

2023 FSPA HIGH SCHOOL INVITATIONAL SWIMMING AND DIVING MEET

Dear Florida High School Swim Coach:

The Florida Swimming Pool Association (FSPA) announces the **45th Annual FSPA High School Invitational Swimming and Diving 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 work with the [Rosen Aquatic and Fitness Center](#) in Orlando, FL for this meet.

Important meet\facility information:

- This is an indoor pool, and it can get warm. The facility will open windows, the roof and will run fans but it is recommended to bring your own water, regular towels, cooling towels, etc.
- There is limited space on deck so please do not bring tents. Teams may sit in the bleachers and/or bring chairs and set up around the diving well.
- This meeting will be a closed deck and spectators will have a separate viewing area above the offices. No chairs or bleachers are provided so spectators are welcome to bring their own chairs.
- Parking is free, but there will be **no spaces for buses**. Buses can drop off athletes and then must be parked at your hotel or across the street at [ICON Park](#).
- Coaches are responsible for picking up all wristbands and getting them to athletes prior to entry to the pool deck.
- Deadline for entries is **Thursday, September 21** at 5:00 p.m.

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 Rosen Hotels at discounted rates. Also, please see Orlando discounts offered to you and your school on our [Visit Orlando](#) page.

We look forward to seeing you at the 2023 FSPA Swimming & Diving Meet. Please reach out should you have any questions.

All the best,



FSPA Event Manager

Jessica Johnson



2023 FSPA High School Invitational Swimming & Diving Meet

Schedule

Friday Night - *Developmental Meet*

Swimming

- 3:30 p.m. Pool opens 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 & 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
- 7:30 a.m. Officials / Volunteer Timers Meeting
- 8:00 a.m. Coaches Meeting
- 8:30 a.m. Swimming Preliminaries Begin

**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 5:15 p.m. following the Warm-up Procedure
- 5:30 p.m. Swimming Consolations / Championship Finals

** Time permitting, breaks will be held during finals. They will be after the 50 free and after the 200 free relay.*

2023 FSPA HIGH SCHOOL DEVELOPMENTAL SWIM MEET

GENERAL INFORMATION

- SANCTIONED BY:** Florida High School Activities Association
- SPONSORED BY:** Florida Swims Foundation / Florida Swimming Pool Association • Phone: (941) 952-9293
- HOST TEAM:** TBD
- DATE:** **Friday, September 29, 2023**
- PLACE:** Rosen Aquatic & Fitness Center 8422 International Dr, Orlando, FL 32819 | (407) 996-3444
- POOL SPECS:** One 25 yard / One 8 or 10 lane course depending on entries. Fresh water and heated
Non-turbulent lane lines - Colorado timing system 6000 with touchpads
- 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: **Thursday, September 21, 2023 (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: entries@accurateswimtiming.com

Indicate in the e-mail body that entries are for the “**2023 FSPA Developmental Meet**”

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

SWIMMING PROGRAM:

Friday, September 29

Warm Up: 3:30 p.m. – 4:30 p.m.

Coaches Meeting (Mandatory) 4:30 p.m.

Meet Begins: 5:00 p.m.

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

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 one 8 or 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.

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>			
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.

2023 FSPA HIGH SCHOOL INVITATIONAL SWIMMING & DIVING MEET

GENERAL INFORMATION

- SANCTIONED BY:** Florida High School Activities Association
- SPONSORED BY:** Florida Swims Foundation / Florida Swimming Pool Association • Phone (941) 952-9293
- HOST TEAM:** TBD
- TYPE OF MEET:** Swimming & Diving Championship • Championship and Consolation Finals
Standard High School Order of Events
- DATE:** **Saturday, September 30, 2023**
- PLACE:** Rosen Aquatic & Fitness Center 8422 International Dr, Orlando, FL 32819 | (407) 996-3444
- POOL SPECS:** Two 25 yard / 8 lane courses or one 10 lane course based on attendance.
Fresh water and heated Non-turbulent lane lines - Colorado timing system 6000 with touchpads / Duraflex diving boards.
- 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.

**INVITATIONAL
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: **Thursday, September 21, 2023 (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: entries@accurateswimtiming.com

Indicate in the e-mail body that entries are for the “**2023 FSPA Invitational Meet**”

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

SWIMMING PROGRAM:

Saturday, September 30

Staggered Warm Up: 6:00 a.m. – 8:00 a.m.

Meet begins at 8:30 a.m.

