

2010 SEBASTIAN RIVER SHARK HIGH SCHOOL SWIMMING AND DIVING INVITATIONAL

Date: Friday October 8th & Saturday October 9th, 2010

Site: North County Aquatic Center
9450 95th St.
Sebastian, Florida 32958
(2 miles east exit 156 off I-95)

Host: Sebastian River High School

Times: Diving: 9 a.m. warm up 10 a.m. meet start Saturday

Preliminary round: 2 required dives and 3 optional dives

Semifinal round: 2 required dives and 1 optional dive

Final round: 1 required dive and 2 optional dives

Note: each listed optional dive must represent a different optional dive from each of the five diving categories; optional degrees of difficulty for the girls-11.0; for boys 12.0

Divers who compete in swimming events will be allowed time to swim their events and then perform their dives

Swimming: Session #1 Fri: 3 p.m warm up 4 p.m. meet start
Session #2 Sat: 8 a.m. warm up 9 a.m. meet start
Session #3 Sat: 3p.m. warm up 4 p.m. meet start

Format: One relay team per relay event. A competitor may enter a maximum of 6 individual events and 3 relay events, Diving is considered an individual event).

Entry Fees: \$5.00 per swimmer/
\$25.00 team surcharge per gender (combined boys and girls \$50.00)

Entries: Due by Oct 1,2010
Mail to: Scott Barlow 9475 Seagrape Dr. Vero Beach, FL 32963
Free text email accepted
Hy-tek entries are strongly encouraged
email to tcscswim@aol.com

Contact: Scott Barlow 561-703-2994 or email tcscswim@aol.com

Timing: Colorado timing system with touch pads and display board

Seeding: 8 lanes slowest to fastest (use meet entry form enclosed if you do not have hy-tek for faxed ,or free text email.

Scoring: Individual: 20,17,16,15,14,13,12,11,10,9,7,6,5,4,3,2,1 (top 16 score)

Relays: count double individual points (All events are timed finals)

Awards: High Point girls/boys
Top 3 team awards

Admission rules: \$5.00 at the gate (FHSAA policy)

Rules: Current FHSAA rules will govern

Concessions and heat sheets: Will be available for purchase at all three sessions
Event order:

Session #1

<u>Event #</u>	<u>Event</u>
1-2	200 Medley Relay
3-4	50 Freestyle
5-6	200 fly
7-8	500 Freestyle
9-10	200 IM

Session #2

<u>Event #</u>	<u>Event</u>
11-12	Diving
13-14	200 Freestyle
15-16	100 Backstroke
17-18	100 Breastroke
19-20	400 IM
21-22	200 free relay

Session #3

<u>Event #</u>	<u>Event</u>
23-24	100 Freestyle
25-26	200 Backstroke
27-28	200 Breastroke
29-30	100 fly
31-32	400 Free Relay