# CEDAR CREST CLASSIC Invite 2024

## SWIMMING AT PARKLAND HIGH SCHOOL NATATORIUM

2700 N Cedar Crest Blvd, Allentown, PA 18104

## DIVING AT EMMAUS HIGH SCHOOL NATATORIUM

500 Macungie Ave, Emmaus, PA 18049

DATE: Saturday, February 3, 2024

#### **CONFIRMED TEAMS:**

**Emmaus** 

Governor Mifflin

Muhlenberg

Parkland

Southern Lehigh

Upper Dublin

COST: \$250 per school
Make Checks payable to
PHS Swim & Dive Booster Club

### **SWIMMING WARM-UPS- all 8 lanes**

Parkland - until 8:10am

Southern Lehigh - 8:10am-8:30am

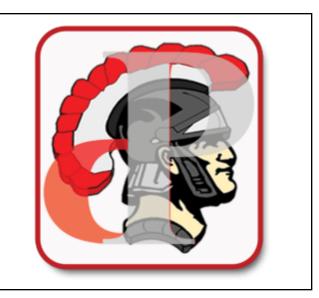
Emmaus- 8:30am-8:50am

Muhlenberg - 8:50am-9:10am

Governor Mifflin - 9:10-9:30am

Upper Dublin - 9:30-9:50am

CAPTAIN & COACHES MEETING - 9:50am MEET START 10 AM



#### **DIVING WARM-UPS:** 8-10am

THIS PORTION OF THE MEET will combined with other local teams to make it more of a Championship Feel.

All athletes need a coach on deck to utilize the boards.

There will be no cost to spectators at the diving meet.

Please direct any and all questions to Frank Donnelly of Emmas at Frank.Donnelly@us.mullermartini.com



CERTIFIED ATHLETIC TRAINERS WILL BE AVAILABLE AT BOTH VENUES.

#### OTHER SWIMMING DETAILS

The warm-up pool will always be open. Teams can use the entire 8-lane competition pool for their 25-minute warmup. Please have your warm-up end with athletes getting out at the bulkhead as the next warm-up session starts and the next team enters at the starting block end.

**ENTRIES:** A TM Entry File will be sent by mid-January for submission of team entries. Each team will be permitted to enter up to 4 entries per event, INCLUDING RELAYS. After everyone has submitted entries, we will open all empty lanes to all coaches on a first-request basis.

**SWIMMING OBSERVED MEET:** Please list your USA Swimming ID numbers in your entry file as this meet will be USA Swimming observed and times will be submitted to USA Swimming

**OFFICIALS:** PIAA registered officials will be provided to conduct the meet. \*\*\*\*We may ask teams to provide a timer.

## **ORDER OF EVENTS: alternating Girl/Boy**

200 Medley Relay

200 Freestyle

200 Individual Medley

50 Freestyle

# 5-10-minute break

100 Butterfly

200 Free Relay

## 5-10-minute break

100 Freestyle

500 Freestyle

100 Backstroke

100 Breaststroke

# 5-minute break

400 Free Relay

SPECTATOR ADMISSION at Parkland: \$5.00