

# 2019 Zone 3 & 4 Championships

Who: Zone 3 and Zone 4 High School Teams

When & Where: Thursday December 5, 2017 at Brock University

Time: 8:00 am Warm up

8:15 Mandatory Coaches Meeting, followed by timers meeting

8:30 Relay order confirmation due

9:00 am Start

3:30 Finish (Timing will be confirmed once the entries are entered)

Payment: Fees are calculated by the # of confirmed swimmers and collected by Rina Rode at the Board Level

Invoices will be sent to each school's Athletic Designate by Rina Rode

Volunteers: 3 volunteers and 3 stop watches are required from each school for the entire meet

Cell phone use is prohibited

Are encouraged to stay on deck during lunch

Lunch is provided for volunteers (Timers and Officials)

Lunch for \$5/coach (Let Rina know and added to your Invoice)

Entries: Deadline is Friday November 29th

Option A: Team can download the free TM (Team Manger) Lite ([www.hy-teklte.com](http://www.hy-teklte.com))

Option B: Team can use the spread sheet and email to Angela Taylor

([niagaraswimconvenor@gmail.com](mailto:niagaraswimconvenor@gmail.com))

Both spread sheet and the meet events file will be emailed to each team.

Include all necessary information including DOB, any Para classifications, and identify relay orders (A1, A2, A3, A4, B1, B2, B3, B4 etc.)

Meet Program/Heat Sheets: Will be posted on the NRHSAA site the week of December 2

Please bring your own copies of the heat sheets

Students and Parents can also print their own

Additional Notes:

Swimmers: Only one suit, no "Club" attire (i.e. caps, suits, shirts, swim bags etc.),

Swimmers can be disqualified for infractions

Coaches: Fly over starts, swimmers stay in the pool until the next heat starts

Swimmers can exit to the side if unable to get out over the high bulkhead

3 individual events and 2 relay events allowed

We will be using self marshalling.