

DE LA SALLE INVITATIONAL SWIM MEET

1130 Winton Dr., Concord, CA 94518

Dear Swim Coaches,

Your team is confirmed for the 35th annual **De La Salle High School Invitational Swim Meet** on March 14-15, 2025 at De La Salle High School. Thank you for attending!

Rules: 2024-25 NFHS Rules will govern except where the format outlined below conflicts.

Course: 25-yard x 11-lane pool with fully automatic timing (touch pads, relay jump pads, full display board) 6-inch lane lines and track start platforms. There will be 8 competition lanes and 3 warm-up lanes separated from the competition course by a double lane line.

Scoring: Varsity-The Top-16 Individual qualifiers in each event from the Prelim session will move on to Finals. There will also be a non-scoring Bonus Final Heat for 17th-24th place, except in the 500 Free. Junior Varsity events will be Timed Finals. Awards will be given to the winning Varsity Girls and Boys teams. Points will be awarded as follows:

	Championship Finals								Consolation Finals							
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
Ind	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Rel	40	34	32	30	28	26	24	22	18	14	12	19	8	6	4	2

Schedule:

Fri. March 14

- Warmups: 9:30 am-11:30 am
- Meet Start: 12:00 pm (Est. 6 hrs)

Sat. March 15

- Warmups: 6:50 am-8:50 am
- Meet Start: 9:00 am (Est. 7.5 hrs)

Varsity Prelims		
Girls Event #	Event	Boys Event #
3	200 Medley Relay	4
7	200 Freestyle	8
11	200 IM	12
15	50 Freestyle	16
19	100 Butterfly	20
23	100 Freestyle	24
27	500 Freestyle	28
31	200 Freestyle Relay	32
35	100 Backstroke	36
39	100 Breaststroke	40
43	400 Freestyle Relay	44

Combined Finals				
Girls JV Event #	Girls V Event #	Event	Boys JV Event #	Boys V Event #
1	3	200 Medley Relay	2	4
5	7	200 Freestyle	6	8
9	11	100 (JV) or 200 (V) IM	10	12
13	15	50 Freestyle	14	16
17	19	100 Butterfly	18	20
21	23	100 Freestyle	22	24
25	27	500 Freestyle	26	28
29	31	200 Freestyle Relay	30	32
33	35	100 Backstroke	34	36
37	39	100 Breaststroke	38	40
41	43	400 Freestyle Relay	42	44

ENTRY DEADLINE: Sunday, March 9 at 11:45 pm via email to andersonb@dlshs.org **AND** DLSInvitational@gmail.com

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Entries: **ENTRY DEADLINE:** Sunday, March 9 at 11:45 pm via email to andersonb@dlshs.org **AND** DLSInvitational@gmail.com Submit entries using the Hy-Tek meet entry file that you receive. Please use the Team Abbreviation in the table below.

If you do not have Hy-Tek software, you can download Team Manager Lite for free to fill out the entries here: <https://hytek.active.com/downloads.html> Scroll down and under Team Manager 8.0, click on "Lite".

Here is a link to a video that explains how to use the Team Manager Lite program:
https://activesupport.secure.force.com/hytekswimming/articles/en_US/Article/Team-Manager-Lite-for-Swimming-2?searchIn=Article

All teams will be emailed a copy of their entries for review on Monday, March 10 and no changes will be accepted after 9:00 am on Tuesday March 11.

Swimmers may be entered in 4 events with no more than 2 being individual events. Teams may enter a maximum of 4 swimmers/event with unlimited entries in the 50 and 100 Freestyle. 4 swimmers/team will be allowed to advance to finals in each event. Teams may enter 2 Relays, but only one relay may advance to Finals. Relay names are required; you will have an opportunity to adjust Varsity Relay names on Friday morning and JV Relay names on Saturday morning. Swimmers will be allowed to move from a B team to an A team (and vice-versa) between trials and finals, but they cannot move to a different relay event unless they are eligible by the number of events allowed. **NOTE:** In Prelims, the Varsity 500 Freestyle will be limited to 4 heats each for girls and boys. The JV 500 Freestyle will be limited to 2 heats each for girls and boys. A team may enter up to 4 swimmers in the 500 Freestyle in each division, but if a swimmer's entry time does not seed them in the top 32 (4 heats) for Varsity or top 16 (2 heats) for JV, the swimmer may be entered in the 50 or 100 Freestyle based on consultation with the coach.