- 6:00 a.m. Pool opens for staggered warm-ups until 8:00 a.m.
- 8:00 a.m. Coaches Meeting (Mandatory)
- 8:30 a.m. Swimming Preliminaries begin
- 4:00 p.m. Pool opens for warm-ups until 5:15 p.m.
- 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 8 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.
- Consolation Final will precede Championship Final in the evening session
- Alternates wishing to compete in the Consolation Final must be in starter’s area and ready to swim when called

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	21-22	100 yard 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’s	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’s	02:09.10	02:24.17	00:25.12	01:04.55	00:58.95	06:08.26	01:10.40	01:14.89

DIVING ENTRIES:

All entrants for the diving competition must be approved by their coach/school. Divers will register themselves in the DIVE LIVE application. Please see the Dive Instructions document for instructions. Each school is limited to four (4) entrants per gender.

Dive Entry Support: Please reach out to Dive Official, Jaq Horner, if you have questions or need additional assistance. Email: orlandodiveacademy@gmail.com Phone: 407-399-4774

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

SCORING: Scoring will be for sixteen (16) places as follows:
Individual Points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Points: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

2023 FSPA High School Invitational Swimming & Diving Meet

Please see the attached document on how to register your divers for the 2023 FSPA Dive Meet.

Important Notes:

- Application used: **DIVE LIVE**
- All divers' fees must be paid first before registering students.
 - To view fees and make payments please visit www.FSPASwimMeet.com
- Divers must be registered by their Coach/School.
 - **Parents cannot sign up a diver*
- Event will be listed as 2023 FSPA Dive

Support:

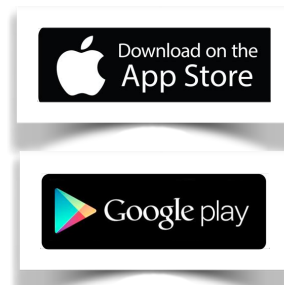
Please reach out to Dive Official, Jaq Horner, if you have questions or need additional assistance.

- Email: orlandodiveacademy@gmail.com
- Phone: 407-399-4774

Thank you!

FSPA Staff





Don't have an account? [Sign Up](#)

Step One - Signing Up with DiveLive

You may sign-up using your phone or a computer. It is a free app.

- To sign-up by phone, go to the Google or Apple App store and download the "Dive Live" app.
- To sign-up on a computer, go to dive-live.com and click in the upper right corner login and go to sign up.
- Follow prompts to register.

For Coaches



1. Once you've completed the sign-up process, sign in using your unique email address and password.
2. To be associated with your team, go to the magnifying glass icon.
3. Click "find a team" If the team is not there request that it be added to the database.
4. The head coach should click on their team name. Click "Join" request to join as "Coach on this Team".
5. This confirmation process will take 24 hours or less; once Dive Live confirms that you are the correct coach for the team, you will have control of the team on the app. As coach of the team you have automatic "Team Administrator" privileges.
6. Coaches will be emailed all the dive sheets from their team, at the end of the event.
7. For urgent acceptance, please call or text someone at Dive Live at +1 978-999-2415.

Team Management

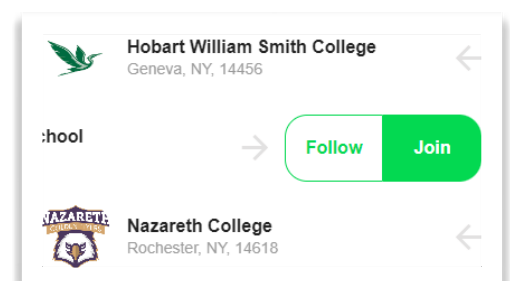


1. Once the coach is affiliated with his or her team, they may accept or reject divers, other coaches and team administrators who want to be associated with the team.
2. At the top of the team page you have "Invitations" showing people requesting to be associated with your team. Click on "Invitations" and accept or reject request.
3. The team icon is the icon with two people. Click here and you'll see divers, coaches, team administrators and followers associated with your team.
4. Once the diver is accepted on your team, they will receive a calendar section with meets your team has been invited to or are eligible to participate in.
5. The "home" icon will bring your divers to a news feed, which is associated with activities of your team.
6. The coach(es) and the team administrator(s) will also be able to create meets and post them to the Internet in a matter of minutes.

