18TH ANNUAL M.H.S. SWIMMING X DIVING INVITATIONAL

01/07/12

MILFORD HIGH SCHOOL 18th Annual Swimming & Diving Invitational January 07, 2012

- PLACE: MILFORD HIGH SCHOOL #1 EAGLES WAY MILFORD, OH 45150
- DATE: JANUARY 07,2012 (SATURDAY)
- TIME: DIVING (6 DIVE MEET) WARM-UP 7:30 - 8:30 AM MEET 8:40 AM

SWIMMING WARM-UP 11:15 AM – 1:45 PM MEET 1:35 PM

- WARM-UPS: SCHEDULE WILL BE E-MAILED OUT TO ALL TEAMS INVOLVED.
- MEET: TIMED FINAL EVENTS

 SCORING:
 1ST THROUGH 12TH

 PLACE:
 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12

 SCORE:
 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1

 RELAYS EVENTS ARE DOUBLED

- AWARDS: 1ST PLACE GIRL'S & BOY'S TEAM PLAQUES. PLAQUES FOR SWIMMER OF THE MEET – BOY & GIRL.
- ENTRIES: EACH TEAM MAY ENTER FIVE (5) SWIMMERS/DIVERS PER INDIVIDUAL EVENTS AND TWO (2) RELAYS.

ENTRY:	INDIVIDUAL'S MAY SWIM IN FOUR (4) EVENTS TOTAL. MAXIMUM OF TWO (2) INDIVIDUAL EVENTS. DIVING IS CONSIDERED AN INDIVIDUAL EVENT. DIVING – 6 DIVE MEET. REQUIRED DIVE OF THE WEEK MUST BE DONE FIRST, THEN 5 OPTIONAL DIVES.
FEES:	 \$200.00 FOR SCHOOLS ENTERING BOTH GIRLS & BOYS SWIM & DIVE TEAMS. \$85.00 FOR SCHOOL'S ENTERING JUST A BOY'S OR JUST A GIRL'S SWIM & OR DIVE TEAM. (7 IND. ARE CONSIDERED A TEAM). LESS THAN 7 INDIVIDUAL SWIMMERS/DIVERS - \$7.00 PER EVENT ENTERED.
ENTRY DEADLINE:	ALL ENTRIES MUST BE IN THE HANDS OF THE MEET DIRECTOR BY 6:00 PM MONDAY, JANUARY 2,2012. ALL HY-TEK ENTRIES PREPERFERED!
	MAIL, E-MAIL, OR FAX ENTRIES TO:
	GARY TAMERIS 11365 POMO COURT CINCINNATI, OH 45249
	(C)513-885-4814(W)513-576-2240(FAX)513-831-8230E-MAIL:milfordswimming@gmail.com
ADMISSIONS:	ADULTS - \$6.00 / STUDENTS - \$4.00
HEAT SHEETS:	\$2.00
WEB SITE:	PSYCH SHEETS & FINAL RESULTS WILL BE POSTED ON - milfordswimming.org & swimmeet.com

MILFORD HIGH SCHOOL 18th ANNUAL SWIMMING & DIVING INVITATIONAL JANUARY 07, 2012

SCHOOL NAME:

GIRL'S ENTRY FORM

200 MEDLEY RELAY	<u>"A"</u>	NAME	TIME
<u>EVENT # 1</u>	(BK)		
	(BR)		
	(FL)		
	(FR)		
	"В"	NAME	TIME
	(BK)		
	(BR)		
	(FL)		
	(FR)		

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. **THESE MAY BE CHANGED AT ANY TIME BEFORE THE MEET**. THIS WILL HELP CUT DOWN ON THE DATA IMPUT BEFORE THE MEET STARTS.

200 FREESTYLE	<u>#</u>	NAME	TIME
<u>EVENT # 3</u>	1.		
	2.		
	3.		<u> </u>
	4.		
	5.		

<u>200 I. M.</u> <u>EVENT # 5</u>	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>
<u>50 FREESTYLE</u> EVENT # 7	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>
<u>DIVING</u> EVENT # 9	# 1. 2. 3. 4. 5.	<u>NAME</u>	
<u>100 BUTTERFLY</u> <u>EVENT # 11</u>	<u>#</u> 1.	<u>NAME</u>	TIME

<u>Y</u>	<u>#</u>	NAME	TIME
	1.		<u> </u>
	2.		
	3.		
	4.		
	5.		

100 FREESTYLE

EVENT # 13

NAME	TIME	

500 FREESTYLE	<u>#</u>	NAME	TIME
<u>EVENT # 15</u>	1.		
CUT OF TIME	2.		
6:15.00	3.		
	4.		
	5.		

IF YOUR SWIMMER FAIL'S TO MAKE THE CUT OFF TIME REQUIREMENT FOR THIS EVENT, THEY WILL NOT RECEIVE TEAM POINTS IN THIS EVENT AND WILL BE MARKED AS AN **EXHIBITION SWIMMER. DO NOT ENTER SWIMMERS IF THEY** DON'T HAVE THE CUT OFF TIME.

