

# 2012 Central Lakes Conference Boys' Swimming and Diving Championships

**To:** Central Lakes Conference Swimming and Diving Coaches  
**From:** John Ross, CLC Meet Manager, Sartell High School  
**RE:** CLC Boys' Swimming and Diving Championships

## Meet Information:

The CLC Championship Swimming meet will be held at Sartell High on Thursday, **February 9<sup>th</sup>** (Diving prelims) and Saturday afternoon, **February 11<sup>th</sup>** (Finals)

## Rules:

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

## Entries:

All entries must be submitted by **Monday, February 6<sup>th</sup>**. Please send your HyTek entries via email to [moe@sartell.k12.mn.us](mailto:moe@sartell.k12.mn.us) by 3:00 PM. No late entries will be accepted. Entry limitations are 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 on Thursday night. No substitutes.

We will use a panel of seven diving judges. Each school will have the opportunity to provide one diving judge. Judges will be procured at the meet. Judges will score their own divers. The two meet officials will serve in the capacity of diving referee and alternate judge.

## 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 glass beverage bottles on the pool deck.
2. No oil or rub-down solutions allowed.
3. Please bring your own locks and towels. (However, we suggest taking belongings on the deck)
4. No on-site shaving is allowed.

## Tickets/T-Shirts:

Ticket prices are \$7.00 adults and \$5.00 as set by the conference. T-Shirts of various styles and price ranges will be available on site

### **Time Schedule: Thursday, February 9<sup>th</sup> (Diving Prelims)**

- 3:30 PM Pool and boys locker rooms open – space and open lockers are limited
- 4:00 PM Diving warm-ups begin: Any early diving sheets will be accepted.  
Flight #1, 4:00 - 4:45 (Rocori, STC Apollo, STC Tech, Sartell, Sauk Rapids)  
Flight #2, 4:45 - 5:30 (Alexandria, Brainerd, Fergus Falls, Willmar)  
Open board from 5:30 - 5:50
- 5:00 PM All diving sheets are due to the referee
- 5:30 PM Diving 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.
- 9:00 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 11<sup>th</sup> (Swimming and Diving Finals)**

- 8:00 AM Locker rooms open
- 8:15 AM Pool open for diving warm-ups:  
Rocori, STC Apollo, STC Tech, Sartell, Sauk Rapids from 8:30 - 9:15  
Alexandria, Brainerd, Fergus Falls and Willmar from 9:15 - 10:00  
Open boards from 10:00 - 10:30
- 10:30-12:00 Swimming warm-ups – no diving allowed
- 10:00 AM Swimming warm-ups in lanes 1, 4, 5, 8 (for those swimmers who need more time)
- 10:30 AM Swimming warm-ups in all 8 lanes till 11:20
- 11:20 AM One way sprints in lanes 1, 2, 8; relay exchanges in lanes 3, 4, 5, 6;  
Continuous swimming in lane 7 (Lanes and times can change according to needs)
- 10:30 AM** Coaches meeting in teachers' lounge
- 12:00 PM** **Swimming and diving finals**
- 3:00 PM or at the conclusion of the meet, pick up results and placement certificates

### **Locker Room Assignments:**

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

Girls locker room – Apollo, Fergus Falls, Tech, Sauk Rapids and Willmar

Boys locker room – Alexandria, Brainerd, Rocori and Sartell

### **Send Hytek entries to:**

Paul Moe

[moe@sartell.k12.mn.us](mailto:moe@sartell.k12.mn.us)

### **Check List of Things to Return**

1. Master Entry Form w/ divers
2. Diving Sheets, optional