

16TH
ANNUAL
M.H.S.
SWIMMING
&
DIVING
INVITATIONAL

01/09/10

MILFORD HIGH SCHOOL
16TH ANNUAL SWIMMING & DIVING INVITATIONAL
JANUARY 09, 2010

PLACE: MILFORD HIGH SCHOOL
#1 EAGLES WAY
MILFORD, OH 45150

DATE: JANUARY 09, 2009 (SATURDAY)

TIME: DIVING (6 DIVE MEET)
WARM-UP 7:30 - 8:30 AM
MEET 8:40 AM

SWIMMING
WARM-UP 11:30 AM – 1:45 PM
MEET 1:50 PM

WARM-UPS: SCHEDULE WILL BE E-MAILED OUT TO ALL
TEAMS INVOLVED.

MEET: TIMED FINAL EVENTS

SCORING: 1ST THROUGH 12TH
PLACE: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12
SCORE: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1
RELAYS EVENTS ARE DOUBLED

AWARDS: 1ST PLACE GIRL'S & BOY'S TEAM PLAQUES.
PLAQUES FOR SWIMMER OF THE MEET –
BOY & GIRL.

ENTRIES: EACH TEAM MAY ENTER FIVE (5)
SWIMMERS/DIVERS PER INDIVIDUAL EVENTS
AND TWO (2) RELAYS.

ENTRY: INDIVIDUAL'S MAY SWIM IN FOUR (4) EVENTS TOTAL. MAXIMUM OF TWO (2) INDIVIDUAL EVENTS. DIVING IS CONSIDERED AN INDIVIDUAL EVENT.
DIVING – 6 DIVE MEET. REQUIRED DIVE OF THE WEEK MUST BE DONE FIRST, THEN 5 OPTIONAL DIVES.

FEES: \$200.00 FOR SCHOOLS ENTERING BOTH GIRLS & BOYS SWIM & DIVE TEAMS.
\$85.00 FOR SCHOOL'S ENTERING JUST A BOY'S OR JUST A GIRL'S SWIM & DIVE TEAM. (7 IND. ARE CONSIDERED A TEAM). LESS THAN 7 INDIVIDUAL SWIMMERS/DIVERS - \$7.00 PER EVENT ENTERED.

ENTRY DEADLINE: ALL ENTRIES MUST BE IN THE HANDS OF THE MEET DIRECTOR BY 6:00 PM MONDAY, JANUARY 4, 2010.

ALL HY-TEK ENTRIES PREFERRED!

MAIL, E-MAIL, OR FAX ENTRIES TO:

GARY TAMERIS
11365 POMO COURT
CINCINNATI, OH 45249

(C) 513-885-4814 (W) 513-576-2240
(FAX) 513-831-8230 (E) mast@spsp.net

ADMISSIONS: ADULTS - \$6.00 / STUDENTS - \$3.00

HEAT SHEETS: \$2.00 AT CONCESSION STAND.

WEB SITE: PSYCH SHEETS & FINAL RESULTS WILL BE POSTED ON - milfordswimming.org & swimmeet.com

MILFORD HIGH SCHOOL
16TH ANNUAL
SWIMMING & DIVING INVITATIONAL
JANUARY 09, 2010

SCHOOL NAME: _____

GIRL'S ENTRY FORM

| <u>200 MEDLEY RELAY</u> | <u>"A"</u> | <u>NAME</u> | <u>TIME</u> |
|-------------------------|------------|-------------|-------------|
| <u>EVENT # 1</u> | (BK) | _____ | |
| | (BR) | _____ | |
| | (FL) | _____ | |
| | (FR) | _____ | _____ |

| <u>"B"</u> | <u>NAME</u> | <u>TIME</u> |
|------------|-------------|-------------|
| (BK) | _____ | |
| (BR) | _____ | |
| (FL) | _____ | |
| (FR) | _____ | _____ |

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS.
THESE MAY BE CHANGED AT ANY TIME BEFORE THE MEET.
THIS WILL HELP CUT DOWN ON THE DATA INPUT BEFORE THE
MEET STARTS.

| <u>200 FREESTYLE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|----------------------|----------|-------------|-------------|
| <u>EVENT # 3</u> | 1. | _____ | _____ |
| | 2. | _____ | _____ |
| | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

200 I. M.
EVENT # 5

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

50 FREESTYLE
EVENT # 7

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

DIVING
EVENT # 9

| # | <u>NAME</u> |
|----|-------------|
| 1. | _____ |
| 2. | _____ |
| 3. | _____ |
| 4. | _____ |
| 5. | _____ |

