

Section III

Instructions for Girls & Boys Swimming & Diving

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

February 13 & 14, 2009

- I. Admissions: Adults \$6.00, Students \$4.00, Heat Sheets \$2.00
- II. Eligibility: All participants must be eligible under the rules of OHSAA.
- III. Classification: There will be two (2) classes (Division I and II) for girls and for boys.
- IV. Entries

School information forms and eligibility sheets are due to the District meet manager by January 14th, 2009. Do Not send them to the sectional sites.

ALL entries must be received by the District Meet manager by 4:00pm, Sunday February 8th, 2009. 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. 14th, 2009.
- 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 13, 2009

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 14, 2009

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 break scheduled for this years prelims meet format at State.

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. Make sure you put any alternates on your relay cards. After you submit your card, the only swimmers eligible to compete on any relay must appear on the card. You can not scratch or declare false start a swimmer from an individual event to put them on a third relay as it would be a 5th event entered.
- It is illegal to shave down in this facility. Swimmers will be ejected if they violate this OHSAA rule.
- Only one swimmer (lap counter) may be on the bulkhead during the 500 freestyles.
- Please keep food off the deck; we want to keep our decks clean. Water bottles are the only acceptable drink allowed on the deck or in the stands.
- Banners may be hung from the sound proofing panels located on the East and South Walls of the pool. No banners will be allowed to be hung from the upper deck viewing areas.
- 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 8th, 2009 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 for boys, with the remainder of the field of thirty two (32) advancing at-large.

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.