



The Turn it Gold Winter Invitational will be hosted on **Saturday, January 4, 2025**, at Ohio University Aquatic Center by Granville High School and Tri-Valley High School.

[Turn it Gold](#), educates on the current landscape of Childhood Cancer research. Schools, colleges and universities participate through the Athletic Activism program. Athletic Activism is defined as the action of one, united together, to inspire many to end childhood cancer. The organization asks athletes to raise awareness with their actions, their teams, their fans and be a bold role model for brave children. Athletes can achieve more than a win; they can help lengthen lives. Turn it Gold's mission is the desire to allow all children to grow up and continue to play!

Location: Ohio University Aquatic Center  
50 South Green Drive  
Athens, OH 45701

Facility: 10 lane, 25-yard pool will be used for competition. A designated warm up area for athletes will be available throughout the meet. Athlete seating will be on the pool deck and above the pool (second floor) near spectator seating. Spectator seating is above the pool deck (second floor). There is not an elevator to the second floor. We will accommodate spectators who cannot climb stairs in a designated seating area on the pool deck. An electronic timing system will be used for this meet.

Meet Director: Matt Fortney  
[mfort07@gmail.com](mailto:mfort07@gmail.com)

Meet Hosts: Hillary Paulsen, Granville High School  
[hpaulsencoach@granvilleschools.org](mailto:hpaulsencoach@granvilleschools.org)  
740-398-2544

Christi Holmes, Tri-Valley High School  
[scottieswimcoach@yahoo.com](mailto:scottieswimcoach@yahoo.com)  
740-565-0985

Meet Format: This meet will be operated as a timed finals sprint meet format. There will not be a 15-minute break during this meet. Flyover starts will be used. The meet will be run quickly and efficiently. Should an athlete miss their event, events will not be reseeded, but they are still eligible to participate in the remainder of the competition. The meet will be run using Hy-Tek's Swim Meet Manager.

Entries: Each swimmer may be entered in a maximum of four (4) events, two (2) of which may be individual events. Each team may enter two (2) relays per relay event.

Entries will be seeded according to entry times. Submit all times in yards. Make use of alternates in relay event entries. "No Time" (NT) entries will not be accepted for the 100 events. NT entries will be accepted for the 50 events, only.

Entries open at 12:00p EST on Monday, December 16, 2024. Entries will be considered on a first-come, first-served basis until the meet capacity has been reached. The entry deadline is **Saturday, December 28, 2024, at 9:00 p.m. EST**. Entries should be submitted using Hy-Tek

Team Manager software. Send entries to Matt Fortney at mfort07@gmail.com. Anticipated capacity for this meet is 500 athletes.

The 400 Freestyle Relay events will not be contested at this event. The 200 Medley Relay events will be swum first, and the 200 Freestyle Relay events will be contested last. Coaches may submit any last-minute relay participant changes to the score table PRIOR to the start of each relay event. A change form is provided in this packet.

Cost: **\$14 per swimmer entered.** Make checks payable to ‘Tri-Valley Swim Team Boosters Club’ and bring payment or proof of Purchase Order to the meet. Payment in full is required for all swimmers entered in the meet as of the entry deadline. Refunds for scratches will not be provided. A W-9 and invoice will be provided once entries are submitted. Invoices will be generated based upon athlete counts at the time of the entry deadline. A receipt will be provided after payment is received upon request.

Cancellation: In the event you have entered athletes, and your school does not permit you to travel for any reason, you will still be required to pay the entry fee. Entry fee refunds will only be processed if Ohio University, Granville High School and Tri-Valley High School mutually agree to cancel the event, and a facility fee is not accessed.

Order of Events:

Girls	Event	Boys
1	200 Medley Relay	2
3	100 Individual Medley	4
5	50 Breaststroke	6
7	100 Backstroke	8
9	50 Freestyle	10
11	100 Butterfly	12
13	50 Backstroke	14
15	100 Freestyle	16
17	50 Butterfly	18
19	100 Breaststroke	20
21	200 Free Relay	22

Timeline: 9:45 am Athlete Doors Open  
10:00 am Warm-Up Session I  
10:30 am Warm-Up Session II  
11:00 am Coaches Meeting  
11:00 am One-Way Sprints in Competition Pool, Warm-Up pool open  
11:20 am Competition Pool Closes  
11:30 am Session Begins  
4:00 pm Anticipated Session End

Volunteers: To ensure a successful meet, teams will be asked to support volunteer needs. A team that has more than 10 athletes entered will be required to supply 1 timer. A team with more than 20 athletes entered will be required to supply 2 timers. Timers will be assigned by half. A sign-up link will be sent prior to the meet for volunteers.