100 BUTTERFLY
EVENT # 11

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

100 FREESTYLE
EVENT # 13

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

| <u>500 FREESTYLE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|----------------------|----------|-------------|-------------|
| <u>EVENT # 15</u> | 1. | _____ | _____ |
| <u>CUT OF TIME</u> | 2. | _____ | _____ |
| 6:15.00 | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

IF YOUR SWIMMER FAIL'S TO MAKE THE CUT OFF TIME REQUIREMENT FOR THIS EVENT, THEY WILL NOT RECEIVE TEAM POINTS IN THIS EVENT AND WILL BE MARKED AS AN EXHIBITION SWIMMER. DO NOT ENTER SWIMMERS IF THEY DON'T HAVE THE CUT OFF TIME.

| <u>200 FREE RELAY</u> | <u>"A"</u> | <u>NAME</u> | <u>TIME</u> |
|-----------------------|------------|-------------|-------------|
| <u>EVENT # 17</u> | (1) | _____ | |
| | (2) | _____ | |
| | (3) | _____ | |
| | (4) | _____ | _____ |

| <u>"B"</u> | <u>NAME</u> | <u>TIME</u> |
|------------|-------------|-------------|
| (1) | _____ | |
| (2) | _____ | |
| (3) | _____ | |
| (4) | _____ | _____ |

***** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. THESE MAY BE CHANGED AT ANY TIME DURING THE MEET. THIS WILL HELP CUT DOWN ON THE DATA INPUT BEFORE THE MEET STARTS.**

| <u>100 BACKSTROKE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|-----------------------|----------|-------------|-------------|
| <u>EVENT # 19</u> | 1. | _____ | _____ |
| | 2. | _____ | _____ |
| | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

| <u>100 BREASTSTROKE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|-------------------------|----------|-------------|-------------|
| <u>EVENT # 21</u> | 1. | _____ | _____ |
| | 2. | _____ | _____ |
| | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

| <u>400 FREE RELAY</u> | <u>"A"</u> | <u>NAME</u> | <u>TIME</u> |
|-----------------------|------------|-------------|-------------|
| <u>EVENT # 23</u> | (1) | _____ | |
| | (2) | _____ | |
| | (3) | _____ | |
| | (4) | _____ | _____ |

| <u>"B"</u> | <u>NAME</u> | <u>TIME</u> |
|------------|-------------|-------------|
| (1) | _____ | |
| (2) | _____ | |
| (3) | _____ | |
| (4) | _____ | _____ |

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 MEET STARTS.

MILFORD HIGH SCHOOL
16TH ANNUAL
SWIMMING & DIVING INVITATIONAL
JANUARY 09, 2010

SCHOOL NAME: _____

BOY'S ENTRY FORM

| <u>200 MEDLEY RELAY</u> | <u>"A"</u> | <u>NAME</u> | <u>TIME</u> |
|-------------------------|------------|-------------|-------------|
| <u>EVENT # 2</u> | (BK) | _____ | |
| | (BR) | _____ | |
| | (FL) | _____ | |
| | (FR) | _____ | _____ |

| <u>"B"</u> | <u>NAME</u> | <u>TIME</u> |
|------------|-------------|-------------|
| (BK) | _____ | |
| (BR) | _____ | |
| (FL) | _____ | |
| (FR) | _____ | _____ |

*** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS.
THESE MAY BE CHANGED AT ANY TIME BEFORE THE MEET.
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MEET STARTS.

| <u>200 FREESTYLE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|----------------------|----------|-------------|-------------|
| <u>EVENT # 4</u> | 1. | _____ | _____ |
| | 2. | _____ | _____ |
| | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

200 I. M.
EVENT # 6

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

50 FREESTYLE
EVENT # 8

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

DIVING
EVENT # 10

| # | <u>NAME</u> |
|----|-------------|
| 1. | _____ |
| 2. | _____ |
| 3. | _____ |
| 4. | _____ |
| 5. | _____ |

100 BUTTERFLY
EVENT # 12

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

100 FREESTYLE
EVENT # 14

| # | <u>NAME</u> | <u>TIME</u> |
|----|-------------|-------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

| | | | |
|----------------------|----------|-------------|-------------|
| <u>500 FREESTYLE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
| <u>EVENT # 16</u> | 1. | _____ | _____ |
| <u>CUT OFF TIME</u> | 2. | _____ | _____ |
| 6:15.00 | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

IF YOUR SWIMMER FAIL'S TO MAKE THE CUT OFF TIME REQUIREMENT FOR THIS EVENT, THEY WILL NOT RECEIVE TEAM POINTS IN THIS EVENT AND WILL BE MARKED AS AN EXHIBITION SWIMMER. DO NOT ENTER THE SWIMMERS IF THEY DON'T HAVE THE CUT OFF TIME.

