



Greater Miami  
Conference

## SWIMMING & DIVING CHAMPIONSHIPS

February 3 – 4, 2023

COLERAIN – FAIRFIELD – HAMILTON – LAKOTA EAST – LAKOTA WEST  
MASON – MIDDLETOWN – OAK HILLS – PRINCETON – SYCAMORE

PLACE	Mason High School 6100 Mason-Montgomery Road Mason, OH 45040		
	<b>Both competitors &amp; spectators use the entrance marked “Theater &amp; Natatorium”.</b>		
DATE	Diving	Friday	February 3
	Swimming	Saturday	February 4
TIME	Diving:	Warm-up:	6:30 pm – 7:15 pm
		Competition:	7:30 pm
	Swimming:	Warm-up:	12:00 pm – 1:30 pm
		Competition:	1:45 pm
MEET	The GMC Championships are actually two meets in one: a girl’s championship meet and a boy’s championship meet.		
	Diving Events - The diving information published on swimmeet.com contains a detailed description of the dive events; including judging method and dive sheet submission.		
	Swimming Events – Varsity events will be contested in the standard order. There will be a 10-minute break after the 50 free.		
	In a brief ceremony after the meet, we will present individual & team awards.		
ENTRY LIMITS	Each school may enter a maximum of four (4) swimmers or divers per gender in each individual event and two (2) relay teams per event ( <b>The B relay will be non-scoring</b> ). Each swimmer is permitted to swim a maximum of four (4) events, no more than two (2) of which may be individual events. A dive event is considered an individual event.		

**Seed times must be from the current high school season.**

No changes to the entries for any school shall be permitted after the posting of the first psych sheet except for students who must be withdrawn due to medical reasons verified by a physician. A substitute may replace the injured/ill athlete

provided the substitute is listed on the eligibility certificate, has not exceeded the entry limitations and is submitted NO LATER THAN 10:00 AM on the day the event is contested. After that time, no substitutions will be accepted. It is not permissible to replace the injured/ill student with a student who has already been entered into the tournament in two individual events.

## **ENTRY SUBMISSION**

The event file for this meet is available on swimmeet.com. Entries must be submitted via email in an HY3 file as produced by Team Manager. Include both swimmers **and** divers in your Team Manager entries.

**An entry is considered submitted if it meets the deadline and includes:**

1. The **mobile phone number** of the person responsible for entry decisions in the body of the email.
2. All your swimmers and divers (including swimmers swimming exclusively in relays) in a format that can be imported into Meet Manager.
3. All your relay teams with the four swimmers assigned to each team in a format that can be imported into Meet Manager. (Relay change slips will be available in your meet package when you arrive at the pool the morning of the competition).
4. If times are submitted, times for results on a yard's course.
5. Dive sheets are submitted according to the procedure laid out in the diving instructions, found on swimmeet.com in a separate document.

## **ENTRY DEADLINE**

Entries must be in the Entry Chair's email inbox by **12:00 noon Monday, January 30, 2023.**

## **ENTRY CHAIR**

Gary Waechter  
815-341-0951 (mobile)  
masonswimmeets@yahoo.com

## **ENTRY ACCURACY**

Each coach is responsible to verify the accuracy of their entries. The meet entry chair will email entry confirmations within 24 hours of the entry deadline.

Changes to individual events will be accepted until the psych sheet is posted.

## **PSYCH SHEET**

A psych sheet and projected timeline will be posted on swimmeet.com on or before **Wednesday February 1, 2023**. After the psych sheet is posted, only changes to relay swimmers or scratches will be accepted.

## **SCORING**

All events are timed finals

Top sixteen (16) will be scored in individual events – 1<sup>st</sup> through 16<sup>th</sup>  
20 – 17 – 16 – 15 – 14 – 13 – 12 – 11 – 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Top ten (10) will be scored in relay events – 1<sup>st</sup> through 10<sup>th</sup>  
40 – 34 – 32 – 30 – 28 – 26 – 24 – 22 – 18 – 14

## MEET RESULTS

During the competition, results will be available on Meet Mobile. Within 24 hours of the close of the meet, meet results suitable for importing into Team Manager and meet results suitable for printing (PDF) will be emailed to each person who submitted a team entry.