Entry Fee: **Payment prior to meet**

\$225 per division: e.g. JV Girls, JV Boys, Varsity Girls, Varsity Boys

Total cost if all four divisions are entered is \$500

Payment on day of meet

\$250 per division, \$600 if all four divisions are entered.

Make checks payable to: De La Salle Swim Team (Memo: 2025 Swim Invite)

Send to:

De La Salle High School

Attn: Treasurer

1130 Winton Drive

Concord, CA 94518

IMPORTANT, PLEASE READ: Our goal is to run an efficient and safe meet for all participants and spectators. If any of your athletes have medical issues which may require attention or specific needs, please notify us ahead of time so we can be prepared for any circumstances.

If for any reason you or your athletes don't feel comfortable sharing that information we ask that a coach be present at the end of the athlete's lane anytime they are in the water for warm-up/cool down and races, and remain in place until the athlete is out of the water.

Thank you and we appreciate your cooperation.

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Directions: Coming from the South or West-Oakland, San Jose, etc.

- Take Highway 24 or Interstate 680 toward Walnut Creek.
- Exit at Treat Blvd., follow Treat Blvd. East approx. 1.5 miles.
- Turn right on Winton Drive.
- De La Salle will be on your immediate left.

Coming from the North-Benicia, Fairfield, Sacramento, etc.

- Take Interstate 680 toward Walnut Creek.
- Exit at Oak Park Blvd. and make a left at the light.
- Take the first left at Treat Blvd.
- Turn right on Winton Dr.
- De La Salle will be on your immediate left.

Local Hotel Accomodations:

Holiday Inn Express-Walnut Creek

2730 N. Main Street
Walnut Creek, CA 94596
(925) 932-3332
2.15 miles from DLSHS

Renaissance Hotel—Walnut Creek

2805 Jones Rd.
Walnut Creek, CA, 94597
(925) 938-8700
1.67 Miles from DLSHS

Embassy Suites Hotel—Walnut Creek

1345 Treat Blvd.
Walnut Creek, CA
(925) 934-2500
1.76 miles from DLSHS

Sonesta Select—Pleasant Hill

2250 Contra Costa Blvd.,
Pleasant Hill, CA 94523
(925) 691-1444
3.1 miles from DLSHS

For further information contact:

Tom Johnson-Meet Director
Cell: (925) 817-7700
Email: johnsont@dlshs.org

Brett Anderson-Entries Coordinator
School- (925) 288-8100 ext. 7099
Email: andersonb@dlshs.org

