

2010 SEMINOLE ATHLETIC CONFERENCE SWIMMING & DIVING CHAMPIONSHIPS

HOSTED BY: Oviedo High School – October 14, 2010
USA-S/FL Observation: # OB-10005

DATE & TIME: Wednesday and Thursday, Oct. 13 and 14, 2010

DIVING- Wednesday: Warmup at 2 pm, Dive sheets due by 3 pm, Meet starts at 4 pm.

SWIMMING- Thursday: Warmup 3 to 4:50 pm
Timed Finals begin at 5:00 pm.

LOCATION: **SWIMMING:** Oviedo Aquatic Cpmplex
148 Oviedo Blvd.
Oviedo, Fl 32765

DIVING: Lake Brantley Aquatic Center
991 Sand Lake Rd.
Alt.Spgs, FL 3271

POOL SPECS: Eight lane, 25 yard short course competition area with non-turbulent lane lines and an average depth of 9 feet.

TIMING SYSTEM: Daktronic / omnisport 2000

RULES: 2010 National High School Swimming & Diving rules for a Timed Finals Championship Meet will govern except where specified by the FHSAA.

AWARDS: First Place trophies to boys and girls teams.
Ribbons for the top eight individual event finishers.

- ENTRY FORM:** Please use a HyTek entry and email the entry file to bdcoachrose@gmail.com Teams not using HyTek may put their entry on a spreadsheet.
- ENTRY LIMIT:** Swimmers are limited to four total swims, no more of two of which can be individual events. Coaches may enter up to four participants in each event, and one relay team per relay event.
- POOL USE FEE:** \$100 per team. Please make checks payable to Oviedo High School. (Oviedo High is responsible for paying a \$300 pool use fee to the City of Oviedo and a \$50 meet manager fee to LBHS for diving)
- ENTRY DEADLINE:** All entries must be received no later than 7:00 pm on Thursday, October 7, 2010.
- ENTRY TIMES:** Coaches may enter swimmers using times equal to or slower than their lifetime best.
- PSYCH SHEET:** A psych sheet will be emailed to coaches by Monday, October 12, 2010.
- ADMISSION:** Admission for all individuals shall be \$5.00.
- COACHES MTG:** There will be a coaches meeting in the pool office at 4:30 pm on Thursday, October 15.
- OFFICIALS:** Referee: Bart Smith

ORDER OF EVENTS

(LBHS) WEDNESDAY- OCTOBER 13, 2010 4:00 PM

-10 Diving

(Oviedo) THURSDAY- OCTOBER 15, 2009

5:00 PM

-2 200 Medley Relay
-4 200 Freestyle
-6 200 Individual Medley
-8 50 Freestyle

Ten minute break to be determined at Coaches Meeting

-12 100 Butterfly
-14 100 Freestyle
-16 500 Freestyle
-18 200 Freestyle Relay
-20 100 Backstroke
-22 100 Breaststroke
-24 400 Freestyle Relay

INDIVIDUAL EVENT SCORING:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

RELAY SCORING: Double the individual points awarded.

DIVING INFORMATION- The diving contest will be held at the Lake Brantley Aquatic Center on Wednesday, October 14, 2009, in accordance with the rules on pages 55-70 of the National High School Swimming & Diving rule book. Divers will be able to warm up between 2 and 4 pm, and the competition will begin at 4 pm. Competition shall consist of 5 voluntary and 6 optional dives.