

2019 NHSSL Gold Division Championship Invitation

Thursday, July 11th, 2019

Hosted by: Avonworth Alligators

498 Camp Horne Road, Pittsburgh, PA 15237

Meet Director: Andy Theobald, andynorthside@gmail.com

Warm-Up Schedule

- 4:30-4:45 pm: Avonworth, Franklin Ridge
- 4:45-5:00 pm: Ingomar North, Valley Brook
- 5:00-5:15 pm: Hampton, Shaler
- 5:15-5:30 pm: Community, Fox Chapel

The first team listed will be warming up in lanes 1-3. The second team listed will be warming up in lanes 4-6.

Meet Schedule

- 5:15 - Meeting for: Coaches
- 5:30 - Call for first event to seeding area
- 5:35 - National Anthem and Welcome
- 5:40 - Meet begins

Competitors

- Each club may enter one relay per relay event and one individual for individual events. We will be using only 4 lanes (lanes 2-5) for each heat.
- Each swimmer must have competed in a minimum of two regular season dual meets
- Each swimmer is allowed to compete in a maximum of four (4) events
- Areas will be designated for each team's swimmers in the area outside the fence. Seeding will be by Avonworth volunteers. **Do not send swimmers directly to the blocks.**
- Scoring in relay events will be 14 points for 1st place, 10 points for 2nd, 8 points for 3rd, 6 points for 4th, 4 points for 5th and 2 point for 6th place. Scoring in individual events will be 7 point for 1st place, 5 point for 2nd, 4 points for 3rd, 3 points for 4th, 2 points for 5th and 1 point for 6th.

Entries

- Attached to the email with this invitation is a file for use in submitting entries for the meet.
- All entries must be in Short Course Meters Time. For any team that requires a conversion tool, this is a good resource: <https://swimswan.com/swimming-times-conversion-tool/>
- If a team cannot submit a Hy-Tek file, please provide swimmers full name, age as of June 1 and related times.
- All of the above information should be sent to Marianne Hapeman at ngacmeetdirector@gmail.com. The deadline to submit information is July 8th at 10:00 pm.

Responsibility of Each Swim Club

- Please bring two sets of heat cards (forms are available on the “Championship Meets” tab of the NHSSL website).
- Each team to provide **2 Timers with stopwatches and 1 stroke & turn judge**; each volunteer will work for one half of the meet
- A scoring volunteer for each team is not needed. Please provide a labeled container for distribution of awards.
- Each team to provide **an adult(s) for their team’s area** to oversee and control their team’s behavior.
- Each club must clean up their team’s staging area prior to leaving.
- Each club is responsible for getting their swimmers to the designated seeding area prior to each event.
- Please respect the restriction on a limit of 2 coaches on deck. Any swimmers that are not competing in an event are not to remain on deck.
- If possible, we ask that the stroke & turn judge be a person that has performed this role during the season. Please emphasize that the same standards are to apply to this meet as they have during the regular season meets.

Pool Parking

This is a large meet and we will have Ohio Township Police and parking attendants in our lots to help with getting in as many cars as possible. Please follow the signs and attendants instructions carefully while entering our lots.

Awards

Immediately following the meet, trophies for the regular season and the championship meet will be presented. Please encourage all swimmers to remain for this portion of the event.

Refreshments

A large variety of foods and drinks will be available for purchase from arrival until the end of the meet.