George School will host the Friends Schools League Championship on **Monday, February 5, 2024**. Locker rooms will be assigned. The meet will be livestreamed. The pool will open at 12:30pm. Snow date is Tuesday, February 6, 2024. Warm-ups will begin at 1:00pm with the meet beginning at 2:30p.m

**Commissioner**:    Ginna Lewing

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**Meet Director**:     Nancy Swanson

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**Meet Location**:  George School 1690 Newtown Langhorne Road Newtown, PA

**Meet Format**:  Pre-Seeded /Timed Finals

**Warm Up**: 1:00pm – 2:15pm

**Coaches’ Scratch and Rules Review Meeting**: 1:30pm in Conference Room (off pool deck). Refreshments provided for Officials, Coaches and Meet Volunteers.

**Start**: 2:30pm

**Awards:** A Friends Schools League plaque is presented to the winning team(s). Medals will be awarded to the top three (3) individuals, and members of the top three (3) relays.

**Timers:**  Each school should provide 2 timers with the exception of George School and Friends' Central which are each asked to provide 3 timers. PLEASE MAKE SURE THAT YOUR TIMERS HAVE STOP WATCHES...NOT PHONES OR WATCHES.

**Lane Assignments for Timers:**

Lane 1: 2 Abington Timers Lane 5: 2 Shipley Timers

Lane 2: 2 Friends Select Timers Lane 6: 2 Friends’ Central Timers

Lane 3: 2 George School Timers Lane 7: 1 George School/1 Friends’ Central Timers

Lane 4: 2 Moorestown Timers Lane 8: 2 Westtown Timers

**Rules**:   National Federation High School rules will govern the meet with the following stipulations:

a) Entries are limited to 4 swimmers from the same team per individual event.

b)       Scoring will be the top 6 times as follows:

Relay scoring: 14, 10, 8, 6, 4, and 2 Individual events: 7, 5, 4, 3, 2, and 1

c)       Swimmers may be entered in a maximum of four (4) events:

Two (2) relays and two (2) individual, or three (3) relays and one (1) individual.

d) Relay entries are limited to 2 relays per school.

**Food**:  **NO GLASS on the pool deck please. There will be a concession stand at the meet.**

**Valuables**:  Because George School cannot provide everyone with their own lock and locker, please

remind your swimmers to leave all valuables at home.

**ONLY OFFICALS, COACHES AND SWIMMERS ARE ALLOWED ON DECK BEFORE, DURING AND AFTER THE COMPETITION.**

**Schedule for the Day**

 12:30pm:   Facility Opens

  1:00pm – 2:15pm:   Warm Up.

**FOR SAFETY REASONS, THERE WILL BE NO DIVING DURING THE FIRST 3 WARM-UP SESSIONS. DIVING IS PERMITTED DURING THE SPRINT SESSION IN LANES 1 - 5 ONLY. PLEASE NO DIVING IN THE LAP LANES.**

WARM-UP SCHEDULE

Warm-Up 1: 1:00 - 1:20

Lanes 1 - 3: George School Lanes 4 - 8: Friends’ Central

Warm-Up 2: 1:20 - 1:40

Lanes 1 - 3: Moorestown Lanes 4 - 8: Westtown

Warm-Up 3: 1:40 - 2:00

Lanes 1 - 3: Abington Lanes 4 - 6: Shipley Lanes 7 - 8: Friends' Select

Warm-Up 4: 2:00 - 2:15

Lanes 1 - 5: Sprints Lanes 6 - 8: Open Lap Swimming

1:30 Coaches’ Meeting with Meet Director Nancy Swanson and Officials

2:30    Friends Schools League 2024 Swimming Championship Begin

**Order of Events:** By mutual agreement, breaks may be adjusted as needed.

200 Medley Relay

10-minute warm-up/down break

200 Freestyle

200 Individual Medley

50 Freestyle

10-minute warm-up/down break

100 Butterfly

100 Freestyle

10-minute warm-up/down break

**AWARDS BREAK (Lanes 1-4 will be open for warm-up)**

Awards will be presented to the 1st, 2nd, and 3rd place swimmers for 200 Medley, 200 Free,

200 IM, 50 Free, 100 Butterfly, and 100 Free.

500 Freestyle

200 Freestyle Relay

10-minute warm-up/down break

100 Backstroke

100 Breaststroke

10-minute warm-up/down break

400 Freestyle Relay

**AWARDS**

Awards will be presented to the 1st, 2nd, and 3rd place swimmers for the remaining events. Team

awards will be presented.