| | | | |
|-----------------------|------------|-------------|-------------|
| <u>200 FREE RELAY</u> | <u>"A"</u> | <u>NAME</u> | <u>TIME</u> |
| <u>EVENT # 18</u> | (1) | _____ | |
| | (2) | _____ | |
| | (3) | _____ | |
| | (4) | _____ | _____ |

| | | | |
|--|------------|-------------|-------------|
| | <u>"B"</u> | <u>NAME</u> | <u>TIME</u> |
| | (1) | _____ | |
| | (2) | _____ | |
| | (3) | _____ | |
| | (4) | _____ | _____ |

***** PLEASE ENTER YOUR SWIMMERS NAMES FOR THE RELAYS. THESE MAY BE CHANGED AT ANY TIME DURING THE MEET. THIS WILL HELP CUT DOWN ON THE DATA INPUT BEFORE THE MEET STARTS.**

| | | | |
|-----------------------|----------|-------------|-------------|
| <u>100 BACKSTROKE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
| <u>EVENT # 20</u> | 1. | _____ | _____ |
| | 2. | _____ | _____ |
| | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

| <u>100 BREASTSTROKE</u> | <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|-------------------------|----------|-------------|-------------|
| <u>EVENT # 22</u> | 1. | _____ | _____ |
| | 2. | _____ | _____ |
| | 3. | _____ | _____ |
| | 4. | _____ | _____ |
| | 5. | _____ | _____ |

| <u>400 FREE RELAY</u> | <u>"A"</u> | <u>NAME</u> | <u>TIME</u> |
|-----------------------|------------|-------------|-------------|
| <u>EVENT # 24</u> | 1. | _____ | |
| | 2. | _____ | |
| | 3. | _____ | |
| | 4. | _____ | _____ |

| <u>#</u> | <u>NAME</u> | <u>TIME</u> |
|----------|-------------|-------------|
| 1. | _____ | |
| 2. | _____ | |
| 3. | _____ | |
| 4. | _____ | _____ |

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 MEET STARTS.

MILFORD HIGH SCHOOL INVITATIONAL

GIRL'S PAST CHAMPIONS & RUNNER-UP

| <u>NAME</u> | <u>CHAMPIONS</u> | <u>RUNNER-UP</u> |
|-------------|--|------------------|
| 1995 | MILFORD | COUNTRY DAY |
| 1996 | MILFORD | MOUNT NOTRE DAME |
| 1997 | MILFORD | MOUNT NOTRE DAME |
| 1998 | MILFORD | LAKOTA WEST |
| 1999 | *** INVITATIONAL CANCELLED DUE TO SNOW | |
| 2000 | LAKOTA WEST | MILFORD |
| 2001 | LAKOTA WEST | MILFORD |
| 2002 | LAKOTA WEST | LAKOTA EAST |
| 2003 | LAKOTA WEST | MILFORD |
| 2004 | MILFORD | LAKOTA WEST |
| 2005 | LAKOTA WEST | MILFORD |
| 2006 | LAKOTA WEST | LAKOTA EAST |
| 2007 | LAKOTA WEST | LAKOTA EAST |
| 2008 | LAKOTA WEST | LAKOTA EAST |
| 2009 | LAKOTA EAST | LOVELAND |

MILFORD HIGH SCHOOL INVITATIONAL

BOY'S PAST CHAMPIONS & RUNNER-UP

| <u>YEAR</u> | <u>CHAMPIONS</u> | <u>RUNNER-UP</u> |
|-------------|--|------------------|
| 1995 | MILFORD | LIMA SENIOR |
| 1996 | MILFORD | LIMA SENIOR |
| 1997 | MILFORD | LASALLE |
| 1998 | MILFORD | LAKOTA WEST |
| 1999 | *** INVITATIONAL CANCELLED DUE TO SNOW | |
| 2000 | MILFORD | LAKOTA WEST |
| 2001 | MILFORD | ROGER BACON |
| 2002 | ROGER BACON | LAKOTA WEST |
| 2003 | ROGER BACON | LAKOTA WEST |
| 2004 | ROGER BACON | MILFORD |
| 2005 | LAKOTA EAST | MILFORD |
| 2006 | LAKOTA EAST | MILFORD |
| 2007 | MILFORD | LAKOTA EAST |
| 2008 | MILFORD | LAKOTA WEST |
| 2009 | MILFORD | LOVELAND |

