

Cook Inlet Conference
HIGH SCHOOL SWIMMING AND DIVING
CHAMPIONSHIPS
OCTOBER 27-29, 2011

HOST: Bartlett High School
 Activities Principal: Josh Green

MEET OFFICIALS: Meet Director – Audrey Burke
Swim Referee – Michelle Caldwell
Diving Director- Jessica Kopischke
Dive Referees- Art Saltmarsh & Lainee Adkins
Meet Committee–Mike Doody, Deck Referees & one other non-official personnel to be selected on deck by existing committee members.
 Protest Calls: May be mediated by Peter Crosby, Officials Rules Chair for High School Swimming

ORDER OF EVENTS

THURSDAY: (No admittance until 1:30 PM)

2:00 PM	DIVE COACHES' MEETING
2:00 – 4:20 PM	DIVING WARM UPS
4:00 PM	DIVING OFFICIALS' MEETING
4:30 PM	<u>DIVING PRELIMINARIES</u>
	2 Required + 3 Optional
	Top 16 to SEMI-FINALS

FRIDAY: (No admittance until 12:45 PM)

1:15-2:40 PM	SWIMMING WARM UPS
2:00 PM	DECK OFFICIALS' MEETING
2:30 PM	SWIM COACHES' MEETING
2:50 PM	TEAM CAPTAINS' MEETING
3:00 PM	<u>SWIMMING PRELIMINARIES</u>

Event Sequence

GIRLS

Event Number

3	200	Free Style
5	200	Individual medley
7	50	Freestyle
	BREAK	(10 Minutes)
	WARM-UP	(20 Minutes)

BOYS

Event Number

4
6
8

11	100	Butterfly	12
13	100	Freestyle	14
15	500	Freestyle	16
19	100	Backstroke	20
21	100	Breaststroke	22

SATURDAY: (No admittance at 7:20 AM)

7:30 AM Diving Warm-Ups

8:30 AM Diving Semi-Finals

- 2 Required & 1 Optional
- Top 16 advance to Finals

12:00 PM ALL COACHES' MEETING

12:30-2:10 PM DIVING WARM UPS (Deep End)

1:00-2:50 PM SWIM WARM UPS (Shallow End)

2:20-2:50 PM SWIM WARM UPS (Deep End/End of Diving)

2:15 PM DECK OFFICIALS' MEETING

3:00 PM DIVING & SWIMMING FINALS

Event Sequence

GIRLS		BOYS	
<u>Event Number</u>			<u>Event Number</u>
1	200	Medley RELAY	2
3	200	Freestyle	4
5	200	Individual MEDLEY	6
7	50	Freestyle	8
9	1M	DIVING (3 Dives)	10
11	100	Butterfly	12
13	100	Freestyle	14
15	500	Freestyle	16
17	200	Freestyle RELAY	18
19	100	Backstroke	20
21	100	Breaststroke	22
23	400	Freestyle RELAY	24

GOVERNING RULES: 2011-2012 National Federation of State High School Swimming and Diving Rules will govern this competition.

DIVING FORMAT AND SCHEDULE:

Two Maxi-flex B boards on 1 meter stands are available for the competition. Divers may use either board. The 3 meter board will be open for **LINE-UPS ONLY**.

THURSDAY:

2:00 PM	DIVE COACHES' MEETING
2:00-4:20 PM	DIVING PRACTICE (Boys & Girls)
	Boards will be open for all competitors until 3:30 p.m. Boards will be open for girls only from 3:45p-4:20p. There will be a 30 minute warm-up for the boys prior to start of their competition.
4:30 PM	GIRLS' PRELIMINARIES

Each diver will do the first two (2) required and the first three (3) optional dives listed on the submitted diving score sheet.

SATURDAY:

7:30 AM	Diving Warm-Ups
8:30 AM	Diving Semi-Finals
12:00 PM	ALL COACHES' MEETING
12:30-2:10 PM	DIVING PRACTICE (Boys & Girls)

FOLLOWING 50 FREESTYLE – **GIRLS' DIVING FINALS**

Each Finalist will do the remaining three (3) dives listed on the submitted diving score sheet.

FOLLOWING GIRLS' FINALS – **BOYS' DIVING FINALS** (Same sequence as for the girls.)

Diving Score Sheets are due to Jessica Kopischke between 5 and 6 pm on Monday Oct. 24th at the Bartlett Pool.

If you have diving questions, please call Jessica Kopischke at 726-6902 (home) or 317-8937 (cell) or email at Jessica Kopischke at coach_jess21@hotmail.com .

Team Entry Information

OFFICIAL ENTRIES:

1. Each **team** will be permitted a maximum of 4 entries in an individual event and one team in a relay event.
2. Each **individual** shall be permitted to enter in a maximum of 4 events, no more than 2 of which shall be individual events. Being designated as a member of a relay team does not count as an entry unless the competitor actually competes in the event.
3. **ONLY LEGIBLE OFFICIAL ENTRY FORMS** or Hytek Entries will be accepted. Enter both swimmers and divers on official entry forms, by alpha and gender.
4. **MUST** include a roster of all competing athletes, managers and coaches and a roster with noncompeting athletes (for admittance to the upper deck only).

