

**2025 Class 1A District 4 Swimming and Diving Championships**

**October 20<sup>th</sup> & 21<sup>th</sup> , 2025**

**Hosted by: Montverde Academy & All Saints Academy**

**Type of Meet:** 25-Yard Short Course Finals  
NFHS Swimming & Diving Rules as Modified by the FSHAA

**Swimming:** Tuesday, October 21<sup>st</sup>, 2025  
(Timed Finals) Pool/Gate opens at 7:00am  
Swim Warm up 7:30am  
Meet begins at 9:00am  
Swim Coaches Meet 8:30am  
**Contingency date - Oct-24 at 9:00 AM.**

Please email meet entry by Monday, October 13<sup>th</sup> to Quinn Sampson  
(qsampson@gmail.com)

**Diving:** Monday, October 20<sup>th</sup>, 2025  
Warm up 12:30pm  
Diving starts at 2:00pm  
Coaches Meeting 1:30pm  
Please submit dive lists to DiveLive by Friday, October 17.

<https://diving.scoresandmore.live/MeetShort/5059>

**Swimming:** Orlando Health National Training Center  
1935 Don Wickham Drive  
Clermont, FL 34711

**Diving:** Rowdy Gaines Olympic Pool  
210 Cypress Gardens Blvd.  
Winter Haven, FL 33880

**Admission:** \$8.00 per person, a GOFAN Link will be sent to each school by host

**Pool Specs:** Certified 25-Yard outdoor pool, non-turbulent Competitor lane lines  
Eight (8) lanes with starting blocks, Twelve (12) 20-yard warm down lanes  
12' Diving Well

**Timing:** Complete Colorado System and Digital Scoreboard

**Seeding:** Seeding will be performed by the Hy-Tek Meet manager software.  
Eligibility will be determined by the results of the District Meets.

**Entry Deadline:** For Swimming - Please email meet entry by Monday, October 13<sup>th</sup> to Quinn Sampson ([qsampson@gmail.com](mailto:qsampson@gmail.com)) **ALL ENTRIES MUST BE DONE ON HY-TEK.**

For Diving - We will use DiveLive for the District meet.

**Please submit dive lists to DiveLive by Friday, October 17.**

2025 FHSAA Class 1A District 4 Diving #divelive#scoresandmore

<https://diving.scoresandmore.live/MeetShort/5059>

**Coach's Meeting:** **A mandatory coaches and team captains briefing with meet management and the Meet Referee will take place at 8:30am for swimming & 1:30pm for diving.** This meeting is to exchange information that coaches and swimmers/divers will need to know to function according to the rules and regulations of FHSAA and to cover items of information or rulings that are necessary for the administration of the meet. This 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 Contestants may be withdrawn (scratched) from the meet by their coaches at this time by notifying the meet manager.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.

Meet Committee: A meet committee shall be appointed in accordance with the provisions of Rule 4, Section 1, Article 2 of the *National Federation Swimming and Diving Rule Book*. The meet committee shall be composed of five coaches/and or athletic directors from five different schools. The committee shall have the authority to act in any

situation not specifically covered by the rules of procedure. The meet committee shall serve as the jury of appeals. A jury member must be replaced if his/her school is involved in an appeal. The decisions of the jury of appeals will be final. The jury of appeals may not set aside any FHSAA or NFHS rule.

**Entry Limits:**

Athletes may swim a maximum of four (4) events. No more than two (2) may be individual events. Each school is limited to a maximum of four (4) individual entries per individual event and one (1) relay entry per relay event.

Over Entries: In both the *FHSAA Swimming & Diving Manual* and the *NFHS Swimming & Diving Rules Book* entry limitations are clearly addressed. At the regional level, possible over entries can be caused by swimming in an excessive number of relay events. If a swimmer is in two (2) individual events, then they may only swim/participate in two (2) relays. Athletes may be listed on all three relay cards, but participation is limited to two (2) relays when they are also in two (2) individual events. Every time an athlete actually swims in a different event, it is considered an entry.

4.12.2.2.4 Advancement of Teams and Individuals (a) District to Regional. (1) Swimming Events. Twenty-four (24) contestants shall advance from district meets to the correlating regional meets in each individual event in swimming competition as follows: the top two (2) finishers in each swimming event from each district meet as well as the next overall best times at large for a field of 24 from the remaining best times among top sixteen (16) finishers in the district meets comprising the region. In the event of a tie for the last at-large qualifying place to the regional meet, all of the competitors tied shall be allowed to advance to the regional meet. (2) Relay Events. Sixteen (16) teams shall advance from district meets to the correlating regional meets in each relay event in swimming competition as follows: the top two (2) finishers in each relay event from each district meet as well as the next overall best times at large for a field of 16 from the remaining best times in the district meets comprising the region. (3) Diving Competition. Twenty-four (24) contestants may advance from district meets to the correlating regional meets in diving competition as follows: the first two (2) places in diving competition from each district meet, provided the diver has a minimum qualifying score of 280.0 points in district competition. Any remaining available spaces shall be filled on an at-large basis from all competing divers who placed in the top sixteen (16) in their respective district meets comprising the region and met the minimum qualifying score of 280.0 points for a field of 24. In the event of a tie for the last at-large qualifying place to the regional meet, all of the competitors tied shall be allowed to advance to the regional meet. (4) Qualifying times/scores for at-large entries into the regional meet will be posted on FHSAA.com after all districts in that region have reported their results. (5) Relay teams qualify from the district meet to the regional meet as a team, not as individuals.

**Officials:**      Meet Referee:              Bart Smith  
                         Meet Manager:              Quinn Sampson  
                         Diving Coordinator:          Nikki Hoagland

Order of Swimming Events: (Odd Events - Women; Even Events - Men)

1-2 200 Medley Relay  
3-4 200 Freestyle  
5-6 200 Individual Medley  
7-8 50 Freestyle (15 Minute Break)  
11-12 100 Butterfly  
13-14 100 Freestyle  
15-16 500 Freestyle  
17-18 200 Freestyle Relay (10 Minute Break)  
19-20 100 Backstroke  
21-22 100 Breaststroke (5 Minute Break)  
23-24 400 Freestyle Relay

**Awards:** Team trophies for Champion and Runner-Up. Individual/Relay Ribbons 1<sup>st</sup> - 8<sup>th</sup>

**Meet Surcharge Per Team**              Each team will be charged a percentage of the total cost to run the meet. Your percentage will be based off the number of athletes and coaches your team has in the meet. Your schools total will be emailed to the head coach. Please make checks payable to Montverde Academy. They need to be mailed or brought to the meet.