

Section III

Instructions for Girls & Boys Swimming & Diving

Meet Site: Fremont Ross H.S. Natatorium
1100 North Street
Fremont, OH 43420

February 8 & 9, 2008

- I. Admissions: Adults \$5.00, Students \$4.00, Heat Sheets \$2.00
- II. Eligibility: All participants must be eligible under the rules of OHSAA.
- III. Classification: There will be one (1) class in the Sectional, District and State Swimming/Diving Meets for boys. There will be two (2) classes (Division I and II) for girls.

IV. Entries

School information forms and eligibility sheets are due to the District meet manager by January 7th, 2008.

ALL entries must be received by the District Meet manager by 4:00pm, Sunday February 3rd, 2008. Disk/e-mail entries on Hy-Tek are required. Follow instruction on the OHSAA web site.

1. All swimmers and divers must be on the eligibility sheet to be entered in the swimming/diving tournament. Eligibility sheets listing all contestants must be mailed or faxed to the District Meet Manager by Jan. 7th, 2008.
2. Entry times must be indicated for the events. No changes in these times can be made after the entry deadline.
3. All Mailing/Emailing/Faxing must be sent to the District Meet Manager, Gary Layne, by the entry deadline. Please check the NW Ohio District Board web-site (www.nwdab.org) for complete details.
4. Send all Entry Forms/Disk Hard Copies and Eligibility Sheets to:
Gary Layne
N.W. District Swimming/Diving Meet
P.O. Box 793
Bowling Green, OH 43402
Email: glayne@bgsu.edu
Fax: (419) 372-8454

- V. Sectional Meets: Specific questions regarding your sections area should be directed to your sectional meet manager.
- VI. Section III Location: Fremont Ross High School/Natatorium, Phil Moran-Sectional Meet Manager, email: moranp@fremont.k12.oh.us ,
Phone Numbers: High School Athletic Office: (419)-332-6462
Moran's Cell Phone: (419) 307-2660
- VII. Facility procedures at Fremont Ross High School
 - a. Bring locks for your lockers. Locker space is limited. Please have swimmers secure their belongings.
 - b. Swimmers are not allowed to walk on the North deck in front of the spectator seating.
 - c. Swimmers should not be in the upper or lower deck stands during the competitions.
 - d. Marshals will be enforcing the rules, so let's avoid any problems.
 - e. Parents are not allowed on the deck at any time, unless they are serving in a meet operation capacity.
 - f. Coaches and Swimmers are asked to avoid congestion area and viewing areas such as the scoreboard.
 - g. Results will be posted in lobby

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h. As per State Health Department and National Federation guidelines, there will be **NO SHAVING DOWN** in any area of the Fremont Ross High School.

VIII. Schedule

Diving - Friday, February 8, 2008

Time Table

4:45 P.M. Diving Sheets are due
5:00 P.M. Coaches Meeting
3:30-5:30 P.M. Warm-Ups Begin
5:45 P.M. Diving Starts
Diving will be girls Round 1 followed by boys Round 1
Any Diving breaks at the discretion of the officials

Swimming – Saturday, February 9, 2008

Time Table

9:00-10:45 A.M. Warm-ups
10:00 AM Coaches Meeting in Room P202 located Upstairs behind the diving b.
11:00 AM Swimming Starts

Please Note: We will simulate the District Championships in that there will be no events starting within 20 minutes of each other. We will estimate start times for each event to ensure that all contestants are getting adequate recovery between events. There will be a 15-minute break after the 100 Butterfly to accommodate the day division in the state meet format.

See estimated timeline below:

Event	Start Time	Event
#1	11:00 AM	200 Medley Relay
#2		
#3	11:20 AM	200 Freestyle
#4		
#5	11:40 AM	200 I.M.
#6		
#7	12:00 Noon	50 Freestyle
#8		
#9/10	Diving	Held Friday PM
#11	12:20 PM	100 Butterfly
#12		
-----15 Minute Break For State Meet Format-----		
#13	12:55 PM	100 Freestyle
#14		
#15	1:15 PM	500 Freestyle
#16		
#17	TBA @ Meet	200 Freestyle Relays
#18		
#19	20min. after start #17	100 Backstroke
#20		
#21	20min. after start #19	100 Breaststroke
#22		
#23	20min. after start #21	400 Freestyle Relays
#24		

Estimated finish time at 3:15pm

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Reminders:

- Warm-up Pool (4-lanes) will be open for warm-up throughout the meet. One-Hand on deck to enter the pool will be enforced and there is NO diving in the shallow lanes.
- Relay Cards will be in your coaching packet which you can get from the coaches office. Please turn these into the timing office personnel or in the coaches meeting.
- Please keep food off the deck; we want to keep our decks clean.
- Please monitor your swimmers and have them clean up their areas at the end of the meet.

Teams Attending:

Boys: Clyde, Fremont Ross, Fremont St. Joe, Huron, Lakota (Kansas), Margaretta, Marion Harding, Norwalk, Oak Harbor, Perkins, Port Clinton, Sandusky, St. Mary's Central Catholic, St. Paul and Willard. (15)

Girls: Fremont Ross, Fremont St. Joe, Huron, Margaretta, Marion Harding, Norwalk, Oak Harbor, Perkins, Port Clinton, Sandusky, St. Mary's Central Catholic, St. Paul and Willard. (13)

Guideline Reminders for Entries to Sectional:

- Scratch Procedures- to replace an individual after the February 3rd, 2008 entry deadline for the Sectional, permission will be granted for medical reasons ONLY- one must have an M.D. excuse in writing. A swimmer may be replaced only; the line up can not be changed.

District Swimming Qualifiers:

- Each Sectional will automatically qualify one (1) Division I and one (1) Division II individual/relay for girls and two (2) for boys, with the remainder of the field of thirty two (32) advancing at-large. Automatics will not bump anyone who qualifies in the top 32.

District Diving Qualifiers:

- Diving will be at-large with the top 32 11-dive scores from the sectional meets advancing to the District Meet from each division.