

Section III
Instructions for Girls & Boys Swimming & Diving

Meet Site:
Hawk-Bucci Natatorium
Fremont Ross High School
1100 North Street
Fremont, OH 43420

MEET SPECIFIC INFORMATION FOR FREMONT SECTIONAL

Teams Competing in the Fremont Sectional:

Boys: Calvert, Clay, Columbian, Findlay, Fremont Ross, Huron, Margaretta, Maumee, Maumee Valley CD, Norwalk, Oak Harbor Perkins, Port Clinton, Sandusky, St. Joe, St Mary CC, St Paul, Waite, Whitmer

Girls: Calvert, Clay, Columbian, Margaretta, Findlay, Fremont Ross, Huron, Maumee, Maumee Valley CD, Norwalk, Oak Harbor, Perkins, Port Clinton, Sandusky, St. Joe, St Mary, St Paul, Whitmer

Admissions: Adults \$6.00, Students \$4.00, Heat Sheets \$2.00

Eligibility: All participants must be eligible under the rules of OHSAA.

- I. Meet Procedures: Relay Cards will be in your coaching packets. Signed Cards must be turned into the Timing Booth early, so that names can be entered. Coaches will pick up cards before the start of the meet. Swimmers must take the card to the block and verify their order with the timers. Coaches may change their order or personnel already on the card at any time prior to the start of the event. (Make sure you put up to 8 names on your cards before you submit them to the timing booth, as those will be the only swimmers eligible to compete on that relay.)

Any Athlete that is removed from the pool deck via a backboard will not be allowed to compete without written permission from a physician and/or by written permission from the Meet Referee. Concussion protocols will be used on any athlete that suffers a head injury.

- II. Phil Moran-Sectional Meet Manager, email: moranp@fremontschools.net

Phone Numbers: High School Athletic Office: (419)-332-6462
Phil Moran's Cell Phone: (419) 307-2660

- III. Facility procedures at Fremont Ross High School

- a. Bring locks for your lockers. Locker space is limited. Please have swimmers secure their belongings.
- b. Teams can utilize the Wrestling Room to store their team bags and non-competitive equipment.
- c. Swimmers/Coaches are not allowed to walk on the North deck in front of the spectator seating during competition
- d. Swimmers should not be in the upper or lower deck stands during the competitions.
- e. Marshals will be present and school administration will be enforcing all rules, so let's avoid any problems.
- f. Parents are not allowed on the deck at any time, unless they are serving in a meet operation capacity.

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- g. Coaches and Swimmers are asked to avoid congestion areas and viewing areas such as the scoreboard.
- h. Results will be posted in lobby

IV. Schedule

Swimming – Saturday, February 13, 2016

Time Table

7:30 A.M.	Facility Doors open
8:00-10:55A.M.	Open Warm-ups
10:30 A.M.	Coaches Meeting in Room P202 located upstairs behind the diving board.
11:00 A.M.	Swimming Competition Begins

Please Note: We will slow the meet down if necessary in order to give swimmers competing reasonable time estimating about 15 minutes between start times. There will be a 15-minute break after the 50 Freestyle (which is the new format that will be used at the District/State Meets).

These are ESTIMATED Start Times.

Event	Start Time	Event
#1	11:00 AM	200 Medley Relay
#2		
#3	11:20 AM	200 Freestyle
#4		
#5	11:40 AM	200 I.M.
#6		
#7	12:00 PM	50 Freestyle
#8		

-----15 Minute Break for District/State Meet Format-----

#11	12:20 PM	100 Butterfly
#12		
#13	12:50 PM	100 Freestyle
#14		
#15	1:05 PM	500 Freestyle
#16		
#17	2:15 PM	200 Freestyle Relays
#18		
#19	2:35 PM	100 Backstroke
#20		
#21	2:55 PM	100 Breaststroke
#22		

-----10 Minute Break -----

#23	3:25 PM	400 Freestyle Relays
#24		

Estimated finish time at 3:35 PM

Reminders:

- There is a hospitality room for coaches and officials in Room P202 upstairs behind the diving boards.
- Warm-up Pool (4-lanes) will be open for warm-up throughout the meet. One-Hand on deck to enter the pool will be enforced and there is NO diving in the shallow lanes.
- If you are using a rub-down table, please use the East Wall of the pool deck by the Red Scoreboard.
- Banners may be allowed. No tape on the walls. Banners can be tied off on the sound proofing sheets located around the pool deck.
- Please keep food off the deck; we want to keep our decks clean.
- Please monitor your swimmers and have them clean up their areas at the end of the meet.
- Per OHSAA Rules, NO SHAVING at the meet facility. Any athlete found to be in violation will be ejected from the meet.