

# 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.Donnely@us.mullermartini.com](mailto:Frank.Donnely@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**