

2024 FLORIDA SWIMS HIGH SCHOOL MEET

(formerly the FSPA Swim Meet)

Dear Florida, High School Swim Coach:

The Florida Swimming Pool Association (FSPA) announces the **46th Annual Florida Swims High School Swim Meet** to benefit the Swimming Pool Education & Safety Foundation. We invite your school to participate in this statewide event, which draws more than 50 teams and nearly 1,000 competitors. We are excited to host the event at the state of art [Florida Aquatics Swimming and Training](#) (FAST) facility located in Ocala, FL for this meet.

Important meet\facility information:

- This is an air conditioner indoor pool facility with dedicated locker room for athletes on the first floor. See [facility map](#).
- Parking is free, and parking staff will be available and located in the main lot to direct your vehicles and buses to where to park.
- Coaches are responsible for picking up all wristbands from the main entrance and getting them to athletes prior to entry to the pool deck.
- Coaches must **sign a liability waiver** for school and its athletes prior to entering the pool deck.
- There is deck seating for 800 athletes. Please ask your teams not to bring chairs, tents, etc. as there will be bleachers' seat available.
- This meet will be on a closed deck and spectators will have seating on the second floor with seat backs. *Dedicated ADA seating is also available in this area
- Deadline for entries is **Friday, September 20** at 5:00 p.m.
- **We expect this to be a large meet so there will be a CAP, please [RSVP HERE](#) to secure your spot**

This meet includes the optional *Developmental* program for swimmers whose times do not qualify for participation in the *Invitational* meet.

Lastly, visit www.FSPASwimMeet.com for more information and to book Hotels at discounted rates.

We look forward to seeing you at the *Florida Swims High School Swim Meet*. Please reach out should you have any questions.

All the best,



Jessica Johnson
FSPA Event Manager



Schedule

Friday Night, September 27 | Developmental Meet

Swimming

- 3:00 p.m. Pool opens for General Warm-ups
- 3:15 p.m. Coaches Meeting
- 4:00 p.m. Pool opens for Controlled Warm-ups
- 4:15 p.m. Officials / Volunteer Timers Meeting
- 4:45 p.m. Pool Closes
- 5:00 p.m. Swimming Competition Begins

Saturday, September 28 | Invitational Meet

Swimming & Diving

- 6:00 a.m. Pool opens for warm-ups until 8:00 a.m. following the Warm-up Schedule emailed & posted online at www.FSPASwimMeet.com
- 6:15 a.m. Coaches Meeting
- 8:00 a.m. Officials / Volunteers Meeting
- 8:30 a.m. Swimming Preliminaries Begins

**Event will be run in a 10-lane competition pool*

Afternoon Break

- 1:00 p.m. **Diving Begins**
- 4:00 p.m. Pool opens for warm-ups until
- 5:30 p.m. Swimming Consolations / Championship Finals

2024 FLORIDA SWIMS HIGH SCHOOL DEVELOPMENTAL MEET

GENERAL INFORMATION

SANCTIONED BY: Florida High School Activities Association

SPONSORED BY: Florida Swims Foundation / Florida Swimming Pool Association

HOST TEAM: Trinity Catholic High School

DATE: **Friday, September 27, 2024**

PLACE: Florida Aquatics Swimming and Training (FAST)
4635 SW 67th Ave, Ocala, FL 34474

POOL SPECS: One 25 yard / 10 lane course depending on entries. Fresh water and heated Non-turbulent lane lines - Colorado Timing System Gen 7 with Touchpads & button backup

ELIGIBILITY: Open to Florida high school teams by invitation

ENTRY: No entry will be accepted without entry form and payment.
Hy-Tek files required for all entries.

DEVELOPMENTAL ENTRY FEES:

# of Competitors	1-3	4-10	11-19	20-29	30-39
Entry Fee	\$100	\$175	\$225	\$275	\$325

Fee based on original entry count – NO REFUNDS.

Pay by Check

Make check payable to: **Florida Swims Foundation**

Mail check to: 2555 Porter Lake Drive, Suite 106 Sarasota, FL 34240

Pay by Debit/Credit Card

Visit www.FSPASwimMeet.com

**Teams not paid in full at check-in will not be permitted to enter the pool deck or to compete.*

ENTRY DEADLINE: **Friday, September 20 at 5:00 p.m.**

- No late entries will be accepted.
- No revision or changes will be permitted at the meet unless meet management has made errors.
- Photos and video will be taken at the event. By taking part in this event you grant the FSPA full rights to use the images/video. This includes (but is not limited to), the right to use them in printed and online publicity, social media, press releases and fundraising. If any athletes do not wish to be photographed, please inform FSPA in writing.

E-mail Hy-tek entries to: fasttimingsystem@gmail.com

Indicate in the e-mail body that entries are for the **"2024 Florida Swims Meet"**

RULES: Current edition of National Federation of High School Associations Swimming and Diving Rules as amended by FHSAA.