THIS ENTRY FORM MUST INCLUDE:

- a. Competitor's LAST and FIRST NAME
 - b. Best time (expressed in hundredths of a second) or highest diving score attained THIS SEASON. **Times are required for relay entries.**
 - c. Relay Teams, including alternates (Total: 8 max.) shall be identified on the entry forms, in addition to a team-best time.
5. Diving score sheets must be accurate and **legible**. Only minor corrections will be allowed following submission deadline – these corrections may be made up to one hour prior to the start of the diving competition. Dive sheets need to be submitted on pink (girls) and blue(boys) paper.
 6. All dive sheets must be turned in to Jessica Kopischke, at the Bartlett Pool, between 5 and 6:00pm Monday, October 24, 2011. All divers submitted as individual entries along with swimmers on the appropriate forms or in the Hytek entry file.

ENTRY DEADLINE:

ALL SWIM ENTRIES AND ATHLETE ROSTERS **MUST** BE RECEIVED BY MEET MANAGEMENT VIA EMAIL (ABURKEAPA@YAHOO.COM) OR HAND-DELIVERED TO THE BARTLETT POOL BETWEEN 5:00 AND 6:00 P.M., MONDAY, OCT. 24, 2011. LATE ENTRIES WILL NOT BE ACCEPTED!

ENTRY PACKETS SHALL INCLUDE:

1. OFFICIAL INDIVIDUAL SWIM/DIVE ENTRY FORMS
2. OFFICIAL RELAY FORMS
- OR -
3. Complete Hytek entry file provided via email (aburkeapa@yahoo.com) or delivered via electronic media to Bartlett by 6:00 p.m. 10/24/2011.
4. DIVER'S SCORE SHEETS
5. TEAM MEMBER ROSTER alphabetized by last name, for deck passes. Please indicate coaches, managers, captains on this roster.
6. List of NON-COMPETITORS alphabetized by last name for Upper Deck Admission Tickets
7. List of SENIORS.

SCRATCHES: All contestants, once entered, shall compete in all heats and rounds of competition for which they qualify. For failing to compete, unless accepted by the referee, the competitor shall be disqualified from further competition except in subsequent rounds for which he/she has previously qualified.

RELAYS: The 200 Medley Relay swimmers shall be declared to the Referee thirty (30) minutes before the start of the final competition. The 200 Freestyle Relay shall be declared prior to the start of the 100 Butterfly events. The 400 Freestyle Relay shall be declared before the conclusion of the 500 Freestyle events. Only changes need to be made in writing BOTH FIRST AND LAST names of swimmers on the FRONT of the entry card. This is only if you designated 8 extra relay names with your entries, if you only submit 4 names, no changes allowed. Cards will not be provided, please provide your own for changes, otherwise changes may be verified on lane timers sheets. This is the relay swimmers' responsibility, please ensure that your swimmers know their order and are ready to confirm with the timers.

FINALS: Swimmers shall qualify for the Finals on the basis of OFFICIAL TIME made during the preliminary heats. The **EIGHT (8)** FASTEST swimmers in each event shall qualify for the FINALS. The NEXT **EIGHT (8)** shall qualify for the CONSOLATION Finals.

SCORING: TEAM scoring will be to **SIXTEEN (16)** places for both girls and boys individual events and eight (8) places for relay events. 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 points will be awarded for individual events. Relays will score 40, 34, 32, 30, 28, 26, 24, 22 points. Individual MEDALS will be awarded through fourth (4th) place. Awards on Saturday will be made immediately after completion of the NEXT event. Please have swimmers prepared to participate in award ceremonies. First and Second place TEAM TROPHIES will be awarded to boys and girls. An Academic Award (plaque) will be awarded to boys and girls.

Miscellaneous Information

ADMISSION: *Cook Inlet Conference will be charging admission to the viewing area.*

ADULTS \$5.00 per session or \$8.00 for a Two-Session Pass

STUDENTS \$4.00 per session or \$5.00 for a Two-Session Pass

CONCESSIONS: A Concessions Stand will be sponsored by Knik Swim Club and will be operational throughout the competition.

****GLASS CONTAINERS ARE PROHIBITED AT ALL TIMES!!****

SWIMMERS, DIVERS, MANAGERS, COMPETITORS... **NO COOLERS WILL BE ALLOWED ON THE DECK WITH FOOD/DRINK.** MAKE ARRANGEMENTS TO STORE REFRESHMENTS OFF THE DECK AREA. EACH TEAM SHALL BE RESPONSIBLE, DAILY, FOR CLEANING UP ITS TEAM AREA.

