



September 19, 2021

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Dear Swim Coach:

The *FSPA High School Invitational Swim Meet* is quickly approaching. The meet is September 24-25 at the Sailfish Splash Aquatic Athletics Center in Stuart. Here are a few last minute details to help make the event a success for everyone.

Coaches are required to check in with FSPA staff at the athlete's entrance prior to any athlete entering the pool deck / facility. They will receive credentials to take back outside and pass out to their team before entering the pool deck. Coaches and athletes only, on team parents are allowed through that entrance. Check-in will begin at 3:15 p.m. on Friday and 6:00 a.m. on Saturday. There are NO Friday warm ups for swimmers in the Invitational. Warm up assignments will be posted at www.FSPASwimMeet.com.

As usual, we will be offering each athlete and coach an official event T-shirt. A variety of sizes will be given to the coach along with meet information at check-in. Shirt size exchanges can be made once all check-ins are complete.

All coaches are to participate in a meeting on Friday at 4:30 p.m. and again on Saturday at 8:00 a.m. It is imperative you attend this meeting as it will be our last opportunity to review the day's event and discuss any changes to the schedule.

We are looking forward to another successful and fun event and wish the best of luck to each team.

Sincerely,

Charis Tyson
Meet Director

Assigned Warm-Up Schedule

Developmental Meet (Friday)

Warm -Up 3:30 - 4:30 PM

<u>School</u>	<u>Pool</u>	<u>Lane(s)</u>	<u>swimmers</u>
Berean Christian School	Comp.	1	14
Calvary Chapel Academy	Comp.	2	7
Doral Prep Firebirds	Comp.	2 & 3	20
Carrollwood Day School	Comp.	4	11
Cornerstone Charter Academy	Comp.	5 & 6	24
Jupiter Christian School	Comp.	6	6
Frostproof Middle-Senior High	Comp.	7	9
The Bolles School Bulldogs	Comp.	7 & 8	22
Jensen Beach High School	Comp.	9 & 10	23
Lake Mary High School	Comp.	10 & 11	23
Key West High School	Comp.	12 & 13	26
Lake Placid	Comp.	14, 15, & 16	32
Port Charlotte High School	Comp.	16	11
South Fork High School	Comp.	17 & 18	28
			256

<p>Notes (both meets):</p> <p>"Comp" lanes are in the 50m pool. "Shallow" lanes are in the warmup pool.</p> <p>Lanes are numbered 1 to 20 (Comp) and 1 to 6 (Shallow) from the NE side (entry gate end) to the diving end.</p> <p>No diving during assigned warm-up. Step in only.</p> <p>No diving at any time in the warmup pool or in warmup/warm down lanes during the meet.</p> <p>Relay exchanges may be practiced <u>under the direct supervision of a team's coach</u>, if all coaches sharing a lane agree, and, the lane is not being used for laps.</p> <p>Invitational Finals - Warmup is only for finals swimmers. Lanes will not be assigned.</p> <p>The last half hour in the "finals" lanes will be controlled.</p> <p>Bold and red lanes are shared. Please cooperate.</p>

Invitational Meet (Saturday)

Warm-Up 6:30 - 8:00 AM

<u>School</u>	<u>Pool</u>	<u>Lane(s)</u>	<u>swimmer</u>	<u>School</u>	<u>Pool</u>	<u>Lane(s)</u>	<u>swimmers</u>
Doral Prep Firebirds	Comp	1 & 2	26	The King's Academy	Comp	15 & 16	27
Suwannee High School	Comp	2	2	Jupiter Christian School	Comp	17	10
Wolfson High School	Comp	3 & 4	22	Lehigh High School	Comp	17	5
Holy Trinity Episcopal Academ	Comp	4	7	South Fork High School	Comp	18	12
Saint Petersburg Catholic	Comp	5	9	Dunbar High School Swim Team	Comp	18	2
Baker County High School	Comp	5	4	Tarpon Springs High School	Comp	18	1
Titusville High School	Comp	5 & 6	17	Montverde Academy	Comp	19 & 20	20
The Bolles School Bulldogs	Comp	7, 8 & 9	37	Fort Myers High School	Comp	20	8
Vero Beach High School	Comp	9	4	Providence Swim Team	Warmup	1	15
Space Coast Jr/Sr High Schoo	Comp	10	14	Lake Placid	Warmup	2	16
Lake Mary High School	Comp	11 & 12	20	Key West High School	Warmup	3	14
Jupiter High School	Comp	12	11	Carrollwood Day School	Warmup	4	13
Jensen Beach High School	Comp	13 & 14	21	Satellite High School	Warmup	5	16
Port Charlotte High School	Comp	14	8	Cornerstone Charter Academy	Warmup	6	10
			202				169

3:30 - 4:00 Friday PM and 8:00- 8:30 Saturday AM - The Competition Pool will be Available for Racing Starts from the Blocks

FSPA High School Invitational *Swimming & Diving Meet* **Schedule**

Friday - *Developmental Meet*

Swimming

- 3:30 p.m. Pool open for warm-ups until 4:30 p.m. following the Warm-up Schedule
- 4:00 p.m. Officials / Volunteer Timers Meeting
- 4:30 p.m. Coaches Meeting
- 5:00 p.m. Swimming Competition Begins

Saturday - *Invitational Meet*

Swimming

- 7:00 a.m. Pool open for warm-ups until 8:00 a.m. following the Warm-up Schedule posted online at www.FSPASwimMeet.com
- 7:30 a.m. Officials / Volunteer Timers Meeting
- 8:00 a.m. Coaches Meeting
- 8:30 a.m. Swimming Preliminaries Begin
- 4:00 p.m. Pool open for warm-ups until 5:15 p.m. following the Warm-up Procedure
- 5:30 p.m. Swimming Consolations / Championship Finals*
- *Breaks during finals are based on weather and time permitting. They will be after the 50 free and after the 200 free relay.*