GIRL'S TEAM ROSTER FORM

SCHOOL: _____

| <u>#</u> | <u>NAME</u> | <u>GRADE</u> |
|----------|-------------|--------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |
| 8. | _____ | _____ |
| 9. | _____ | _____ |
| 10. | _____ | _____ |
| 11. | _____ | _____ |
| 12. | _____ | _____ |
| 13. | _____ | _____ |
| 14. | _____ | _____ |
| 15. | _____ | _____ |
| 16. | _____ | _____ |
| 17. | _____ | _____ |
| 18. | _____ | _____ |
| 19. | _____ | _____ |
| 20. | _____ | _____ |
| 21. | _____ | _____ |
| 22. | _____ | _____ |
| 23. | _____ | _____ |
| 24. | _____ | _____ |
| 25. | _____ | _____ |
| 26. | _____ | _____ |
| 27. | _____ | _____ |
| 28. | _____ | _____ |
| 29. | _____ | _____ |
| 30. | _____ | _____ |

BOY'S TEAM ROSTER FORM

SCHOOL: _____

| <u>#</u> | <u>NAME</u> | <u>GRADE</u> |
|----------|-------------|--------------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
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| 7. | _____ | _____ |
| 8. | _____ | _____ |
| 9. | _____ | _____ |
| 10. | _____ | _____ |
| 11. | _____ | _____ |
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| 13. | _____ | _____ |
| 14. | _____ | _____ |
| 15. | _____ | _____ |
| 16. | _____ | _____ |
| 17. | _____ | _____ |
| 18. | _____ | _____ |
| 19. | _____ | _____ |
| 20. | _____ | _____ |
| 21. | _____ | _____ |
| 22. | _____ | _____ |
| 23. | _____ | _____ |
| 24. | _____ | _____ |
| 25. | _____ | _____ |
| 26. | _____ | _____ |
| 27. | _____ | _____ |
| 28. | _____ | _____ |
| 29. | _____ | _____ |
| 30. | _____ | _____ |

SUMMARY SHEET

HEAD COACH: _____

ADDRESS: _____

SCHOOL: _____

ADDRESS: _____

PHONE #: (H) _____
(C) _____
(W) _____
(FAX) _____
(E-MAIL) _____

| | | | |
|-------------|------------------------|-----------------|----------|
| TEAM FEE'S: | GIRL'S & BOY'S TEAM | <u>\$200.00</u> | _____ |
| (CHECK OFF) | JUST GIRL'S TEAM (7+) | <u>\$ 85.00</u> | _____ |
| | JUST BOY'S TEAM (7+) | <u>\$ 85.00</u> | _____ |
| | INDIVIDUAL (PER EVENT) | <u>\$ 7.00</u> | _____ |
| | TOTAL FEE'S | | \$ _____ |

MAKE CHECK OUT TO: **MILFORD HIGH SCHOOL**

COACHES NOTES

1. FLY OVER STARTS WILL BE USED ON ALL EVENTS EXCEPT MEDLEY RELAY & 100 BACKSTROKE. PLEASE REMIND SWIMMERS TO HUG THE WALL & REFRAIN FROM MOVING WHEN THE NEXT RACE IS BEING STARTED.
2. SWIMMERS MUST BE AT THE BLOCK AT THE START OF THE RACE. OFFICIALS WILL BLOW WHISTLE WHEN LAST SWIMMER CROSSES UNDER BACKSTROKE FLAGS. WHEN LAST SWIMMER TOUCHES WALL, WHISTLE WILL BLOW FOR ALL SWIMMERS TO STEP UP ONTO THE BLOCKS.
3. PLEASE REMIND SWIMMERS TO HAVE ONE FOOT AT THE FRONT OF THE BLOCKS TO START THE RACE.
4. BACKSTROKE SWIMMERS NEED TO SLIDE IN.
5. AFTER 50 FREESTYLE A 15:00 MINUTE WARM-UP PERIOD. AFTER THE 500 FREESTYLE A 10:00 MINUTE WARM-UP PERIOD – NO DIVING IN & NO STARTS OFF THE BLOCKS.
6. NO SWIM DOWNS ALLOWED.
7. REMIND SWIMMERS TO HIT THE TOUCH PADS.
8. REMIND SWIMMERS TO EXIT THE WATER AFTER THEIR LEG OF THE RELAY FOR ACCURATE SPLITS.
9. RESULTS WILL BE POSTED IN THE BACK HALLWAY FOR COACHES. MAIN LOBBY FOR SPECTATORS.
10. HOSPITALITY ROOM IS SET UP FOR YOU AND YOUR ASSISTANT COACHES, PLEASE USE IT.
11. ALL RESULTS CAN BE PICKED UP AFTER THE MEET OR YOU CAN PULL THE RESULTS OFF OUR WEB SITE: milfordswimming.org & swimmeet.com
12. PLEASE CLEAN UP YOUR TEAM AREA BEFORE LEAVING!

ADMISSIONS

ADULTS

\$6.00

STUDENTS

(1ST - 12TH GRADE)

\$3.00

HEAT SHEETS - \$2.00
@ CONCESSION STAND