## AWARD

### GMC Coach of the Year

Coaches cannot vote for themselves in coach of the year balloting. Forms will be distributed at the coaches meeting and collected after the 100 breaststroke.

### GMC Swimmers of the Year

Male & female swimmer of the year will be awarded to the individuals earning the most NISCA power points in their two individual events. No NISCA points will be awarded to swimmers for competing in relays.

### GMC Divers of the Year

The GMC will award a male & female diver of the year based upon points earned in the GMC championship meet. This will also be the first team all-conference award.

## PRE-MEET WARM-UP

Lane	12:00-12:25 pm	12:25-12:50 pm	12:50-1:15 pm	1:15-1:30 pm
1	Hamilton	1 way sprint	1 way sprint	General warm-up or sprint  @ coaches' discretion
2	Hamilton	1 way sprint	1 way sprint	
3	Lakota East	Fairfield	Oak Hills	
4	Lakota East	Fairfield	Oak Hills	
5	Lakota East	Fairfield	Oak Hills	
6	Lakota West	Princeton	Sycamore	
7	Lakota West	Princeton	Sycamore	
8	Lakota West	Princeton	Sycamore	
9	Mason	Middletown	Colerain	
10	Mason	Middletown	Colerain	
11	Mason	Middletown	Colerain	

## IN-MEET WARM-UP/ COOL-DOWN

During the competition, lanes 10 & 11 will be available for swimmers to use for warm-up / cool-down. Lane 9 will not be used, providing a buffer to minimize interference with the competitors in lanes 1-8. All swimmers must enter and leave warm-up/cool-down lanes in the northeast corner of the pool closest to the glassed-in office. Swimmers are not to jump or dive into the warm-up/cool-down area.

**TIMERS**

Mason will supply all watches

Each school will be required to provide two (2) timers to work both boys & girls swim meets.

<b>Timer Assignments</b>		
<b>Lane</b>	200 medley relay through 100 fly	100 free until end of meet
1	Hamilton	Middletown
2	Fairfield	
3	Lakota West	
4	Lakota East	
5	Princeton	
6	Sycamore	
7	Oak hills	
8	Colerain	
<b>Relief</b>	Mason	

**OFFICIALS**

Referee

Starter

Two turn officials at each end

One official at the fifteen-yard mark

One chief judge

**MEETINGS**

Officials 1:00 pm Hospitality room

Coaches 1:15 pm Hospitality room

Timers 1:30 pm Outside pool doors by the trophy case

**ADMISSION**

Online ticketing for meets this year. We will send information on this closer to meet time.

**LIVESTREAM** [www.youtube.com/@masonpool](http://www.youtube.com/@masonpool)

**HEAT SHEETS** \$3.00

**CONCESSIONS** Full concessions (hot & cold food & beverages) will be available

**BOARDS** Two 1-meter diving boards

**LOCKER ROOM** Full locker & shower rooms. Use the locker rooms on the high school side. Do not allow your teams to use the community center facilities.

**TEAM AREA** Team areas will be available in deck bleachers at the meet.

**SEATING** Poolside capacity for more than 700 spectators

**COMMONS AREA** The commons area just inside the building entrance is available for spectators and competitors to relax during lulls between their events. It is a large space with open areas, tables, and chairs.

**PARKING** Park only in the high school lots. If you are facing the Natatorium entrance, the high school lots are located to your right (west & south of the high school building). **Do not park on the circle, north of the Natatorium near the community center, or at the municipal building.**

**OFF LIMITS** The community center abuts the high school Natatorium across the pool from spectator seating and is separated from the competition pool by a glass door. **NO ONE** is permitted beyond the glass door to the community center pool, locker rooms, or any other facilities.