Diver Sign Up



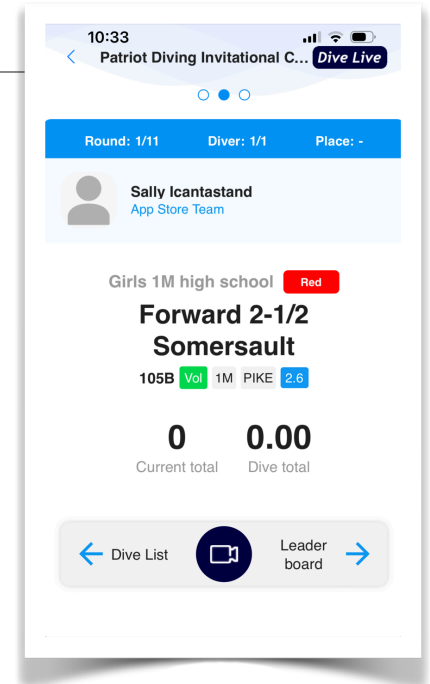
1. Divers will need a unique email address along with the password to sign-up. This email address must be different than a parent's. Divers may be members of multiple teams.
2. Once the sign-up process is complete, you may go to the login process.
3. To be associated with your team, go to the magnifying glass icon. Click "find a team"
4. Click on their team name. Click "Join" request to join as "Diver on this Team".



- The diving coach must accept you as a member of the team before you're able to sign up for meets as a team member.
- You will receive a notice through the app and email that you've been accepted by a coach or team administrator on the team. If not excepted in a reasonable amount of time, please check with the coach to see if they have registered as the coach of the team.
- If you're not a member of a team or club, go to "Find a Team" type in unattached and register unattached.
- The diver's dive sheet will be emailed to diver at the conclusion of the event.

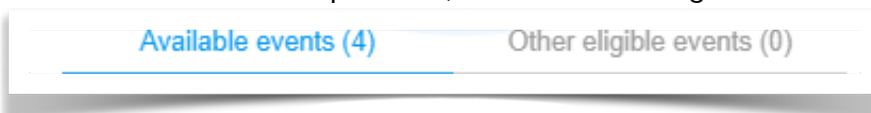
For Parents Wishing to Sign-up a Diver

- Sign up your diver using a unique email address (either theirs or one assigned to you) and a password.
- If a parent wishes to sign up separately to "Follow" a diver or team they must do so for the diver and register themselves for themselves using a unique email and password.
- Add the diver's details such as name, address and other information during the sign-up process.
- To sign up additional divers you will need additional unique email addresses.
- Once you've gone through the sign-up process, you may go to the login process.
- Click on the small magnifying glass icon to find a team. Click on the team name.
- Request for your child to be added to this team.
- The diving coach must accept the coach as a member of the team before you're able to sign up for meets as a team member.
- You will receive a notice through the app and email that you've been accepted by the coach on the team.
- If your child is not a member of a team or club, go to "find a team" type in unattached and register unattached.
- For members of AAU and USA Diving please go to the "Membership" section of the profile page with your club information.
- In the profile page, you can change email address, password, DoB and year of graduation



How to Enter a Meet

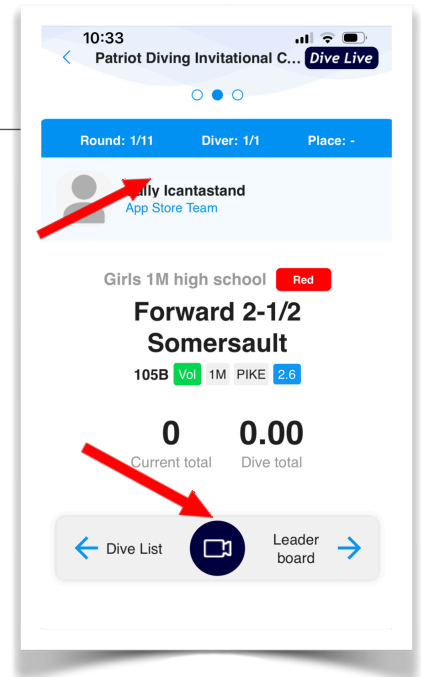
- To enter an AAU or USA diving meet you should go to your profile page (single head and shoulder icon).
- Type in the governing body's assigned membership number and click verify.
- To facilitate verification, confirm that you have entered the name, address, zip code and date of birth as **they appear on your governing body membership**.
- For high school and college meets there is no confirmation of governing body membership.
- Once the diver is in the system, go to the Calendar and click on the meet and event they wish to enter. If you do not see the meet on the Calendar, use the "Find a meet" feature to find the meet you wish to enter.
- At the bottom of the page click on "ENTER/EDIT DIVE SHEETS". **ENTER / EDIT SHEETS**
- Based on age and gender on your profile page, you're eligible events will be displayed. To register for events other than those provided, use the "Other eligible events" tab.