LOCKER ROOMS: Locker rooms will be available throughout the competition. However, all users will be responsible for the security of their belongings. **No shaving in lockers rooms.** Please remind all participants no streets shoes on deck, and are not be left in hallway areas.

HOSPITALITY ROOM: A Hospitality Room for VIP's, coaches and officials will be available throughout the competition at the north end of the pool on the deck level.

CONDUCT: All team personnel are expected to maintain decorum throughout the event according, but not limited, to NFHS 2011-2012 rule book.

DECK AREAS: Swimmers will not be allowed on the bulkhead during the meet unless "counting laps" for the 500 Freestyle event. **NO SWIMMERS ALLOWED ON EAST WALL OF DIVING TANK/DEEP END, EXCEPT TO GO TO AND FROM BLOCKS.**

DECK-LEVEL ELECTRICAL OUTLETS: Shall be OFF-LIMITS during the course of the event.

WARM UP AREA: The shallow end of the pool will be available for warm ups and warm downs during the meet on Friday and Saturday. Do not use the bulkhead area for entry or exit. Three-point entries only – no diving unless practicing coach-directed starts.

COACHES' MEETINGS:

All meetings with the exception of Diving will be held in the Bartlett High School Lounge or other designated room outside of the pool.

Thursday	October 27 th	2:00 PM	Dive Coaches' Meeting
Friday	October 28 th	2:30 PM	Swim Coaches' Meeting
Saturday	October 29 th	12:00 PM	All Coaches

LANE ASSIGNMENTS FOR WARM UPS:

Lane 1	West
Lane 2	Service
Lane 3	South
Lane 4	Bartlett
Lane 5	Dimond
Lane 6	Eagle River
Lane 7	Chugiak
Lane 8	East

On Friday, swimmers may use their assigned lanes at both ends of the pool for warm ups. Please have swimmers stay clear of the pool deck until warm ups begins. Refer to "Warm Up" TIMES on page 1.

GENERAL INFORMATION:

- **ACCESS TO THE DECK** will be by **DECK PASS ONLY!** Make sure we have full rosters with entries.
- **Competitors, managers, coaches, VIP's and Meet Officials ONLY** will be allowed on the deck, during any part of the event, beginning with the start of the Practice Times. "Deck Passes" will be provided for these individuals and will be required for entry.
- **ADMISSION PASSES** will admit non-competing team members to the bleacher area (Balcony) BUT **NOT ONTO THE DECK.**
- **PLEASE PREPARE YOUR ATHLETES FOR THE FACT THAT EACH PARTICIPANT MUST HAVE THEIR PASS FOR ADMISSION.** We are convinced that, with your support this restriction will result in a good experience for all competitors.
- NO photography will be allowed behind the blocks. No exceptions.
- **SPECTATORS/ TEAM BOOSTERS:** Spirit paraphernalia (signs, balloons, etc) for the Cook Inlet Conference meet will not be allowed until warm-ups start on first day of meet. Please notify all teams, captains, team boosters and/or parent committees that all signs, banners, balloons etc... **MUST** be removed after the Cook Inlet Conference meet. Any spirit paraphernalia will be disposed of immediately

following the Conference meet. Sign hanging for the following weekend's STATE meet **will not** be allowed until the 1st day of warm ups for State.

THE FOLLOWING WILL BE TURNED IN no later than **MONDAY, OCTOBER 24th, 2011** to Audrey Burke or Jessica Kopischke between 5 and 6:00 PM at Bartlett Pool. **Swim entries may be emailed but also must be received by 6pm.**

1. **OFFICIAL INDIVIDUAL SWIM/DIVE HYTEK ENTRY**
– OR-
2. **OFFICAL ENTRY FORMS**
-AND-
3. **DIVER'S SCORE SHEETS**
4. **TEAM MEMBERS ROSTER** (for Deck Passes)
Alpha W/List of Coaches, managers and captains
5. **List of NON-COMPETING TEAM MEMBERS** (for Admission Tickets)
6. **List of SENIORS.**

The Meet Director will send out a copy of entries to all teams for review by coaches. Changes/corrections will only be made to errors made by meet management. A psych sheet will be distributed. Once the Psych Sheet is published, there will be NO changes permitted, except to scratch an athlete.

Coaches, check your athletes grades for eligibility.

"State" Qualifying Times. The Conference Champion in each individual swimming event will advance to the State Championships in that event. Only the times of the remaining competitors in the Finals heat of individual swimming events will be considered for advancement to the State Championships. No competitor swimming in the Consolation or "B" final will be considered for advancement to the State Championships. Only 16 swimmers will advance in each individual event, unless two or more swimmers have identical times for 16th place, in which case those swimmers will advance.

"SHAVING" BY ANY MEANS (ELECTRIC OR BLADE) BY MEET ENTRANTS IS PROHIBITED AT THE BARTLETT POOL SITE. VIOLATION SHALL RESULT IN DISQUALIFICATION FROM THE COOK INLET CONFERENCE MEET (which would also mean forfeiture of the right to go to "State").