

# Oakland County Swimming and Diving Championships

Feb. 5<sup>th</sup> & 6<sup>th</sup>, 2015

Lake Orion HS Natatorium



## Entries

**Entry Due Date: Sunday, January 31<sup>st</sup>, 7:00 p.m.**

Meet Packet, TM Event File, Psych Sheet, and Results found at:

<http://www.lakeorionboysswimanddive.com/>

**Swimming Entries:** All entries are due **January 31<sup>st</sup>, 7:00 p.m.** Email your team manager entry file to [john.h.jess@gmail.com](mailto:john.h.jess@gmail.com). Please use the Team Manager Events file on the website, as it has all of the event time standards entered. Only times from December 5<sup>th</sup>, 2015 to the entry date may be used. Only one relay per school may be entered. Make sure to include divers in entries.

**Email Diving Entries to:** [gregoryspalmer@gmail.com](mailto:gregoryspalmer@gmail.com) **Due: Wed. Feb. 3<sup>rd</sup>, 5pm.**

Please follow the DELIMITED diving entry format and e-mail your file to the e-mail address above. (Instructions posted on Lake Orion swim/dive website) **Make sure that the divers name and the team name match what is in Hy-Tek Team Manager!** Please make sure you are sending an 11 dive list with voluntary dives declared per the instructions. Changes can be made till 30 minutes before the start of prelims.

**Psych Sheets** will be posted on <http://www.lakeorionboysswimanddive.com/> on

Wednesday, February 3<sup>rd</sup>. No changes in entries or times will be made after the psych sheets have been posted. Only scratches will be accepted.

**Scratches:** Please inform us by e-mail if you are scratching anyone so that an accurate heat sheet can be produced. Please send by **Friday Feb. 5<sup>th</sup> by 5pm.** This will allow us to bring in alternates who have made the consideration times.

**Scoring:** Top-16 Championship scoring, "A" relay entries will score double points. Divers must complete 11 dives (championship format) for final placing in the conference meet. All 11 rounds will be complete on Friday with cuts.

**Timers:** In addition to using the Colorado Timing System, we need volunteers to provide 2 timers per lane during the meet. If you have parents interested in timing please let us know.

**Parking:** Please park in the upper and lower lot near the Natatorium. All spectators please enter through the upper entrance of the Natatorium.

**Awards:** Top 6 – individuals, top 3 – relays, awarded after the conclusion of the following event.

**Hospitality:** Will be provided for coaches, officials, and timers in the room near the pool deck entrance.

**Equipment:** Bring your own locks and towels. Lockers will be provided; Lake Orion Schools will not be responsible for lost or stolen articles.

**Meet Manager: John Jess** [john.h.jess@gmail.com](mailto:john.h.jess@gmail.com)

## Start Times:

Friday – Diving: 6 pm

Saturday – Swimming: 12 pm

Admissions: \$5.00

Programs: \$3.00

Purchased at the door.

Seating: Spectators are expected to remain in the seating area.

Only coaches, swimmers, team managers, and meet personnel will be allowed on the deck.

Concessions: Will be available in the pool lobby.

## EVENTS

200 Medley Relay

200 Free

200 IM

50 Free

**15 min warm-up**

100 Fly

100 Free

500 Free

200 Free Relay

100 Back

100 Breast

400 Free Relay

## MEN'S OAKLAND COUNTY CUT-OFF TIMES 2015-16

<u>EVENT</u>	<u>AUTOMATIC CUT-OFF</u>	<u>CONSIDERATION CUT-OFF*</u>
200 Medley Relay	All schools may bring an A relay	
200 Freestyle	1:54.10	1:59.99
200 Individual Medley	2:08.45	2:13.99
50 Freestyle	23.35	24.50
Diving	170.00	150.00
3 meet average		
100 Butterfly	56.99	59.99
100 Freestyle	51.25	53.99
500 Freestyle	5:13.99	5:25.99
200 Freestyle Relay	All schools may bring an A relay	
100 Backstroke	58.10	1:02.99
100 Breaststroke	1:04.99	1:08.99
400 Freestyle Relay	All schools may bring an A relay	
*If there are not 40 entries (5 heats of 8) who have made the A time standard the event will be filled with the next fastest B time standard entries		