

2023 GCL CO-ED
SWIMMING and DIVING CHAMPIONSHIPS

SWIMMING:

Date: Sunday, January 29, 2022 @ Keating Natatorium
Time: 4:00 p.m. - Warm-up (two pools)
4:45 p.m./5:00 p.m. - Competition begins

Individual Entries:

A swimmer may compete in 4 events, no more than 2 of which may be individual events.
Each team may enter 4 individuals per event.

Diver entries must also be included in the Swimming Hy-Tek Entry.

Each entry must be entered with a time.

Relay Entries:

Enter only 1 relay team for each relay event.

You may enter as many as 8 names for each relay event; 4 of which are alternates.

You must enter the athlete in the relay in order to make the swimmer eligible to swim on the relay.

This will only count as an event for the alternate if she/he swims the event.

Seeding: Timed Finals
Scoring: Individuals: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1 .
Relays: Double Individual
Awards: Individual: Medals 1st & 2nd
Relays: Medals 1st & 2nd

Swimmer of the Year: Swimmer of the Year Award is selected by the NISCA Point System based on individual races only.

Coach of Year: Coach of the Year Award will be voted on at the meet and submitted by hand to the meet director.

Entry Deadline: Entries are due by 5:00 p.m. on **Tuesday, January 24, 2023.**
Include a complete team roster (TM export) when you send your entries.

Entry Chair: Heather Shooner
Email: heather@swimsafepool.com

Changes:

Last minute changes for illness or injury will be accepted until **NOON, Friday, January 27th.**

Only scratches are accepted during the meet.

Relay order may be adjusted any time before the event is called.

Only original relay athletes and alternates may swim a relay (no substitutions).