200 FREE RELAY EVENT # 17

<u>"A" NAME</u> TIME (1) (2) _____ (3) (4) <u>"B"</u> NAME TIME (1)_____ (2) (3) (4)

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. THESE MAY BE CHANGED AT ANY TIME DURING THE MEET. THIS WILL HELP CUT DOWN ON THE DATA IMPUT BEFORE THE MEET STARTS.

<u>100 BACKSTROKE</u> EVENT # 19	<u>#</u> 1.	<u>NAME</u>	<u>TIME</u>
	2. 3.		
	4. 5.		

<u>100 BREASTSTROKE</u> EVENT # 21	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>
400 FREE RELAY EVENT # 23	"A" (1) (2) (3) (4)	<u>NAME</u>	<u>TIME</u>
	<u>"B"</u> (1) (2) (3) (4)	<u>NAME</u>	<u>TIME</u>

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. THESE MAY BE CHANGED AT ANYTIME DURING THE MEET. THIS WILL HELP CUT DOWN ON THE DATA IMPUT BEFORE THE

MEET STARTS.

MILFORD HIGH SCHOOL 18th ANNUAL SWIMMING & DIVING INVITATIONAL JANUARY 07, 2012

SCHOOL NAME:

BOY'S ENTRY FORM

200 MEDLEY RELAY	<u>"A"</u>	NAME	TI	ME
<u>EVENT # 2</u>	(BK)			
	(BR)			
	(FL)			
	(FR)			
	<u>"B"</u>	NAME	TI	ME
	(BK)			
	(BR)			
	(FL)			
	(FR)			

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. <u>THESE MAY BE CHANGED AT ANY TIME BEFORE THE MEET</u>. THIS WILL HELP CUT DOWN ON THE DATA IMPUT BEFORE THE MEET STARTS.

200 FREESTYLE EVENT # 4

<u>#</u>	NAME	TIME
1. ว		
2. 3.		
4.		
5.		

<u>200 I. M.</u> <u>EVENT # 6</u>	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>
50 FREESTYLE EVENT # 8	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>
<u>DIVING</u> EVENT # 10	# 1. 2. 3. 4. 5.	<u>NAME</u>	
<u>100 BUTTERFLY</u> <u>EVENT # 12</u>	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>
<u>100 FREESTYLE</u> EVENT # 14	# 1. 2. 3. 4. 5.	<u>NAME</u>	<u>TIME</u>

500 FREESTYLE	<u>#</u>	<u>NAME</u>	TIME
<u>EVENT # 16</u>	1.		
CUT OFF TIME	2.		
6:15.00	3.		
	4.		
	5.		

IF YOUR SWIMMER FAIL'S TO MAKE THE CUT OFF TIME REQUIREMENT FOR THIS EVENT, THEY WILL NOT RECEIVE TEAM POINTS IN THIS EVENT AND WILL BE MARKED AS AN EXHIBITION SWIMMER. DO NOT ENTER THE SWIMMERS IF THEY DON'T HAVE THE CUT OFF TIME.

200 FREE RELAY EVENT # 18

<u>"A"</u>	NAME	TIME
(1)		
(2)		
(3)		
(4)		
<u>"B"</u>	NAME	TIME
(1)		
(2)		
(3)		
(4)		

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. <u>THESE MAY BE CHANGED AT ANY TIME DURING THE MEET.</u> THIS WILL HELP CUT DOWN ON THE DATA IMPUT BEFORE THE MEET STARTS.

100 BACKSTROKE	

<u>EVENT # 20</u>

<u>#</u> 1	<u>NAME</u>	TIME
1. 2.		
3. 4.		
5.		

<u>100 BREASTSTROKE</u> EVENT # 22	 <i>#</i> 1. 2. 3. 4. 5. 	<u>NAME</u>	<u>TIME</u>
<u>400 FREE RELAY</u> <u>EVENT # 24</u>	<u>"A"</u> 1. 2. 3. 4.	<u>NAME</u>	<u>TIME</u>
	# 1. 2. 3. 4.	<u>NAME</u>	<u>TIME</u>

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. <u>THESE MAY BE CHANGED AT ANYTIME DURING THE MEET.</u> THIS WILL HELP CUT DOWN ON THE DATA IMPUT BEFORE THE MEET STARTS.

