

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

DATE: Monday, February 15, 2009

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. Please include a hard copy of your entries. Entries should be e-mailed to:

John Costello at: jcostello@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 she 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 Girls 200 Medley Relay
- 2 Girls 200 Freestyle
- 3 Girls 200 IM
- 4 Girls 50 Freestyle
- 6 Girls 100 Butterfly
- 7 Girls 100 Freestyle
- 8 Girls 500 Freestyle
- 9 Girls 200 Freestyle Relay
- 10 Girls 100 Backstroke
- 11 Girls 100 Breaststroke
- 12 Girls 400 Free Relay