SWIMMING PROGRAM:

1. The warm-up schedule will be e-mailed to coaches the week of the event and posted to www.FSPASwimMeet.com
2. Timed Finals format run in a 10-lane competition pool
3. No qualifying times for the Developmental Competition
4. No Diving in Developmental Competition
5. Individual competitors are permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.
6. If an individual swims in the Developmental Competition, he/she may only enter relays for the FSPA Invite.
7. Flyover starts may be used and heats may be combined at the discretion of the Meet Referee

EVENT SCHEDULE:

1-2	200 yard Medley Relay	13-14	200 yard Freestyle Relay
3-4	200 yard Freestyle	15-16	100 yard Backstroke
5-6	200 yard Individual Medley	17-18	100 yard Breaststroke
7-8	50 yard Freestyle		
<Break>	<i>* length of break to be determined at coaches meeting</i>		
9-10	100 yard Butterfly		
11-12	100 yard Freestyle		

*Coaches are responsible for picking up all bands and getting them to athletes prior to entry to the pool deck.

2024 FLORIDA SWIMS HIGH SCHOOL INVITATIONAL MEET

GENERAL INFORMATION

- SANCTIONED BY:** Florida High School Activities Association
- SPONSORED BY:** Florida Swims Foundation / Florida Swimming Pool Association
- HOST TEAM:** Trinity Catholic High School
- TYPE OF MEET:** Swimming & Diving Championship Championship and Consolation Finals
Standard High School Order of Events
- DATE:** **Saturday, September 28, 2024**
- PLACE:** Florida Aquatics Swimming and Training (FAST)
4635 SW 67th Ave, Ocala, FL 34474
- POOL SPECS:** One 25 yard / 10 lane course depending on entries. Fresh water and heated
Non- turbulent lane lines - Colorado Timing System Gen 7 with Touchpads &
button backup. Diving Boards are: 2x 1M Duraflex Springboards
- ELIGIBILITY:** Open to Florida high school teams by invitation
- ENTRY:** No entry will be accepted without entry form and payment. Hy-Tek files required
for all entries.

**INVITATION
AL ENTRY
FEES:**

# of Competitors (swimming & diving)	1-3	4-10	11-19	20-29	30-39
Entry Fee	\$110	\$250	\$350	\$400	\$450

Fee based on original entry count – NO REFUNDS.

Pay by Check

Make check payable to: **Florida Swims Foundation**

Mail check to: 2555 Porter Lake Drive, Suite 106 Sarasota, FL 34240

Pay by Debit/Credit Card

Visit www.FSPASwimMeet.com

- ENTRY DEADLINE:** **Friday, September 20 at 5:00 p.m.**
- No late entries will be accepted.
 - No revision or changes will be permitted at the meet unless meet management has made errors.
 - Photos and video will be taken at the event. By taking part in this event, you grant the FSPA full rights to use the images/video. This includes (but is not limited to), the right to use them in printed and online publicity, social media, press releases and fundraising. If any athletes do not wish to be photographed, please inform FSPA in writing.

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- RULES:** Current edition of National Federation of High School Associations Swimming and Diving Rules as amended by FHSAA.

AWARDS: Ribbons: 1st through 8th for individual events and diving and 1st only for relays.
Awards to the top three school

SWIMMING PROGRAM:

1. 6:00 a.m. Pool Opens | Warmups
2. 6:15 a.m. Coaches Meeting (Mandatory)
3. 8:15 a.m. Pool Closed
4. 8:00 a.m. Officials and Volunteers Meeting
5. 8:30 a.m. Swimming Preliminaries begin
6. 12:00 p.m. Diving practice
7. 1:00 p.m. Diving begins
8. 4:00 p.m. Pool opens for warm-ups until 5:15 p.m.
9. 5:30 p.m. Swimming Consolations and Championship Finals begin

*Note: Any program changes will be announced, and coaches are responsible for being aware of such changes

- The warm-up schedule will be e-mailed to coaches the week of the event and posted to www.FSPASwimMeet.com
- No qualifying times for relays
- The preliminary session will be conducted in one or two pools depending on entries and at the discretion of meet management. Flyover starts may be utilized.
- Finals will be conducted in one 10 lane pool
- Individual competitors are permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Preliminaries and finals are considered one meet.
- Each school is allowed four (4) individuals in each event
- Each school is allowed one (1) team in each relay event
- If an individual swims in the Developmental Competition, he/she may only enter relays for the Invite. The athlete's name must appear in the FSPA High School Invitational Meet database to allow for eligibility. Athletes swimming and not appearing in the database will not be considered eligible and will disqualify the relay for use of an ineligible athlete.
- Alternates wishing to compete in the Consolation Final must be in starter's area and ready to swim when called
- Scratches for finals are to be reported to Administration prior to the end of the preliminary session
- There will be 2 heats in finals, a consolation final to be followed by the championship final

EVENT SCHEDULE:

1-2	200 yard Medley Relay	13-14	100 yard Freestyle
3-4	200 yard Freestyle	15-16	500 yard Freestyle
5-6	200 yard Individual Medley	17-18	200 yard Freestyle Relay
7-8	50 yard Freestyle	19-20	100 yard Backstroke
9-10	*Diving Diving-to be conducted at the end of the preliminary swim session. A 15 minute break during finals only	21-22	100 year Breaststroke
11-12	100 yard Butterfly	23- 24	400 yard Freestyle Relay

*** Diving will take place at the conclusion of the preliminary session.**

QUALIFYING TIMES:

	200 Freestyle	200 IM	50 Freestyle	100 Butterfly	100 Freestyle	500 Freestyle	100 Backstroke	100 Breaststroke
Women	02:20.51	02:42.69	00:28.17	01:18.97	01:02.26	06:38.44	01:15.36	01:22.07
Men	02:09.10	02:24.17	00:25.12	01:04.55	00:58.95	06:08.26	01:10.40	01:14.89