

**OAKLAND COUNTY SWIMMING AND DIVING
INFORMATION
2009**

To: All Oakland County Girls Swimming and Diving Coaches
From: Darin Abbasse, Meet Manager

Subject: Oakland County Girls Swimming and Diving Championships
Friday, October 2, 2009 for Diving Prelims and October 3, 2009 for
Swimming and Diving Finals

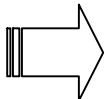
Location: Lake Orion High School
495 East Scripps
Lake Orion, Mi 48360

Date/Time: October 2, 2009
Diving Warm up 3:45-5:45 p.m.
Diving Prelims 6:00 p.m. start
Top 16 divers advance to the October 3, swimming and diving Finals

Date/Time: October 3, 2009
Diving Warm up 7:00-8:50 a.m.
Swimming Warm up 9:00-10:50 a.m.
Swimming and Diving Finals 11:00 a.m. start

Rules: 2009-2010 National Federation rules will be in effect. See rules relative to
Championship meets (timed finals).

Entry Info: Each team must submit entries by using a Team Manager entry file. Only entries which are equal to or faster than the consideration cuts will be accepted. Those times that are equal to or faster than the automatic cuts will be entered into the meet. If there are fewer than 32 entries, the field will be completed with the fastest times under the consideration cut. Each event will list alternates, should there be any scratches. All possible relay swimmers must be listed (including alternates). Final relay entries would be appreciated before finals start, but must be made prior to the preceding event. All divers must be entered, including their 3 meet average.



Entries: All entries will be done using Team Manager. The meet event file will be on the Lake Orion web site (soon). www.lakeorion.k12.mi.us/lohs/ Go to athletics and look for the Girls' swimming and diving team website. All coaches are required to submit their official eligibility sheets by either faxing (248-693-5459) them or turning them in prior to the diving event. You must also send via email your TM entry file to the following address: kevnick1@chartermi.net.

Qualifying Times:	Automatic	Consideration
200 MR	2:25.00	*****
200 Free	2:05.59	2:07.09
200 IM	2:22.59	2:25.99
50 Free	26.59	26.99
Diving	170 (3 meet avg.)	160 (3 meet avg.)
100 Fly	1:05.09	1:06.59
100 Free	58.39	58.99
500 Free	5:36.59	5:40.99
200 Fr. Relay	2:05.00	*****
100 BK	1:06.79	1:07.29
100 BRST	1:15.09	1:16.59
400 Fr. Relay	4:25.00	*****

Diving Information

Divers will qualify by having a three meet average.

Diving warm up begins at 3:45 p.m. and ends at 5:45 p.m.

Diving sheets must be turned in no later than 4:30 p.m.

Diving Prelims start at 6:00 p.m. sharp!

The top 16 divers will do their remaining three dives on Saturday, October 3 after the 50 freestyle. Diving warm up for this day will run from 7:00 -8:50 a.m.

There will be 7 judges with the two high and low scores being dropped.

Each school with a diver must be prepared to provide a judge if necessary.