

**SYCAMORE HIGH SCHOOL
FRED COOPER DISTRICT INVITATIONAL
SWIMMING CHAMPIONSHIPS – BOYS**

DATE: Tuesday, February 16, 2010

TIME: Warm Up 2:45 p.m.
Meet Starts 4:00 p.m.

PLACE: Sycamore High School Natatorium, 7400 Cornell Road, Cincinnati

NOTICE OF ENTRY:

Please e-mail Dan Carl by January 29 indicating you will be participating in this meet.

Dan Carl carldl@ucmail.uc.edu

ENTRY PROCEDURE:

Entries may be submitted electronically, using Hy-Tek software. You may download the event list from sycamoreswimming.com, or it is listed below. Entries should be e-mailed to:

John Costello at: jcostello13@fuse.net

Entries must be received by 12:00 noon, Tuesday, February 9, 2010

ENTRIES: Open to all non-District qualifiers and those swimmers who qualified to Districts in a relay only.

A swimmer who is a District qualifier on a relay team may swim on a relay team in the Cooper Invitational, but not in the one he qualified for at the Districts.

Corrections will be accepted until 12:00 noon, on Sunday, February 14. *Any swimmer making Districts in an individual event **must be scratched.** Please e-mail John Costello at jcostello13@fuse.net or call at 604-7509 with changes.*

Maximum five (5) entries per team per individual event, except in the 50 and 100 free. Maximum entries in those two events only will be eight (8).

All 500 swimmers must make a 7:45.00 cut-off

Three (3) relays per team.

Enter swimmers at fastest time this season. Meet will be conducted as timed finals with no prelims.

Aggregate relay times accepted.

ENTRY FEE: Entry fee is \$75.00 per team. (\$35.00 for teams with six entrants or less.)

Make checks payable to:
SYCAMORE HIGH SCHOOL

Send to: Dan Carl, Head Swimming Coach
Sycamore High School
7400 Cornell Road
Cincinnati, Ohio 45242

RULES: Meet will follow National Federation Rule Book
The referee, starter, stroke and turn judges are all registered OHSAA officials. No diving event. There will be a ten-minute break during which time the swimmers may enter the pool.

No team score will be kept.

POOL: 25 yards long with 6 lanes, Competitor lane lines and Paragon starting blocks. Colorado Timing System and scoreboard.

AWARDS: Medals for 1st, 2nd and 3rd. Ribbons for 4th through 12th, including relays.
Award for the outstanding swimmer in the meet.
No team championship award

ADMISSIONS: Contestants and one manager will be admitted free. All others will have to pay regular admission.

***REMEMBER TO E-MAIL DAN CARL YOUR INTENT TO PARTICIPATE IN THE MEET BY
JANUARY 29.***

EVENT LIST

- 1 Boys 200 Medley Relay
- 2 Boys 200 Freestyle
- 3 Boys 200 IM
- 4 Boys 50 Freestyle
- 6 Boys 100 Butterfly
- 7 Boys 100 Freestyle
- 8 Boys 500 Freestyle
- 9 Boys 200 Freestyle Relay
- 10 Boys 100 Backstroke
- 11 Boys 100 Breaststroke
- 12 Boys 400 Free Relay