**DISC Swimming Championships**

**2024**

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| **Meet Director:**Matt Harrismatt.harris@standrews-de.org301-785-5695 | **Pool:**St. Andrew’s School350 Noxontown RdMiddletown, DE 19709 | **Head Referee:** |

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| **Entries** | * Swimmers may enter no more than two individual events
* Swimmers may swim in no more than four of any combination of relay and individual events:
	+ One Individual Event and three Relays
	+ Two Individual Events and two Relays
* Teams may enter no more than 4 individual entries per event.
* Teams may enter only one “A” relay per relay.
	+ You must enter at least four names on each relay
	+ You may list up to eight names on a relay and the athlete will only be charged with one of their four swims if they swim the relay. A relay card will be turned in before each relay is swum with the names of the four athletes in the relay.
* You may enter athletes with any time they have achieved in the current 2023-2024 swim season. You may also enter them with NT (No Time).
* Times will be seeded slowest to fastest.
* Within each heat, the fastest to slowest will be placed in lanes 3, 4, 2, 5, 1, 6, in that order.
* Entries are due by both submission on SwimCloud **and** an email with attached entry file to Gregory Guldin at gguldin@standrews-de.org by 11:59pm on Monday, January 29, 2024
* If a swimmer has already been entered in two events, he or she may not scratch from either event in order to be eligible for a third relay.
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| **Scoring** | * Each relay and individual event is considered a *timed final*, and therefore the scoring places will be determined after all heats have been completed.
* The top 6 swimmers in each individual event will receive 7, 5, 4, 3, 2, and 1 points, respectively.
* The top 5 relays in each relay event will receive 14, 10, 8, 6, and 4 points, respectively.
* In the event of any tie, the points received for the tie will be added together and averaged by the number of teams involved in the tie and awarded those points.
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| **Results** | * Results will be posted to SwimCloud as well as to Meet Mobile.
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| **Warm Up** | * There will be continuous warm ups from 11:15 to 12:45 before the start of the meet at 1:00. The warm-ups will be as follows:
	+ 11:15-11:45: St. Andrew’s in 1-2-3, Sanford in 4-5-6
	+ 11:45-12:15: Tower Hill in 1-2, Wilmington Friends in 3-4, Tatnall in 5-6.
	+ 12:15-12:45: General warm up with lanes 1 and 2 specified as pace lanes, lanes 3 and 4 as general warm up lanes, and lanes 5 and 6 as sprint lanes.
* All athletes should enter the water feet-first
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| **Breaks** | * There will be a 15-minute break in the meet following the women’s 50 freestyle and the women’s 200 freestyle relay.
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| **Concessions** | * Swimmers should come prepared with their own nutrition for the meet as lunch items will not be served.
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| **Parent Volunteers** | * We ask that coaches email parents and ask for at least five parent volunteers to help time for the meet. We will be asking for two volunteer timers per lane from 1:00-2:30 and then two new ones from 2:30-4.
* All volunteer Timers should check in for a timer’s meeting at 12:45 before the start of the meet to receive instructions from the meet referees.
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| **Awards** | * Awards will be presented during the usual break in a dual meet right after the 50 free, and right after the 200 Free Relay for all events swum up until that point.
* There will be a podium set up for the top swimmers in each event. The top three swimmers and relays will receive a medal while places 4-6 will receive ribbons.
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