

Wichita Heights Girls Invitational
Friday April 1st, 2022
No Foolin'

Time Schedule: 2pm – Diving Warm ups (6 dive meet- Inward Required)
3pm – Diving Competition
4:30 – Swimming Warm ups
- Schedule for warm ups will follow
6pm – Swimming Competition

Location and Pool: Wichita Heights HS.
5301N. Hillside
The pool is a 6 lane, 25-yard pool. Please enter times as 25-yard times.

Events: Two entries per team on all Relays. Three entries per team for individual races.

Exceptions and Time Restrictions:

200 Free 2:45 or better

200 IM 3:00 or better

500 Free 7:00 or better

Diving: 6 Dive Meet. Required Dive (Inward Group). **Dive sheets are due at 2:30.**
3 entries per team, no exhibition divers.

Entry Sheets: The meet will be run on Meet Manager software. Please send MM entries via e-mail to dheckman@usd259.net or mkelly@usd259.net . Please have these in by **Noon Wednesday March 30th**, scratches and substitutions will be permitted as long as they are listed as alternates. Please list swimmers by first and last names and by grade. Swimmers and relay teams with no times will be entered as the slowest swimmer in that event.

Dressing Rooms: Changing facilities will be available. Please remind your swimmers to bring their own towels and combination lock to secure their valuables. Crash area will be in the Multi-purpose room located north of the pool, access via locker rooms or hallway.

Team Signs: **Please do not hang team signs/banners on pool walls, crash Area walls, etc as tape may remove paint from wall.**

Crash Area: Please do not have external loud speakers in the crash area. We will using the FEMA Wrestling Room and hallways for team 'crash areas'

Entry Fee: \$130 per team payable to Wichita Heights High School

Admission: \$6 Adults, \$4 students and children under 18

Invited Schools: Blue Valley Southwest, Circle, Collegiate, Derby, Dodge City, Garden City, Independent School, KMC, Maize, Maize South, Newton, Rose Hill, Trinity Academy, Wichita Heights, Wichita North, Wichita Northwest, Wichita South, Winfield

Warm-ups: Warm up assignments will be sent out after entries are received.

Approximate warm up schedule:

Session 1: 4:30 – 4:50

Session 2: 4:50 – 5:10

Session 3: 5:10 – 5:30

Session 4: 5:30 – 5:50

For questions, call or e-mail Matt Kelly or Dale Heckman
Dale Heckman, Head Coach : dheckman@usd259.net
Matt Kelly, Interim AD: mkelly@usd259.net

Work: (316)973-1557 (pool) - Dale

Cell: (316)619-0376 - Dale

Work: (316) 973-1430 – Matt