

2025 GCL CO-ED SWIMMING & DIVING CHAMPIONSHIPS

Swimming Information:

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| Date: | January 26, 2025 |
| Location: | Keating Natatorium, St Xavier High School 616 W North Bend Rd, Cincinnati, OH 45224 |
| Warm-Ups: | 10:00 am |
| Competition Begins: | 11:00 am |
| Individual Entries: | A swimmer may compete in 4 events total, no more than 2 of which may be individual events. Each team may enter 4 individuals per each event |
| Diving Entries: | Diving entries must also be entered into Hy-tek swimming with a time listed. |
| Relay Entries: | Each team may enter 1 relay team for each relay event. You may enter up to 8 names per relay. Swimmers must be listed in order to be eligible to swim on that relay. If an alternate does not actually swim on the relay, it does not count as an event for that swimmer. |
| Seeding: | Timed finals |
| Scoring: | Individual Events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1 Relay Events: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2 |
| Awards: | Medals: 1st-3rd places for individual and relay events |
| Swimmer of the Year: | This is awarded to a male and female swimmer based on the NISCA point system. Only individual events are taken into consideration. |
| Coach of the Year: | A ballot will be distributed at the meet to vote on this award. Each team may submit one vote each for a male and a female team coach. |
| Entry Chair: | Heather Shooner hdshooner@gmail.com |
| Entry Deadline: | Monday, January 20, 2025 at 5:00 pm Please include a Team Manager Roster file with your entry file. |
| Changes: | Changes due to injury or illness may be made until noon on Friday, January 26th. Only scratches will be accepted after noon on Friday. Relay order and participants may be adjusted any time until the event is called. Only listed alternates are eligible to swim on the relay. |
| Psych Sheet: | Available Friday, January 24th on Meet Mobile and SwimMeet.com |
| Assignments: | Warmup assignments and worker assignments will be communicated the week prior to competition. |
| Admission: | Spectator fee \$7 for adults & students, \$5 for senior citizens. Cash only at the door. |