

NWSC West Division Conference Relays

Girls Swimming and Diving Meet

August 25th, 2016

Schedule: Diving held at **Fred Moore Pool**

- **Warm-Up Flight 1:** 3:00pm - 3:45pm: Teams: Andover, Anoka, Blaine, Champlin Park, Coon Rapids, Spring Lake Park
- **Warm-Up Flight 2:** 3:45pm–4:30pm: Teams: Armstrong, Centennial, Elk River, Irondale, Maple Grove, Osseo, Park Center
- **Open Board:** 4:30 – 5:00pm
- Diving Lists due to Scoring Table at the beginning of each warm-up
- Gates Open to Public @ 4:30pm
- Competition Begins @5:00pm

Swimming held at **Northdale Middle School Pool:**

- Athletes have access to locker rooms @3:15pm
- Swimmers Warm-Up @3:30 – 4:50pm
- Coaches Meeting @ 4:15pm
- **Gates Open to Public @ 4:15pm**
- Competition Begins @5:00 pm

Facility:

Northdale Middle School Pool: 25 Yards x 8 Lane competition pool with 12ft water depth start. 8 Xcellerator single post blocks with adjustable track start wedge. Wedges may not be removed during the competition. Movable bulkhead for competition setup creates a 12.5 yard shallow well that can be used as a warm-up/cool down pool. Balcony spectator seating. Electronic timing, and scoring.

Teams: Anoka, Armstrong, Champlin Park, Coon Rapids, Elk River, Osseo, Spring Lake Park* (*Spring Lake Park has been added to our meet but is swimming in the North division this season)

All NWSC Diving at Andover (Fred Moore Pool)

Placing:

- All swimming races will be timed finals
- Diving will hold final rounds
- One relay per school will score for each relay event

Send Entries To: **John Patricelli**
jpatricelli@q.com

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Meet Contact: Doug Donaldson
612.750.8512
donaldsond12@gmail.com

Order of Events: 200 Medley Relay (4 x50 BK, BR, Fly FR)
800 Free Relay (4 x 200 Freestyle) 1 per team
400 IM Relay (4 x 100 Individual Medley)
300 Fly Relay (50, 50, 100, 100 Butterfly)
200 Fr Relay (4 x 50 Freestyle)
300 Bk Relay (50, 50, 100, 100 Backstroke)
300 BR Relay (50, 50, 100, 100 Breaststroke)
400 Fr Relay (4 x 100 Freestyle)

Entries:

- Each athlete may participate in three (3) events
- Each relay must have unique competitors, no competitor may swim the same event twice
- Each school may enter two (2) relays per individual event and only one relay will score. Teams are encouraged but not required to enter seed times. The meet will be seeded by time (could have A and B relays in the final heat).
- Swimming & diving entries are due Tuesday, August 23rd, 2016, by 9pm. Changes are permitted up to one event/diving round prior.
- **Please send entries via email, HY-TEK Entries Only.** The meet entry file is attached to the email.
- Teams may enter three (3) divers in the “A” diving relay. Each diver competes in six (6) dives for a total of 18 team dives. Teams may enter any number of divers for the “B” diving relay, but must only compete in a relay maximum of 18 dives.

Rules: Federation of State High School League rules will be followed.

Officials: A starter and meet referee will be provided for swimming competition. One judge will be provided for diving. Volunteer coaches will be used to increase the diving panel to total 5 or 7 diving judges.

Scoring: Scoring will follow the Minnesota State High School League. Relay scoring will only be to the top 7 (one relay per school). The following scoring will be used:
Relay: 40 34 32 30 28 26 24

Bus Parking:

Buses are asked to drop-off and pick-up athletes & coaches at door number 2 (on the West side of the school). Door number 4 (regular pool entrance) is undergoing construction and will not be accessible to athletes, coaches, or spectators. All spectators must enter through door number 2 (west side of the middle school).

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Non-Bus Parking:

Coaches and athletes not arriving by bus are asked to enter through door number 2. All spectators are asked to enter through door number 2.

Gate Entry: All persons entering through the gate will be charged admission. Athletes not competing who wish to watch the meet, must arrive with their team and remain on the pool deck with their team. Gate is \$4.00 for Seniors/Students, \$6.00 for Parents.

Concessions: Refreshments will be sold during diving and swimming competitions.

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Building Map:

