

**Daniel H. Lease Little Giant Swimming & Diving Invitational
Hosted by Fremont Ross High School**

Diving Competition	Friday January 13, 2012
Swimming Competition	Saturday, January 14 2012
Location	Fremont Ross High School Hawk-Bucci Natatorium 1100 North Street Fremont, OH 43420
Facility	10-lane competition pool (6' minimum to 12') w/additional 4-lanes of warm-up/cool-down, Colorado Timing w/Matrix Display and Colorado Blocks, flow-through bulkhead and seating for 750 + spectators. Two 1M meter boards
Diving Format	6-Dive Format: First 24 Girls and 24 Boys Entered by Time-Stamped email entries will be accepted. No Cuts, but note, if a diver fails 2 dives they will NOT be allowed to continue diving.
Diving Schedule	These are Estimated Start Times Estimated Start Times Girls Warm-ups 3:30-4:30 PM Final Diving Sheets Due 4:00 PM Girls Diving Starts 4:40 PM Girls End (approx.) 6:10 PM Boys Warm-ups 6:15-7:15 PM Final Diving Sheets Due 6:30 PM Boys Diving Starts 7:20 PM Boys End (approx.) 8:50 PM
Swimming Format	Prelim/Finals with Top 20 returning for Finals. All 500 Freestyles will be Prelim/Finals with only the top 30 entry times competing in prelims.
**** There are Qualifying Times for all individual events, including 50/100 Free.****	
Swimming Schedule	Prelim Warm-ups: 7:00-8:55 AM see Warm-Up Info Prelim Starts: 9:00 AM Finals Warm-up: 4:15 PM-5:25 PM Finals Start: 5:30 PM
Awards Information	<ul style="list-style-type: none">· Individual/Relay Finishers: 1st Place Champion Award· Team Champions will have their names on Wall Plaques located just inside the entrance of the natatorium.· Outstanding Performance Male/Female Trophy Clocks (Based on the single highest NISCA Power Point Total during Finals Only)

Daniel H. Lease Little Giant Swimming & Diving Invitational

Hosted by Fremont Ross High School

Warm-up Information We will be breaking down the warm-up into 4-25 minutes sessions according to geographic travel zones. For Example,

1. Sandusky/Fremont Area Teams will warm-up 7:00-7:30 AM
2. Toledo/Findlay Area Teams will warm-up 7:30-8:00 AM
3. All Others including Columbus/WBL Area 8:00-8:30 AM
4. General Warm-up Open to ALL from 8:30-8:55 AM
5. Teams will be assigned lanes based on numbers within each travel zone.

Swim Entry Procedures Team Entries will be limited to approximately 600 swimmers and 48 divers will be honored a first come, first served basis. Email receiving date and time will determine team order of entry. No additional swimmers or divers may be submitted after a team's initial entry. Times only may be adjusted until the entry deadline. The host team retains the right to refuse teams entry into the meet because of size limitations even if the entry is received before the entry deadline. **THERE WILL BE NO CONTRACTS ISSUED FOR THIS MEET. IF YOUR TEAMS EMAILED ENTRIES HAVE BEEN ACCEPTED, A RECEIPT WILL BE EMAILED BACK ACKNOWLEDGING YOUR TEAM'S ACCEPTANCE INTO THE MEET.** Any Team that has not paid their entry fees prior to the meet will not compete.

Alternate Event A swimmer entered in the 500 freestyle may enter an alternate event in case their time in the 500 is not one of the 40 fastest. If they do not make the 500 field, then they may swim the alternate event. If they do make the 500 field, the coach must scratch the alternate event in the scratch meeting.

Please include the divers' names that are competing on Friday into your Hy-Tek swimming file.

Swim Entry Requirements	(Swim NO slower than)	
Event	Girls	Boys
200 Free	2:25.0	2:20.0
200 IM	2:46.0	2:36.0
50 Free	32.0	28.5
100 Fly	1:15.0	1:10.0
100 Free	1:09.0	1:04.0
100 Back	1:18.0	1:14.0
100 Breast	1:27.0	1:23.0

All Relays Entries are Limited to "C" Relays
Host team reserves the right to swim any event within reason.

**Daniel H. Lease Little Giant Swimming & Diving Invitational
Hosted by Fremont Ross High School**

Diving Entry
Procedures

(Please adhere to these entry procedures)

A Preliminary Dive List must be sent in on the attached Excel File.

Email Coach Moran for the Excel File as our website is not running at this time. Email completed sheets back to moranp@fremont.k12.oh.us by 8 p.m. Monday January 2nd. No entries will be accepted past this deadline, so please let your diving coaches know. Coaches may make changes later and up to the sheet due time on meet day. This will allow us input the information into e-dive, so we can utilize the scoreboard for scoring and spectator viewing enjoyment

Please include the divers' names that are competing on Friday into your Hy-Tek swimming entry file.

Entry Deadlines

Hy-Tek Entry Files emailed/due by: Monday January 2, 2012 by 8:00pm. Diving Excel Sheet Files emailed/due by: Monday January 2, 2012 by 8:00pm NO hand entries will be accepted.

Entry Fee
Information

\$10.00 per Swimmer/Diver

**Make Checks Payable to: Fremont Ross Athletic Department
Mail Check & Summary Sheet to:**

Art Bucci, Athletic Director
Fremont Ross High School
1100 North Street
Fremont, OH 43420

Contact Information to be utilized by School Personnel ONLY

Meet Director &
Entry Chair:

Phil Moran

Email Entries to moranp@fremont.k12.oh.us or moranp89@gmail.com

**Daniel H. Lease Little Giant Swimming & Diving Invitational
Hosted by Fremont Ross High School**

Please Use this Sheet or you equivalent (as long as you give the same info requested including the dive numbers, positions and voluntary information (Due January 2nd, 2012)

Directions: Please put a check next to the dive numbers that at voluntary.		Coach's Name						
Team		Phone Number						
	Divers' Names	Gender	Dive # 1	Dive #2	Dive #3	Dive #4	Dive #5	Dive #6
Diver 1								
Diver 2								
Diver 3								
Diver 4								
Diver 5								
Diver 6								
Diver 7								
Diver 8								

Changes can be made the day of meet, but we want dive lists created on E-Dive, so help us out!

**Daniel H. Lease Little Giant Swimming & Diving Invitational
Hosted by Fremont Ross High School**

**SWIMMING & DIVING MEET SUMMARY SHEET
(Submit this sheet with your entry fee)**

SCHOOL:_____

COACH:_____

MAILING ADDRESS: _____

TELEPHONE:_____

EMAIL ADDRESS – Coach: _____

EMAIL ADDRESS – Entry person: _____

NUMBER OF BOYS ENTERED_____ **X \$10.00 =** _____

NUMBER OF GIRLS ENTERED_____ **X \$10.00 =** _____

TOTAL ENCLOSED = _____

ENTRY DEADLINE: 8:00 PM Monday, January 2, 2012

PAYMENT DEADLINE: Thursday, January 12, 2012

Make Checks Payable to: Fremont Ross Athletic Department

Mail Check & Summary Sheet to:

**Art Bucci, Athletic Director
Fremont Ross High School
1100 North Street
Fremont, OH 43420**