

# 2010 Central Lakes Conference Boys Swimming & Diving Championships

## Meet Information:

The CLC Championship Swimming & Diving meet will be held at St. Cloud Tech High School. Diving prelims will be held on Thursday, February 11<sup>th</sup>. Swimming & Diving finals will be held on Saturday, February 13<sup>th</sup>.

## Rules:

The current National Federation Swimming and Diving Rules shall govern the meet. The officials for the meet will be: Bob Johnson (Thursday and Saturday) and Doug Magnus (Saturday).

## Entries:

**All entries must be submitted by Monday, February 8, 2010 by 12noon.** No late entries will be accepted. Entry limitation is as stated in the rules. Each school may enter two relays per relay event. "B" relays may place before "A" relays. An additional "C" relay (non-scoring) may be entered. See conference rules on relay entries, i.e. alternate placements.

Diving shall consist of 11 dives (follow the rule book). Scratches will be handled at the coaches meeting. No substitutes.

We will use a panel of seven diving judges to judge all of the divers. Each school will provide one diving judge. The meet referee will serve in the capacity of diving referee.

Send Hytek entries per the following steps:

Once you have exported your files, please follow the steps listed below. This must be completed on an IBM.

1. Go to [www.isd742.org/ftp](http://www.isd742.org/ftp)
2. Click on Tech listed on the left side of page
3. Double click on the folder
4. Copy your exported files to this folder
5. E-mail [jean.sonsteby@isd742.org](mailto:jean.sonsteby@isd742.org) to confirm that you have placed your files here.

We will fax your entries to you on Wednesday, February 10, for you to check for errors. If you wish to have the fax sent to a specific number, please include that with your entries.

## Scoring:

Individual: 20-17-16-15-14-13-12-11- 9- 7- 6- 5- 4- 3- 2- 1

Relays: 40- 34- 32- 30- 28- 26- 24- 22-18-14-12-10- 8- 6- 4- 2

## CLC Awards:

Awards will be presented in accordance with the CLC policy. Teams will vote for the CLC sportsmanship award during the meet. Votes should be submitted to the scorer's table prior to the 400 Free Relay.

**Pool Regulations:**

1. No food or beverages on pool deck.
2. No oil or rub-down solutions allowed.
3. Please bring your own locks and towels.
4. No on-site shaving is allowed.

**Tickets:**

Ticket prices are \$7.00 for adults and \$5.00 for students - as set by the Conference.

**Time Schedule: Thursday, February 11, 2010 - Diving Prelims**

- 3:30 PM** Pool and locker rooms open - space and open lockers are limited
- 4:00 PM** Diving warm-ups begin - 2 boards available. Early diving sheets will be accepted.  
Flight #1 - 4:00pm-4:45pm Rocori, Apollo, Tech, Sartell, Sauk-Rapids  
Flight #2 - 4:45pm-5:30pm Alexandria, Brainerd, Fergus Falls, Willmar  
Open Board from 5:30pm-5:50pm
- 5:00 PM** All diving sheets are due to the referee.
- 5:30 PM** Coaches meeting.
- 6:00 PM** Diving preliminaries begin. Divers do 5 prelim and cut for 3 semi-final dives. The top 16 finalists will be determined and advance to the finals after 8 dives.
- 8:00 PM** After the conclusion of diving, there will be a brief diving coaches meeting to ensure adequate board space and time during warm-up for finals.

**Time Schedule: Saturday, February 13, 2010 - Swimming and Diving Finals**

- 8:00 AM** Locker rooms open
- 8:15 AM** Pool open for diving warm-ups:  
8:30am-9:15am Rocori, Apollo, Tech, Sartell, Sauk-Rapids  
9:15am-10:00am Alexandria, Brainerd, Fergus Falls, Willmar  
Open Board from 10:00am-10:30am
- 10:00 - 10:40 AM** Swimming warm-ups for three teams in 4 lanes
- 10:40 - 11:55 AM** Swimming warm-ups (no diving allowed)
- 10:40 - 11:20 AM** Remaining teams warm-up in all 8 lanes
- 11:20 - 11:55 AM** Open warm-ups. One way sprints and relay exchanges.
- 11:30 AM** Coaches meeting in health room.
- 12:00 Noon** **Swimming & Diving Finals begin**
- Approx. 3:00 PM** Coaches pick-up results and placement certificates at conclusion of meet.

**Locker Room Assignments:**

Lockers are limited, so please be prepared to bring belongings on the deck with you.

Boys Locker room - Alexandria, Brainerd, Sauk Rapids & Tech

Girls Locker room - Rocori, Sartell, Willmar, Fergus Falls & Apollo