

2007 Polk County High School Swimming & Diving Championships

Sanctioned By: F.H.S.A.A.

Sponsored By: Polk County School Board and Lake Region High School

Location: Rowdy Gaines Pool

Type of Meet: 25 Yard Short Course, Timed Finals, High School

Date of Meet: Friday, September 28th Diving
Saturday, September 29th Swimming

Time: 4:00 P.M., Friday Diving
9:00 A.M., Saturday Swimming

Pool

Specifications: Certified 25 Yard, 10 Lane, Outdoor Pool, Non-Turbulent Lane Lines

Timing

Equipment: Colorado Timing System

Warm-Ups: 3:00-3:50 P.M. Diving
7:30-8:50 A.M. Swimming

Seeding: Short Course-25 Yard Times will be used for seeding

Entry Limit: Swimming: 4 events per Swimmer, with a maximum of 2 Individual events. Each Team, a maximum of 4 swimmers per event and 1 relay team per relay.

Diving: 6 Dives per diver, one required dive, and 5 optional dives from at least four of the 5 groups.

Entry Form: Entries must be received, on the master sheets by Friday September 21st, 2007 by 5:00 P.M. to E-mail SwimresultsbyTRG@aol.com

Scoring: Individual Events: 9,7,6,5,4,3,2,1
Relays: 18,14,12,10,8,6,4,2

Polk county Swim teams will be assessed \$150.00 per Team through Polk county Athletic Department. Private schools please bring your check for \$150.00 on the day of the meet. Make checks Payable to Lake Region High School Swim Team.

Awards: **Sponsored by Polk County Schools Athletic dept.**
Individual Events 1st -3rd –Medals

Trophies 1st Place-Girls Team
2nd Place-Girls Team
1st Place Boys Team
2nd Place Boys Team

Meet Manager: Gene Moore

Head Referee: TBA

Rules: **2006-2007 Official High School, National Federation of state High**
School Assoc., Florida High School Athletic Assoc.

Information: Gene Moore Home 665-4352
gene.moore@polk-fl.net

Order of Events

Event No.	Event Description
1 & 2	200 Yd. Medley Relay
3 & 4	200 Yd. Freestyle
5 & 6	200 Yd. Ind. Medley
7 & 8	50 Yd. Freestyle
9 & 10	Diving 1 Meter Spring Board
11 & 12	100 Yd. Butterfly
13 & 14	100 Yd. Freestyle
15 & 16	500 Yd. Freestyle
17 & 18	200 Yd. Free Relay
19 & 20	100 Yd. Backstroke
21 & 22	100 Yd. Breaststroke
23 & 24	400 Yd. Free Relay