

2019 GNOCCSL City Championship Invitation

Date: Day 1: June 26, 2019 (8 & Unders)

Day 2: June 27, 2019 (9 & Overs)

Place: U.N.O. Aquatics Center at the Lakefront Arena

Officials: Meet Referee: Rob Dowie

Meet Manager: Daniel Wendt

Warm-Up Time:

➤ 1st Warm-up 11:00 am

➤ 2nd Warm-up 11:30 am

□ Meet will start at 12:00 pm

➤ Coaches Relay -- TBA (This relay is coaches, asst. coaches, and/or parents)

Entry Limitations:

Each team can enter an unlimited number of swimmers in the individual events.

However, no individual swimmer can swim more than two (2) individual events. Each team can enter one (1) relay team per event. Swimmers are allowed to swim a maximum of two (2) individual events and two (2) relay events. Only 4 athletes per team will be allowed to score in an individual event.

Entry Fees:

Entry Fees, PAID IN ONE CHECK PER CLUB, are due to the league President or his designee on the first day of the City Championships. Fees that are not paid on or before June 26, 2019 will incur a 10% late fee.

\$1 surcharge per swimmer PLUS:

\$3.00 per individual entry

\$5.00 per relay team entry

Entries are due on June 22, 2019 by 11:00 AM via emailed Hy-Tek file to the League Clerk at GNOCCSL@gmail.com. There are no exceptions. Late entries will not be accepted.

Heat Sheets:

Heat Sheets will be emailed to the coaches prior to the meet so they can be sent to the team. Printed copies will not be available at the meet.

Scoring –

A. IND. EVENTS: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 pts

B. RELAY EVENTS: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 pts

Awards must be picked up at the end of the second day after the completion of the meet. All (non-disqualified) relays and top 24 swimmers in individual events will receive an award.

Volunteers:

All Clubs will be required to have a stroke and turn judge work the meet. This will be prescheduled and divided equally between the 2 days. Coaches are expected to submit their most qualified judge to the league along with the age of their swimmer (this will be submitted with your entries). All other positions (i.e., timers, runners, clerks of course, and awards) will be assigned after entries have been submitted.

Warm-Up Assignments:

1 st Warm-Up		2 nd Warm-Up	
Mimosa	Deep 1 & 2	JCC	Deep 1 & 2
CLCC	Deep 3 & 4	NOLTC	Deep 3 & 4
Chateau	Deep 5 & 6	SYC	Deep 5 & 6
MCC	Deep 7 & 8	PT	Deep 7 & 8
NOCC	Shallow 1 & 2	ET	Shallow 1 & 2
GRCC	Shallow 3 & 4	Timberlane	Shallow 3 & 4

Order of Events – Day 1

MEDLEY RELAYS

	1	Girls	8 & U	Medley RELAY	100	yards	
	2	Boys	8 & U	Medley RELAY	100	yards	

FREESTYLE

	3	Girls	6 & Under	Freestyle	25	yards	
	4	Boys	6 & Under	Freestyle	25	yards	
	5	Girls	7 & 8	Freestyle	25	yards	
	6	Boys	7 & 8	Freestyle	25	yards	

BACKSTROKE

	7	Girls	6 & Under	Backstroke	25	yards	
	8	Boys	6 & Under	Backstroke	25	yards	
	9	Girls	7 & 8	Backstroke	25	yards	

	10	Boys	7 & 8		Backstroke	25	yards	
<i>6 & Under FREE RELAYS</i>								
	11	Girls	6 & Under		Free Relays	100	yards	
	12	Boys	6 & Under		Free Relays	100	yards	
<i>5 MINUTE BREAK - BREASTSTROKE</i>								
	13	Girls	8 & Under		Breaststroke	25	yards	
	14	Boys	8 & Under		Breaststroke	25	yards	
<i>5 MINUTE BREAK - BUTTERFLY</i>								
	15	Girls	8 & under		Butterfly	25	yards	
	16	Boys	8 & under		Butterfly	25	yards	
<i>10 MINUTE BREAK - FREE RELAYS</i>								
	17	Girls	7 & 8		Free RELAY	100	yards	
	18	Boys	7 & 8		Free RELAY	100	yards	

Order of Events – Day 2								
<i>MEDLEY RELAYS</i>								
	21	Girls	9 & 10		Medley RELAY	200	yards	
	22	Boys	9 & 10		Medley RELAY	200	yards	
	23	Girls	11 & 12		Medley RELAY	200	yards	
	24	Boys	11 & 12		Medley RELAY	200	yards	
	25	Girls	13 & 14		Medley RELAY	200	yards	
	26	Boys	13 & 14		Medley RELAY	200	yards	
	27	Girls	15 to 18		Medley RELAY	200	yards	
	28	Boys	15 to 18		Medley RELAY	200	yards	
<i>FREESTYLE</i>								
	29	Girls	9 & 10		Freestyle	50	yards	
	30	Boys	9 & 10		Freestyle	50	yards	
	31	Girls	11 & 12		Freestyle	50	yards	

	32	Boys	11 & 12		Freestyle	50	yards	
	33	Girls	13 & 14		Freestyle	50	yards	
	34	Boys	13 & 14		Freestyle	50	yards	
	35	Girls	15 to 18		Freestyle	50	yards	
	36	Boys	15 to 18		Freestyle	50	yards	
<i>BACKSTROKE</i>								
	37	Girls	9 & 10		Backstroke	50	yards	
	38	Boys	9 & 10		Backstroke	50	yards	
	39	Girls	11 & 12		Backstroke	50	yards	
	40	Boys	11 & 12		Backstroke	50	yards	
	41	Girls	13 & 14		Backstroke	50	yards	
	42	Boys	13 & 14		Backstroke	50	yards	
	43	Girls	15 to 18		Backstroke	50	yards	
	44	Boys	15 to 18		Backstroke	50	yards	
<i>BREASTSTROKE</i>								
	45	Girls	9 & 10		Breaststroke	50	yards	
	46	Boys	9 & 10		Breaststroke	50	yards	
	47	Girls	11 & 12		Breaststroke	50	yards	
	48	Boys	11 & 12		Breaststroke	50	yards	
	49	Girls	13 & 14		Breaststroke	50	yards	
	50	Boys	13 & 14		Breaststroke	50	yards	
	51	Girls	15 to 18		Breaststroke	50	yards	
	52	Boys	15 to 18		Breaststroke	50	yards	
<i>BUTTERFLY</i>								
	53	Girls	9 & 10		Butterfly	50	yards	
	54	Boys	9 & 10		Butterfly	50	yards	
	55	Girls	11 & 12		Butterfly	50	yards	
	56	Boys	11 & 12		Butterfly	50	yards	
	57	Girls	13 & 14		Butterfly	50	yards	

	58	Boys	13 & 14		Butterfly	50	yards	
	59	Girls	15 to 18		Butterfly	50	yards	
	60	Boys	15 to 18		Butterfly	50	yards	
<i>FREE RELAYS</i>								
	61	Girls	9 & 10		Free RELAY	200	yards	
	62	Boys	9 & 10		Free RELAY	200	yards	
	63	Girls	11 & 12		Free RELAY	200	yards	
	64	Boys	11 & 12		Free RELAY	200	yards	
	65	Girls	13 & 14		Free RELAY	200	yards	
	66	Boys	13 & 14		Free RELAY	200	yards	
	67	Girls	15 to 18		Free RELAY	200	yards	
	68	Boys	15 to 18		Free RELAY	200	yards	