FSPA Development Meet - September 24, 2021

Meet Event Order

Event Number	Event Description	Qualifying Time
1 and 2	200 Medley Relay	NT
3 and 4	200 Free	NT
5 and 6	200 Individual Medley	NT
7 and 8	50 Free	NT
9 and 10	100 Fly	NT
11 and 12	100 Free	NT
13 and 14	200 Free Relay	NT
15 and 16	100 Back	NT
17 and 18	100 Breast	NT

FSPA Invitational Meet – September 25, 2021

Meet Event Order

Event Number	Event Description	Women's Qualifying Time	Men's Qualifying Time
1 and 2	200 Medley Relay	NT	NT
3 and 4	200 Free	2:20.51	2:09.10
5 and 6	200 Individual Medley	2:42.69	2:24.17
7 and 8	50 Free	28.17	25.12
9 and 10	100 Fly	1:18.97	1:04.55
11 and 12	100 Free	1:02.26	58.95
13 and 14	500 Free	6:38.44	6:08.26
15 and 16	200 Free Relay	NT	NT
17 and 18	100 Back	1:15.36	1:10.40
19 and 20	100 Breast	1:22.07	1:14.89
21 and 22	400 Free Relay	NT	NT
23 and 24	1-Meter Diving	NP	NP



**FSPA High School Invitational Swimming & Diving Meet
September 24-25, 2021**

For all of warm-up except the last 1/2 hour:

ALL SWIMMERS WILL ENTER THE POOL FEET FIRST AND WITH ONE HAND ON THE DECK

All Lanes (Push-off's only, NO EQUIPMENT): Swimming and Pulling only

The last 1/2 hour is controlled warm-up as follows:

Lane (both course set ups) (NO EQUIPMENT)

- 1 Push off 50's pace (circle swimming)
- 2 Racing start one length, only sprints
- 3 Swimming and Pulling only
- 4 Swimming and Pulling only
- 5 Swimming and Pulling only
- 6 Racing start one length, only sprints
- 7 Racing start one length, only sprints
- 8 Push off 50's pace (circle swimming)

NO EQUIPMENT PERMITTED

**Warm-up schedules for Saturday are posted online at
www.FSPASwimMeet.com**

2021 FPSA High School Swimming Meet

General Comments on the Rules

Rules will be 2021-22 NFHS for Non-Championship meets as amended by FHSAA. (Note: FHSAA "State Series Rules" do not apply!)

Warm-up time assignments are posted at www.FSPASwimMeet.com. Check your time before you arrive.

The **Developmental Meet** is a single session Timed Finals Meet.

The **Invitational Meet** has Preliminary heats (in 10 lanes) in the morning and Finals (in 8 lanes) in the evening.

NFHS Uniform rules will be enforced.

On-site shaving is not allowed at any time. Violators will be disqualified from further participation in the meet.

Visual "lap" counters for the 500 Freestyle, if used, shall be positioned on the deck at the end of the pool opposite the starting end. Only one person per is permitted at the end of each lane to operate a "lap counter" and, as the swimmer turns at the start end, they shall flip the "lap" counter to the next higher or lower odd number and show the orange card for the final length.

The breaks after the 50 freestyle and 200 Freestyle Relay (Finals Only) will be at least 5 minutes, unless determined otherwise by weather of other circumstances.

Swim-offs will be conducted within 45 mins after the last heat of the last event in which any of the swimmers competing in the swim-off have competed. All swim-off will be decided during the preliminary session. Ties will be resolved for 8th, 9th, 10th, 16th, 17th & 18th places, after any Declared False Starts (scratches). Coaches and swimmers are responsible for checking for possible swim-offs before leaving the facility.

The order of swim for a relay team must be designated on the relay card. Once called to the blocks, the first person listed must swim first. The second, third and fourth swimmers may change their order but must correct the relay card by the end of the heat. Relay Cards, with all eligible swimmers listed will be returned to teams for finals. Over entry rules will apply. Max 4 events per swimmer– no more than 2 of which may be individual events. For the "Invitational" up to 8 swimmers may be named on the Relay Card. Only those swimmers, if still eligible, may swim that relay in finals.

Swimmers not on the block when the Referee extends his/her arm to the starter will not be allowed to swim. (Note: rule states on Long Whistle – arm extending is a courtesy!)

Swimmers requesting a "Declared False Start" (scratch) from finals must inform the Head Referee (or designee) within 30 minutes of the announcement (written, announced or electronically published) of finalists so that swim-offs can be determined, and Finals can be properly seeded.

So that the meet can proceed without unnecessary delay, "Declared False Starts" in preliminary heats, or the timed finals meet, should be submitted to the Deck Referee prior to the start of the heat.

Swimmers withdrawing from any event because of injury or illness may not further participate in the meet without proper clearance by the Head Referee. (See Rule 3.2.2)

If a non-participating team member enters the water during a race, that person is disqualified from further participation and all team members participating in that race shall be disqualified.

Body markings are allowed if not excessive, objectionable, or vulgar. For the safety and comfort of other swimmers, only non-soluble marker may be used. Tattoos which are vulgar or objectionable must be covered with non-transparent tape. The Head Referee will decide whether body markings or tattoos are excessive, vulgar, or objectionable.

The use of bells, sirens, horns, whistles and any other artificial noisemakers (such as rocks in a plastic bottle) during the meet by swimmers, coaches, team assistants or spectators, is prohibited. Please advise your swimmers and supporters of this.

Bob Griffiths
Head Referee