- Warm-Ups:** Warm-up assignments will be sent after all entries have been received. Each team will receive a 30-minute warm-up session. The entire pool will be used for warm-up session I and II. One-way sprints will be conducted for 20 minutes in the competition pool for all teams. The designated warm-up area will remain open without restriction after 11:00 am.
- Rules:** This timed finals meet will be conducted using 2024-25 NFHS and OHSAA Rules. There will be NO BREAK throughout the meet. Flyover starts will be utilized. Swimmers must be prepared to exit the pool quickly following their events.
- Scoring:** Individual events – 14-11-10-9-8-6-4-3-2-1 | Relay events – 28-22-20-18-16-12-8-6-4-2
- Hospitality:** Snacks and drinks will be provided for coaches and officials.
- Concessions:** Concessions will not be available for this meet. Many restaurants and food options are available within walking distance.
- Admission:** Cost of entry is \$7. Heat sheets will be sold for \$5. Cash or card will be acceptable forms of payment.
- Parking:** Spectator parking is limited to Lots 132, 133 and 134 as available. Guests should inform parking lot attendants (if applicable) that they are for a swim meet and will not be charged. Buses will drop off athletes on Oxbow Trail. Buses will park in the Ridges.
- To the Ridges: From Oxbow Trail, turn right onto South Green Drive. Turn left onto Richland Avenue. Go straight through the roundabout. Take the first right onto Dairy Barn Lane, then turn right into the Ridges at the bend in the road.
- Awards:** Awards will not be given for this meet.
- T-Shirts:** Custom meet t-shirts will be available for sale onsite and online.
- Turn it Gold:** This meet supports the Turn it Gold organization. Spectators and athletes can expect to learn more about childhood cancer and have the opportunity to participate in fundraising for the organization.
- Other:** Contact [www.buckeyetraffic.org](http://www.buckeyetraffic.org) for information on road conditions. This meet will be canceled in the event of a Level II Snow Emergency in Athens County.

## ENTRY PAYMENT SUMMARY

*Submit this sheet with your payment. This payment summary can also serve as an invoice.*

SCHOOL: \_\_\_\_\_

COACH: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

NUMBER OF BOYS ENTERED \_\_\_\_\_ X \$14.00 = \$ \_\_\_\_\_

NUMBER OF GIRLS ENTERED \_\_\_\_\_ X \$14.00 = \$ \_\_\_\_\_

TOTAL ENCLOSED = \$ \_\_\_\_\_

ENTRY DEADLINE: Saturday, December 28, 2024

ENTRY FEES ARE DUE on Saturday, January 4, 2025. Make checks payable to 'Tri-Valley Swim Team Boosters Club' and bring payment to the meet.

## RELAY PARTICIPANT CHANGE FORM

SCHOOL: \_\_\_\_\_ ABBREVIATION: \_\_\_\_\_

COACH: \_\_\_\_\_

Event #1: GIRLS 200 MEDLEY RELAY “A”

- 1.
- 2.
- 3.
- 4.

Event #1: GIRLS MEDLEY RELAY “B”

- 1.
- 2.
- 3.
- 4.

Event #2: BOYS 200 MEDLEY RELAY “A”

- 1.
- 2.
- 3.
- 4.

Event #2: BOYS MEDLEY RELAY “B”

- 1.
- 2.
- 3.
- 4.

Event #21: GIRLS 200 FREE RELAY “A”

- 1.
- 2.
- 3.
- 4.

Event #21: GIRLS FREE RELAY “B”

- 1.
- 2.
- 3.
- 4.

Event #22: BOYS 200 FREE RELAY “A”

- 1.
- 2.
- 3.
- 4.

Event #22: BOYS FREE RELAY “B”

- 1.
- 2.
- 3.
- 4.