

Oakland County

Women's Swimming & Diving Championship Meet

Diving Finals – Friday, October 4th, 2013

Swimming Finals – Saturday, October 5th, 2013

Lake Orion High School

495 East Scripps

Lake Orion, MI 48362

To: All Oakland County Girls Swimming and Diving Coaches
From: Darin Abbasse, Meet Manager

Entries: Entry Due Date: Sunday, September 29, 7:00 p.m.
Meet Packet, TM Event File, Psych Sheet and Results found at:
www.lakeorionswimming.com

Procedure: **Swimming and Diving Entries:** All entries are due Sunday, September 29th 7:00 p.m. Email your team manager entry file to Carol Kevnick at kevnick1@chartermi.net. Please use the Team Manager Events File on the website, as it has all of the event time standards entered. Only times from August 14, 2013 to the entry date must be used. Only one relay per school is allowed. **Make sure to include your divers and their 3 meet average.**

Delimited Diving Sheets: Send to kevinck1@chartermi.net Due: Wednesday October 2nd, 2013 7:00 p.m. Please follow the DELIMITED diving entry format and email your file to the email Address above. (Instructions can be found at www.edive.info/) Make sure that the diver's name and the team match what is in Hy-Tek Team Manager too. Be sure to send an 11 dive list with voluntary dives declared per the instructions. Changes can be made 60 minutes before the start of the prelims.

Psych Sheets: Will be posted on www.lakeorionswimming.com on Tuesday, October 1 by 9:00 9:00 a.m. No changes in entries or times will be made after the psych sheets have been posted. **Only scratches will be accepted.**

Scoring: Individual and Relay events will be scored as follows:

- Top 16 Championship scoring format
- Divers must complete eleven dives (championship format). All eleven rounds will be completed on Friday, October 4, 2013.
- Timed Finals format

Rules: 2013-2014 National Federation rules will be in effect. See rules relative to Championship meets (timed finals).

Admissions: \$5.00 for everyone—No passes are accepted.

Schedule: Friday, October 4th, Diving Only
✓ Warm-up 4:00-5:50 p.m.
✓ Meet starts at 6:00 p.m.
✓ Cuts will be as follows
✓ Round 5 – cut to 20
✓ Round 8 – cut to 16

Saturday, October 5th, Swimming Only
✓ Warm-up 10:00-11:50
✓ Meet starts at 12:00 p.m.

The small pool will remain open the entire meet for warm-up and cool down.

Order of Events:

200 Medley Relay
200 Freestyle
200 Individual Medley
50 Freestyle
15 minute break (competitive pool is open for warming up)
100 Butterfly
100 Freestyle
500 Freestyle
200 Freestyle Relay
100 Backstroke
100 Breaststroke
400 Freestyle Relay

****Awards will be given before the final heat of the next event.****

Seating: Spectators are expected to remain in the bleachers. Only coaches, swimmers, team managers and Meet personnel will be allowed on the deck.

Concessions: Will be available in the upper pool lobby.

Hospitality: Will be provided for coaches and officials in the lower lobby outside the pool doors.

Programs: \$3.00 will be sold at the door

Equipment: Bring your own locks and towels. Lockers are available; Lake Orion Community Schools will not be responsible for lost or stolen items.

Meet Manager: Darin Abbasse- Lake Orion Varsity Swimming and Diving Head Coach
Phone: 248-693-5341
Email: dabbasse@lakeorion.k12.mi.us

Women' 2013 Oakland County Cut Off Times

Event	Automatic	Consideration Cut-Off Time
200 MR	All Schools may enter an "A" Relay	
200 Freestyle	2:04.59	2:09.59
200 IM	2:21.59	2:26.99
50 Free	26.29	27.99
Diving	175 pts. (3 meet avg.)	145 pts. (3 meet avg.)
100 Butterfly	1:03.79	1:07.89
100 Freestyle	57.29	59.99
500 Freestyle	5:39.00	5:49.99
200 Freestyle Relay	All Schools may enter an "A" relay	
100 Backstroke	1:05.39	1:08.99
100 Breaststroke	1:15.29	1:19.99

****If there are not 40 people (5 heats of 8) who have made the automatic cut off time for an event, then the next fastest people who have made consideration time are taken until the event is filled.**