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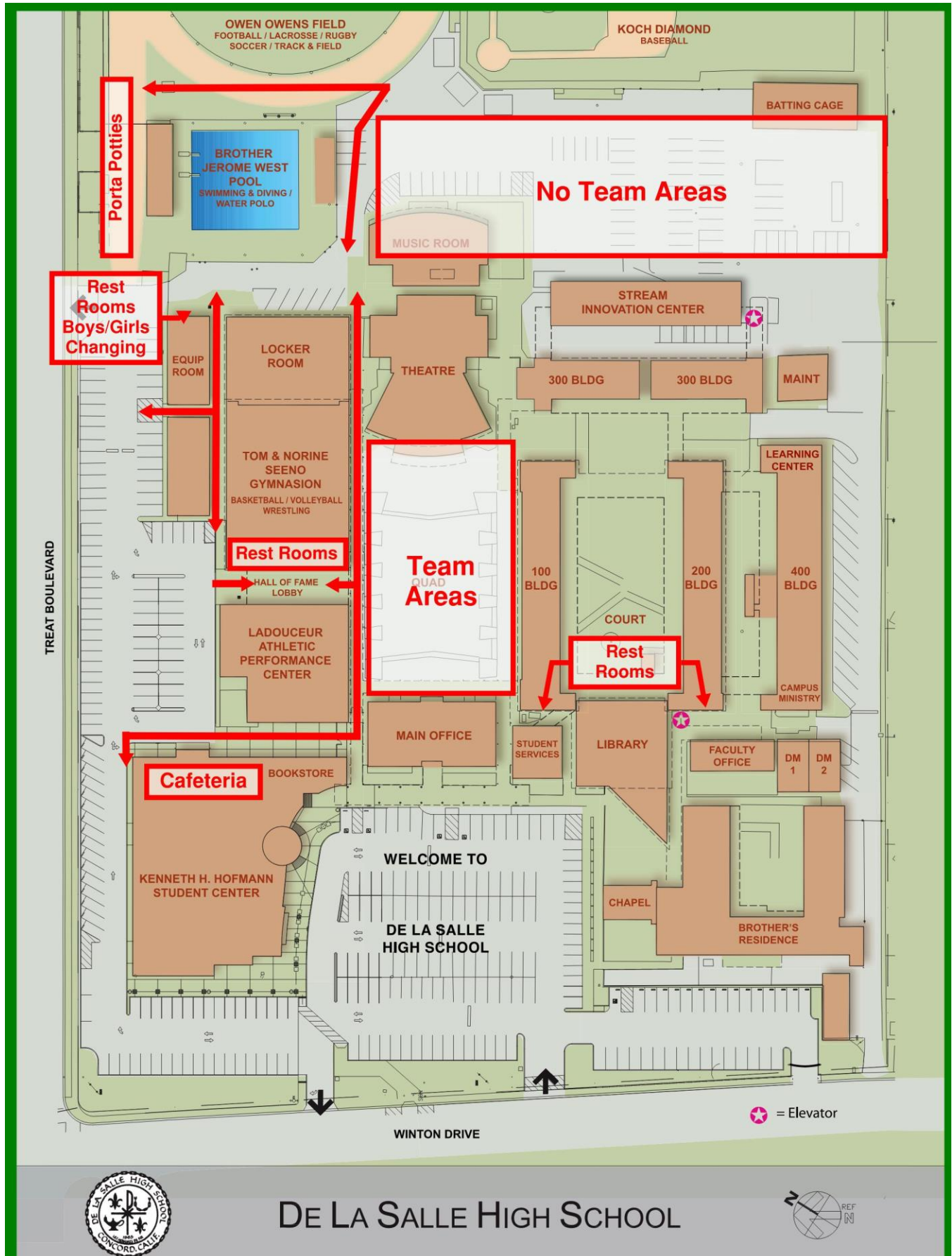
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School	Abr.	Coach
Albany	ALBA	Jesus Salcedo
Athenian	THAT	Todd Masson
Bellarmino Prep	BELA	Matt Godar
Carondelet	CARN	Roque Santos
Casa Roble	CARO	Mike Chavez
Clayton Valley	CLVA	Nikki Rodriguez
College Park	COPA	Daniel Rico/Sarah Dophin
College Prep	COPR	Orin Bentley
De La Salle	DELS	Tom Johnson
Head-Royce	HEAD	Erica Becker
Hercules	HERC	Chelsea Colliver/Jodi Tamosunas
James Logan	LOGN	Jillian Lothian
Las Lomas	LALO	Scott Mendelssohn
Mayfield	MYFL	Steve Bergen
Mission San Jose	MISJ	Felice Tran
Moreau Catholic	MOCA	Samira Navarro
Newark Memorial	NEME	Gordon Crosby
Northgate	NOGA	Jeff Mellinger
Piedmont	PDMT	Adrien Downey
Pinole Valley	PIVA	Jim Ulversoy
Ponderosa	POND	Matt Jaehn
Presentation	PRES	Sierra Maestas-Gach
St. Mary's	STMY	Jesus Salcedo
San Ramon Valley	SARV	Heather Johnston
University	UNSF	Jenny Kline

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Menu for De La Salle Swimming Invitational

March 14th & 15th 2025

Dinner Friday: **Open at 1:00pm Closed at 7:30pm**

Saturday Breakfast: **Serving time starts at 7:00am** Cold

Cereal / with milk \$3.75

Breakfast Burrito: Egg, Bacon, Potato & Cheese \$5.50

Breakfast Quesadilla: Egg, Bacon & Cheese \$5.50

Saturday: **Closed from 10:45am to 11:15am prep time**

Lunch Saturday: **Open at 11:15am**

Hamburgers or Cheese Burgers with Fries \$7.00

All Beef Jumbo Hot Dogs with Fries \$7.00

French Fries \$2.50

Cheese Quesadilla with Chips and Homemade Salsa \$7.00

Homemade Chicken Noodle Soup with Crackers \$4.50

Chips \$2.00, Churros \$3.50

Candies \$2.00-Trolli \$3.00-Cliff Bars \$3.50

DLS Students can use there MySchoolBucks Accounts

All other customers Cash and Card Accepted