8. Fill out dive sheets for the events you wish to compete in and press “SUBMIT DIVE LIST” **SUBMIT DIVE LIST**
9. If is a paid event, you'll be brought to a payment processing. If it is a non-paid event, you are done.
10. Divers may edit their diving sheets at any time unless the meet administrator does not allow changes.
11. Diver or team mate may add video of their dive sheets using a phone.
12. Divers and everyone with the app may check the dive order their board assignments and watch live results on their phone or at DiveLiveApp.com.
13. The diver's dive sheet will be emailed to diver at the conclusion of the event.

How to Add Video to your Dive Sheet

1. Any coach, diver or team follower on the same team may add video.
2. Meet administrators may add video to all dive sheets in the competition.
3. Once the event starts go to the leaderboard.
4. The middle of the three leaderboard views will have the divers name and dive number that they're performing.
5. Tap the camera button on your phone. Then tap the button to start recording when the diver is ready. Tap to stop recording. Confirm the video should be uploaded by tapping “Use Video”.
6. The video will automatically go to the diving sheet of the current diver on the leaderboard.
7. Only coaches, divers and followers may videotape divers on their team.
8. The video can be replayed from the Dive List or the “home” news feed.



Team Administrator Sign Up

1. Complete sign-up process using the Dive Live app on a phone or at diveliveapp.com with a unique email address and password (must be a different email than your child's if they are signed up).
2. Sign in and go to the magnifying glass icon and find the team.
3. Click on the team and request to “Join” as an “Team Administrator” on this team. If not excepted in a reasonable amount of time, check with the coach to see if they have registered as the coach of the team.
4. The diving coach must accept you as a team administrator.
5. You will receive a notice through the app or email that you've been accepted by the coach of the team.
6. Team administrators will be able to set up and create and run meets for the club and accept members and coaches as part of the team.

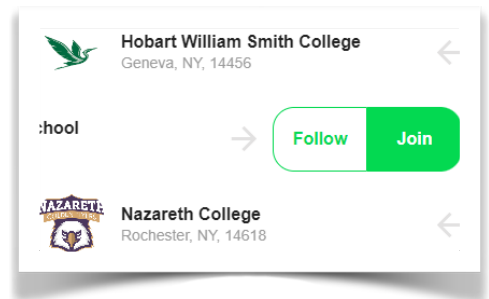
Follow Team or Diver (for friends and family)

1. Complete sign-up process using the app or at diveliveapp.com with a unique email address and password (must be a different email than your child's if they are signed up).
2. Sign in and go to the magnifying glass icon and find the team.
3. Click the team or diver's name. Next select “Follow”. The team or diver's information will show up in your home news feed.
4. Following a team does not require approval from the coach or administrator.

Join a Team or Add a Team



1. Complete sign-up process using the app or at diveliveapp.com with a unique email and password.
2. Once the sign-up process is complete, you may go to the login process.
3. To be associated with your team, go to the magnifying glass icon. Click "find a team"
4. Type in all or part of the team's name. Consider alternate spellings such as "Saint" versus "St."
5. If your team is not in our database, please request that it be added.
6. Divers may be members of multiple teams.
7. Click on their team name. Click "Join".
8. Choose your relationship to the team. Repeat this process if you have multiple roles on the team. Example, you may be a Coach and a Diver. Coach and Team Administrator have the same privileges.
9. The diving coach must accept you as a member of the team before you're able to sign up for meets as a team member. When you've found your team, click on the team name to either Follow or Join the team.
10. The coach(es) and team administrators will receive an email notification that you have requested to join the team. You will receive a notice through the app or email when you've been accepted by the coach.
11. If your coach is not yet registered as the team coach, request the coach to register for Dive Live. Coaches will be verified by the Dive Live team. Next, the coach should request to be named coach of the team.
12. For urgent acceptance, please call or text, Dive Live at +1 978-999-2415.



Create a Meet (High School, NCAA, AAU, USA Diving or FINA)

Create a meet

1. Only coaches and meet administrators can create, and post meets.
2. Coaches and meet administrator should go to the "Calendar" page and click on create meet.
3. Choose one of the governing bodies that you're associated with. Invite individual teams, or open it up to the entire governing body.
4. Next, you may add meet administrators and attach any meet flyer which you've created.
5. Next choose what type of meet and whether you wish to collect fees. You can choose which fees to apply.

Dual

Championship

Club

Mock

6. Choose date(s) of competition then events. You may drag and drop the events to get the order you want or to combine events.
7. Review and post to the Internet.
8. Any questions contact us at notifications@scoresandmore.live or call +1 (978) 999-2415.

