

## **The 2009 Icebreaker Invitational**

**Where:** The UNH Swasey Pool in the UNH Field House. The pool is a 6 lane 25 yard competition course with a diving well for warm-up and warm-down. Capacity of the pool deck and spectator area is limited by fire codes.

**When:** During the holiday break Sunday, December 13, 2009. Warm-up time 9:00 am.

**Deck Restrictions:** The number of swimmers and coaches on deck may be limited due to fire codes. Athletes may use the spectator area. A separate area for staging may also be available. Athletes not on the pool deck or in the locker rooms must be wearing a shirt and a pair of shoes.

**Warm-up:** Each team will be assigned a warm-up time and lane(s) for approximately 20 to 30 minutes based on the number of athletes entered. Teams will receive final notification of their warm-up assignment upon arriving at the meet. Diving warm-up will take place during the first 4 swimming events. See Diving. At the conclusion of the diving, part of the diving well may be opened for warm-up or warm-down.

**Format:** The swimming events will be timed finals swum slowest to fastest, girls then boys. Note that the boys and girls 500 may be combined due to time considerations. The meet will use a “dive-over start”. Athletes will be asked to stay in the water after their swim, and the next heat will start with the previous heat in the water.

**Relays:** Teams must submit relay cards to the computer at the following times. 200 Medley Relay 30 minutes before the start time, 200 Free Relay by the end of the 100 free, and the 400 Free Relay by the end of the 100 Back. Relay cards will be in the coach’s packet that you pick up when you arrive.

**Diving:** Divers will compete 6 dives. The required dive will be the dive in rotation for that week of the season (forward Group). The diving warm-up will begin at the same time as the 200 medley relays. The diving competition will begin as soon as the diving referee determines the diver are ready. The swimming and the diving events will happen concurrently. In the event that a diver is in an event that is running during the diving competition, that diver will be excused to complete the swimming event then return to the diving rounds. The missed dive(s) will be executed after all other dives have been completed. Please have your diving sheets ready when you arrive.

**Number of entries:** Each swimmer will be allowed to enter a maximum of 4 events, no more than two of which may be individual events.

**Team entry limit:** Each team may enter as many athletes or relays per event as they would like, however only the fastest 2 individuals from each school and the fastest relay from each school will be eligible to score.

**Scoring:** The top 12 individuals will score (16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1), with relays scoring double the individual points for that place. Athletes not on invited teams will not receive a score.

**Entry information:** Entries must be submitted using Hy-Tek Team Manager (or Hy-Tek Team Manager II lite) and sent by e-mail to the meet referee MaryAnne Lustgraaf [mlustgraaf@comcast.net](mailto:mlustgraaf@comcast.net). All entries must contain each swimmer's grade level (fr, so, jr, sr), event, event number, and seed time. Please do not enter athletes with no time (make your best guess at a time). Include seed times with your relay entries, but do not enter the athletes names as they will be entered at the meet on relay cards. All entries are due by **Monday, December 7, 2009 by 4 pm.**

**Scratches:** A positive check-in will be required upon arrival at the meet. Each coach should receive their team's scratch sheet upon arrival to the pool. Coaches should scratch absent athletes or relays that will not swim. The meet will be reseeded after all the scratch sheets are turned into the computer table. If a coach scratches an event for an athlete, the event still counts toward their 4 events. Swimmers will not be allowed to change or add additional events at the meet. Team entries should be checked prior to the meet. Any corrections should be reported as soon as possible.

**Disqualifications:** In order to keep the meet running smoothly, coaches may not be notified of a disqualification prior to the start of the next heat. Coaches will be notified as soon as possible.

**Order of events:** Please note the change in the event numbers.

	Girls	Boys
	1	2
	200 M. Relay	
	3	4
	200 Free	
	5	6
	200 IM	
	7	8
	50 Free	
	9	10
	Diving(6 dives)	
	11	12
	100 Fly	
	13	14
	100 Free	
	15	16
	500 Free	
	17	18
	200 F. Relay	

19	100 Back	20
21	100 Breast	22
23	400 F. Relay	24

**Cost:** Each school will pay a meet fee of \$60 (or \$10 per athlete if a school has less than 6 athletes). Payable to Oyster River High School. Please send you check to Bill Reeves, Oyster River High School, 55 Coe Dr. Durham, NH 03824 or bring it to the meet.

**Workers:** Each school will be required to provide 2 people to work the meet. They may be assigned as timers or runners during the meet.

**Programs:** Meet programs will be available for \$2.00.

**Spectator entry fee:** Adults: \$2.00, Students: free

**Heat Sheets:** Heat sheets will be posted behind the blocks and at the far end of the pool. It is the swimmers responsibility to check the heat sheets and find the correct heat and lane for their swim. This meet will run fast, especially during the 50 and 100 free. One copy of the heat sheets may be distributed to each team.

**Deck Access:** Swimmers must enter and exit the pool deck with the stairs. Wet athletes are not allowed in the upper hallway.

**Send entries:** Entries are **Due by Monday, December 7, 2009 by 4:00 P.M.**  
Please E-mail entries to the meet referee MaryAnne Lustgraaf  
([mlustgraaf@comcast.net](mailto:mlustgraaf@comcast.net)). Please mail or bring your check to Bill Reeves, Oyster River High School, 55 Coe Dr. Durham, NH 03824.

**Coaches Packet:** When your team arrives coaches, please check with Bill Reeves and get your meet packet and any miscellaneous instructions.

**Additional Information:** For more information contact Bill Reeves: (603) 868-2375 (w), (603) 868-6971 (h); [williama.reeves@comcast.net](mailto:williama.reeves@comcast.net).

**Results:** If time permits, each team can pick up their team's individual results after the meet or results will be e-mailed later that evening. Please submit a results request form to the computer table.