MILFORD HIGH SCHOOL INVITATIONAL

GIRL'S PAST CHAMPIONS & RUNNER-UP

NAME	<u>CHAMPIONS</u>	RUNNER-UP
1005		
1995	MILFORD	COUNTRY DAY
1996	MILFORD	MOUNT NOTRE DAME
1997	MILFORD	MOUNT NOTRE DAME
1998	MILFORD	LAKOTA WEST
1999	*** INVITATIONAL CAN	NCELLED DUE TO SNOW
2000	LAKOTA WEST	MILFORD
2001	LAKOTA WEST	MILFORD
2002	LAKOTA WEST	LAKOTA EAST
2003	LAKOTA WEST	MILFORD
2004	MILFORD	LAKOTA WEST
2005	LAKOTA WEST	MILFORD
2006	LAKOTA WEST	LAKOTA EAST
2007	LAKOTA WEST	LAKOTA EAST
2008	LAKOTA WEST	LAKOTA EAST
2009	LAKOTA EAST	LOVELAND
2010	LAKOTA EAST	LOVELAND

MILFORD HIGH SCHOOL INVITATIONAL

BOY'S PAST CHAMPIONS & RUNNER-UP

YEAR	<u>CHAMPIONS</u>	RUNNER-UP
1995	MILFORD	LIMA SENIOR
1996	MILFORD	LIMA SENIOR
1997	MILFORD	LASALLE
1998	MILFORD	LAKOTA WEST
1999	*** INVITATIONAL CAN	ICELLED DUE TO SNOW
2000	MILFORD	LAKOTA WEST
2001	MILFORD	ROGER BACON
2002	ROGER BACON	LAKOTA WEST
2003	ROGER BACON	LAKOTA WEST
2004	ROGER BACON	MILFORD
2005	LAKOTA EAST	MILFORD
2006	LAKOTA EAST	MILFORD
2007	MILFORD	LAKOTA EAST
2008	MILFORD	LAKOTA WEST
2009	MILFORD	LOVELAND
2010	LOVELAND	MILFORD

GIRL'S TEAM ROSTER FORM

SCHOOL:

<u>#</u>	NAME	<u>GRADE</u>
1.		
2.		
3.		
4.		
5.		
6. 7		
7.		
8. 9.		
9. 10.		
10.		
11.		
12.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29. 20		
30.		<u> </u>

BOY'S TEAM ROSTER FORM

SCHOOL:

<u>#</u>	NAME	<u>GRADE</u>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9. 10		<u> </u>
10.		
11. 12.		
12. 13.		
13. 14.		
14. 15.		
15. 16.		
10. 17.		
17.		
10. 19.		
20.		·
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29.		
30.		

SUMMARY SHEET

HEAD COACH:	
ADDRESS:	
SCHOOL:	
ADDRESS:	
	(H) (C) (W) (FAX) (E-MAIL)

TEAM FEE'S:	GIRL'S & BOY'S TEAM	\$200.00	
(CHECK OFF)	JUST GIRL'S TEAM (7+)	<u>\$ 85.00</u>	
	JUST BOY'S TEAM (7+)	<u>\$ 85.00</u>	
	INDIVIDUAL (PER EVENT)	<u>\$ 7.00</u>	

TOTAL FEE'S

MAKE CHECK OUT TO: MILFORD HIGH SCHOOL

<u>\$</u>

COACHES NOTES

- 1. FLY OVER STARTS WILL BE USED ON ALL EVENTS EXCEPT MEDLEY RELAY & 100 BACKSTROKE. PLEASE REMIND SWIMMERS TO HUG THE WALL & REFRAIN FROM MOVING WHEN THE NEXT RACE IS BEING STARTED.
- 2. SWIMMERS MUST BE AT THE BLOCK AT THE START OF THE RACE. OFFICIALS WILL BLOW WHISTLE WHEN LAST SWIMMER CROSSES UNDER BACKSTROKE FLAGS. WHEN LAST SWIMMER TOUCHES WALL, WHISTLE WILL BLOW FOR ALL SWIMMERS TO STEP UP ONTO THE BLOCKS.
- 3. PLEASE REMIND SWIMMERS TO HAVE ONE FOOT AT THE FRONT OF THE BLOCKS TO START THE RACE.
- 4. BACKSTROKE SWIMMERS NEED TO SLIDE IN.
- 5. AFTER 50 FREESTYLE A 15:00 MINUTE WARM-UP PERIOD. AFTER THE 500 FREESTYLE A 10:00 MINUTE WARM-UP PERIOD – NO DIVING IN & NO STARTS OFF THE BLOCKS.
- 6. NO SWIM DOWNS ALLOWED.
- 7. REMIND SWIMMERS TO HIT THE TOUCH PADS.
- 8. REMIND SWIMMERS TO EXIT THE WATER AFTER THEIR LEG OF THE RELAY FOR ACCURATE SPLITS.
- 9. RESULTS WILL BE POSTED IN THE BACK HALLWAY FOR COACHES. MAIN LOBBY FOR SPECTATORS.
- 10. HOSPITALITY ROOM IS SET UP FOR YOU AND YOUR ASSISTANT COACHES, PLEASE USE IT.
- 11. ALL RESULTS CAN BE PICKED UP AFTER THE MEET OR YOU CAN PULL THE RESULTS OFF OUR WEB SITE: milfordswimming.org & swimmeet.com
- 12. PLEASE CLEAN UP YOUR TEAM AREA BEFORE LEAVING!

ADMISSIONS ADULTS \$6.00

$\begin{array}{l} \textbf{STUDENTS} \\ (1^{\text{ST}}-12^{\text{TH}} \text{ GRADE}) \\ \textbf{\$4.00} \end{array}$

HEAT SHEETS - \$2.00