

State College Area School District Quad Invitational

Address: State College Area High School North Building, 650 Westerly Pkwy, State College, PA 16801

DATE: Saturday, December 2, 2023

TIME: 10:30 AM meet start

INVITED TEAMS:

Emmaus

State College

North Allegheny

Mercersburg Academy

SWIMMING WARM-UPS

SC - 8:00am - 8:25 am

North Allegheny - 8:25 am - 8:50 am

Emmaus - 8:50 am - 9:15 am

Mercersburg - 9:15 am - 9:40 am

OPEN-Sprints/Pace - 9:40 am - 10:00 am

Diving - 10:00 am - 10:30 am

10:35 am Meet Start

CERTIFIED ATHLETIC TRAINERS WILL BE AVAILABLE

ENTRIES: A TM Entry File will be used for submission of team entries. Each team will be permitted to enter up to 4 entries per event (3 entries for the 500), 4 entries for 200 RELAYS, 3 entries for 400 free relay. After everyone has submitted entries, we will open all empty lanes to all coaches on a first-request basis. Heats should be slow to fast. The Final Heat in all events, **excluding the 500 and the 400 free relay**, will have a super final of 4 entries. The fastest swimmer from each of the 4 schools.

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

Girls 1m Diving

14min break-open warm up 7min(NA/SC 1st) 7min(EM/MA)

200 Medley Relay (3 heats)

200 Freestyle(3 heats)

200 Individual Medley(3 heats)

50 Freestyle(3 heats)

Boys 1m Diving

14min break-open warm up 7min((EM/MA) 7min(NA/SC)

100 Butterfly(3 heats)

100 Freestyle(3 heats)

500 Freestyle(2 heats)

200 Free Relay(3 heats)

5min (If wanted)

100 Backstroke(3 heats)

100 Breaststroke(3 heats)

10 min break

400 Free Relay (2heats)