

Coaches Meeting Reminders

DIVING

- The Diving Meet has an adjusted start time due to scheduling issues. **Warm-ups start at 4:30 and competition will start at 6:00 PM.**
- Diving Awards will be announced, and divers recognized at the end of competition. The top 6 finishers in each event (girls and boys) will also be recognized after the break during each divisional swim meet.

SWIMMING

Warm-ups

- There will be 3 warm-up sessions for each divisional swim meet. Warm up sessions have been assigned and posted to the NHIAA Swimming and Diving website. There are no assigned lanes. Teams may choose their lanes. The expectation is that there will be about 8 swimmers per lane.
- During the swim meet, competitors may use Lane 8 for warm up and cool down. Swimmers should not jump or dive into lane 8. Lane 7 is to remain empty. There will also be a 15-minute open warm-up after the 50 Free.

Meet flow

- There will be flyover starts. The fastest heat before an awards presentation will be allowed to clear the pool.
- The fastest heat of swimmers in each event will have their names announced before the start of that heat. In all other heats swimmers will have their names announced after the start of their race while in the water.

Award ceremonies

- The top six finishers in each event will be recognized by presenting them with a generic medal (for photo purposes) and asking them to stand on the block. Please ask your swimmers who finish in the top 6, to stay close to the start end of the pool so they will be close by for the medal recognition.

Event #s	
1&2	200 medley relays
3&4	200 Free
	Awards medley relays
5&6	200IM
	Awards 200 Free
7&8	50 Free
	Awards 200IM
	15min break
	Awards – Diving
11&12	100 Fly
	Awards 50 Free

This format will continue throughout the meet.

Relay cards Deadlines

- 200 Medley Relay – **Prior to the start of the Second Warm-up**
- 200 Free Relay – By the end of Event #8 (50 Free)
- 400 Free Relay – By the end of Event #14 (100 Free)

Deadline to submit observed Swims

- Swimmers must have their online requests for a USA Swimming observed swim submitted by **5:00 PM Friday February 9th 2024.**
 - Division 2: <https://form.jotform.com/240165930372150>
 - Division 1: <https://form.jotform.com/240165230336143>

Volunteer Sign-ups

- We still need several volunteers for both swim meets. Please pass this information along to your parents/families. It is appreciated/
 - Division 2 Job List – Saturday Morning Session

<https://www.signupgenius.com/go/10C0E4DA8A82EA0FCC52-47681520-nhiala/112966318#/>

- Division 1 Job List – Saturday Afternoon Session

<https://www.signupgenius.com/go/10C0E4DA8A82EA0FCC52-47678806-nhiala/112966318#/>