USA Swimming athletes.

**USA Swimming Observation:** This meet will be observed by Florida Swimming.

**Pool Specification:** Certified 25-yard, 8 competition lanes outdoor pool – non-turbulent lane lines

**Timing Equipment:** Dak-Tronics System

**Seeding:** Fastest to Slowest

**Entry Limits:** There is a team entry limit of four (4 swimmers/divers per individual event. Each school is allowed to enter one (1) relay team per relay event. Each athlete is limited to entering four events, no more than two may be individual events.

**Entry Deadline:** The Meet Entry File is due to Quinn Sampson by **Monday, Oct. 6, 2025**. Please visit the following link to download entries file and upload.  
<https://accurateswimtiming.com/event/polk-county-high-school-meet/>

**Entry Notes:** Coaches should enter swimmers/relays with best Yards time or NT in HYTEK format. If coaches/swimmers wish to have times entered into the SWIMS database, the entry file must include the current 14-character USA Swimming ID for USA-registered swimmers.

<b>Entry Fee:</b>	<b>The meet entry fee is \$144 per school.</b> <i>Please bring a check for \$144 payable to <u>Lake Wales High School</u></i>
<b>Scoring:</b>	Individual Events: 14-11-10-9-8-6-4-3-2-1 Relay Events: 28-22-20-18-16-12-8-6-4-2
<b>Awards:</b>	Championship and runner-up trophies will be awarded by Polk County Schools Athletic Department. Medals 1 <sup>st</sup> -3 <sup>rd</sup> and Ribbons 4 <sup>th</sup> -8 <sup>th</sup>
<b>Deck Entries:</b>	Deck entries are NOT allowed for this meet.
<b>Swim Officials:</b>	Keith Grimm – Meet Referee Quinn Sampson – Admin Official Heather Chanthavongsa- Starter Brooke Rowe- Stroke & Turn
<b>Coaches Meeting:</b>	8:45am in Meeting Room A – Hospitality Room
<b>Timers:</b>	All participating schools are required to provide <b>two timers</b> for the meet. Each timer will serve for approximately two hours, with the meet divided into two timing shifts. Timers will be admitted free of charge, and timing assignments will be distributed to coaches prior to the meet.
<b>Volunteers:</b>	Each school is asked to email their <i>two volunteer timer names</i> <b>by Monday, October 6, 2025</b> to Ana Pizarro at <a href="mailto:ana.pizarro@lwcharterschools.com">ana.pizarro@lwcharterschools.com</a>
<b>Coaches/ Captain Meeting:</b>	A meeting for head coaches and team captains will be held at 8:45am.
<b>Information:</b>	Ana Pizarro – 785-320-1912 – <a href="mailto:anacristina.pizarro@gmail.com">anacristina.pizarro@gmail.com</a>
<b>Gate Opening &amp; Admission Fee:</b>	Spectator gate will open at 7:45am. Admission fee is <b>\$3</b> adults and <b>\$2</b> children. All tickets must be purchased in advance or at the door by scanning QR code. <b>NO CASH</b> will be accepted.
<b>County Shirt Sale:</b>	Don't miss out on this year's exclusive 2025 County Shirt! Supplies are limited, and once they're gone, they're gone. Shirts are just <b>\$25 each</b> and will be available for purchase at the pool on meet day—grab yours and show your county pride!
<b>Weather Contingency Plan:</b>	In case of inclement weather, we will follow the City of Winter Haven protocol in consultation with the meet referee and meet committee.
<b>Jury of Appeals:</b>	A Jury of Appeals, consisting of five coaches from the participating schools, will be established to address any matters requiring review.
<b>Vendors:</b>	<b>Kiefer Aquatics</b> will be on-site offering a variety of swim gear and suits for purchase.

**Order of Events:**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	200 Medley relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
	<b>*15 minutes break*</b>	
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
	<b>*10 minutes break*</b>	
19	100 Back	20
21	100 Breaststroke	22
	<b>*5 minutes break*</b>	
23	400 Free Relay	24