

Waves Info: Entries due by 11-21-11 ** \$14 entry fee. The coaches will choose the events to best help our team score points, but please put swimmers preferences on the entry. A required meet for the 7th & 8th grade team. Big fun meet for all the middle school swimmers in our area. All Waves parents are need to help run the meet, with the 7th & 8th graders leading the way.

**The 2011 North Ohio 7th & 8th Grade Invitational Swim Meet
December 10, 2011 Sponsored by Lakewood City Schools**

LOCATION: Lakewood High School Pool, 14100 Franklin Blvd., Lakewood, Ohio 44107

POOL: 8 lanes, 25 yard indoor pool, locker rooms, grandstand seating, Colorado timing system and scoreboard. Concessions will be available. There is some parking behind the school near the pool entrance Additional parking located on Franklin Blvd. across from Lakewood High School.

CONDUCT: The meet will be conducted according to the rules set forth in the OHSAA Rules and Regulations. **The meet is open to all 7&8 Grade middle school teams, USA Swimming clubs, and YMCA teams.** All swimmers must be in 7th or 8th grade. Any swimmer who turns 15 on or before 12-11-2010 is ineligible. Events will be contested in a 25-yard course. All events are timed finals. Any changes in relays should be made prior to the start of the meet. All events will be seeded together but awards will be given 1st through 8th place for both 7th and 8th grade swimmers, except the relays.

WARM-UP SCHEDULE There will be 3 warm ups sessions, **First - 8 to 8:30AM, Second – 8:30 to 9AM, and Third – 9 to 9:30AM.** Each team will be assigned a lane (s) and a session for warm-ups. The intent is to provide a reasonable warm-up and to minimize overcrowded lanes. The diving well will be available to swimmers for general warm-ups during the meet only under their coaches' direct supervision. The warm-up schedule and assignment will be emailed to all teams three days prior to the meet.

STARTING TIME: The meet will start at 9:35.

ENTRY TIMES: There are no qualifying times. Swimmers must have a time for all events entered (except relays) even if the time is a coach's reasonable estimate.

SEEDING & CHECK IN: All events will be pre-seeded, except for the 500 freestyle. All Swimmers in the 500 must check in prior to the start of the meet.

AWARDS: There will be trophies awarded to the high point team and runner-up team for both girls and boys. **Individual Events:** Medals for 1st, 2nd and 3rd Ribbons for 4th thru 8th for both 7th and 8th grade.

Relay Events: Medals for first, second and third. Awards will be given to heat winners

SCORING:

Place	1	2	3	4	5	6	7	8
Individual Event Points	9	7	6	5	4	3	2	1
Relay Event Points	18	14	12	10	8	6	4	2

ADMISSION COST: Admission will be \$3 per person: Heat Sheets will be \$3.

The spectator seating has a capacity of 450, for safety, if the area gets overcrowded the Lakewood high school staff may restrict access to the seating area. To avoid this, Swimmers will not be allowed in to the stands. We ask that all swimmers meet parents, etc in the hallways outside the pool. Coaches please inform your swimmers and parents.

Swimmers are not allowed in the stands, parents are not allowed on the pool deck, but everyone is allowed in the hallways. Thanks for your understanding of this safety concern.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

Thank you to the Lakewood city schools and Lakewood Recreation, Thank you to the officials and all the parents volunteers for helping put this meet together for the 7th & 8th grade swimmers.

DIRECTIONS:

Lakewood High School is on the corner of Franklin and Bunts (w.140th) in Lakewood.

From I-90 go North from the Bunts/W140th exit to Franklin. Parking available around the school and across the street

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SCHEDULE OF EVENTS Saturday December 10, 2011

The meet will start at 9:35 AM.

Girls Event Number #	Event	Boys Event Number #
1	200 Medley Relay	2
3	200 Freestyle	4
5	100 Individual Medley	6
7	50 Freestyle	8
9	50 Butterfly	10
11	100 Freestyle	12
13	500 Freestyle	14
15	200 Freestyle Relay	16
17	50 Back	18
19	50 Breast	20
21	400 Freestyle relay	22