

Wichita Heights Invitational Swimming and Diving Meet January 21/22, 2022

Time Schedule: Diving: Friday Jan. 21st at Heights High School.
Warm ups 4-5:30 pm, two boards.
Competition: 11 Dive meet starting at 5:30pm

Swimming: Saturday Jan. 22nd at Heights HS
Doors open at 8:30 am
Coaches meeting: 9:00 am
Warm Ups: 9:15 – 10:45am
Timed Finals: 11am

Location and Pool: 5301 N. Hillside (enter at south end of building in Athletics Entrance).

TIMED FINALS: **WE WILL BE RUNNING 6 LANES FOR TIMED FINALS.**

Events: The meet will be conducted according to the official 2021/22 Swimming and Diving Rules of the National Federation. Entries per individual shall be according to rule 3-2-1. **Each team shall be permitted a maximum of 3 entries (see time restrictions) in an individual event and 2 teams per relay event.** Scratch meeting at 9:45 am Saturday morning.

Time Restrictions: There are time restrictions on the following races:

200 Freestyle: 2:20

200 IM: 2:28

500 Freestyle: 6:10

Diving: Divers will be entering 11 dives per rule 9-4 of the swimming and diving rule book. After the preliminary round the number of qualifiers shall be 16. Diving sheets are due at 5:00 pm the evening of competition. Championship format, cut to

Entry Sheets: Entries are due via email (meet manager) by Wednesday January 19th @ 7 PM. Scratches and substitutions will be permitted as long as they are listed as alternates. Please list swimmers by first and last names. Swimmers and relay teams with no times will be entered as the slowest swimmer in that event.

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Warm Up: We will run four 20 minute warm up sessions followed by a 10 minute sprint time. **Warm up schedule will be sent as soon as entries have been seeded.**

- Facilities: Coaches and spectators please note. Please DO NOT tape school banners, posters, signs, etc on pool walls due to possible damage to painted walls from tape/adhesives. NO EXTERNAL SPEAKERS IN THE CRASH ROOM AREA, EARBUDS ONLY.
- Dressing Rooms: Changing facilities will be available. Do not leave valuables unattended.
- Awards: Medals to the 6 places in each individual event and to the top 3 relays. Team scores will be kept with 16 places being scored according to rule 7-1-3. (Note: Only one relay, 'A'Relay, from the same school can score or medal for a particular event.)
- Entry Fee: \$80 per team payable to Wichita Heights High School
- Admission: Adults \$6.00
Students \$4.00
- Invited Schools: **Andover, Bishop Carroll, El Dorado, Garden City, Great Bend, Hutchinson, Maize, Maize South, McPherson, Newton, Olathe South, Rose Hill, Valley Center, Wichita Collegiate, Wichita Independent, Wichita Trinity Academy, Wichita-East, Wichita-Kapaun Mt. Carmel, Wichita-North, Wichita-South, Wichita-Southeast, Winfield**
- Concession: Concessions will be available provided by the Wichita Heights Booster Club.
- Hospitality: Food and drinks will be provided to coaches, meet management. Room E108A.
- Crash Area: The 'crash area' is our new multi-purpose room (FEMA shelter). It is connected to the pool via locker rooms WHICH WILL BE DESIGNATED AS MALE ONLY LOCKER ROOMS FOR THE DURATION OF THE MEET! Other access to the crash area will be in the main hallway.
PLEASE NOTE: DUE TO A LARGE NUMBER OF TEAMS AND PARTICIPANTS THE CRASH AREA IS LOUD ENOUGH AS IS...THUS, PLEASE NO EXTERNAL SPEAKERS, EARBUDS ONLY!!!

Please assist us in policing your team area at the conclusion of the meet.

For questions, call Mike Church, Athletic Director
Work: 973-1430
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Dale Heckman, Swim Coach
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