

Metro Senior Classic

Presented By:

U.S. Race Performance Training

Bison Aquatic Club

in conjunction with Deer Creek High School Swimming

Your team is cordially invited to attend the Metro Senior Classic. This meet is presented by it's donors in order to provide a "Senior Meet" experience for some of the metro area's seniors who's high school team does not have a home pool. Intentional breaks will be scheduled in the met in order to honor each school's senior athletes.

Location:

Mitch Park YMCA Aquatic Center

2901 Marilyn Williams Drive

Edmond, OK 73003

Date:

January 4, 2025

Schedule:

Warm Ups: 9:00am-9:45am

Sprints may be held in your warm up lanes during warm up session

National Anthem: 9:58am

Meet Begins 10:00am

Eligibility:

Open to all eligible Oklahoma High School swimmers

Rules

2024-2025 Official OSSAA High School Swimming Rules will prevail.

Entry Deadline:

Event Entries: Due Tuesday December 31st 2024

Entry Procedure: All entries must include swimmer's first and last name, and school affiliation.

Please submit Hytek entry emails and hand entries to: bisonswimming@gmail.com

Please Enter Short Course Yard Times Only!

Entry Fee:

\$0 This year's meet has been funded by our title supporters.

Entry Limits:

Individual Limits: 2 individual-3 relay-4 total

Team Limits: 4 athletes per event with the exception of the 500y freestyle,

500y freestyle: There will be no more than 2 heats/gender. The top 16 times entered will be used to fill the heats, however each team will be guaranteed at least one entrant.

Relays: Each team may enter 2 relays; A & B, only one will be scored.

Scratched Individual events will count toward a swimmer's total and may not be used to stay under the entry limit.

Event Order:	Women	Event	Men
1		200 Medley Relay	2
3		200 Free	4
5		200 Indiv Medley	6
7		50 Free	8
9		100 Butterfly	10
11		100 Free	12
13		500 Free	14
15		200 Free Relay	16
17		100 Back	18
19		100 Breast	20
21		400 Free Relay	22

Scoring: Only 2 swimmers per team for each event will score points.

Only 1 relay team per event per team will score points.

Points will be awarded for individual events as follows: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Double points for relays.

Meet Results:

Final results will be emailed by the meet host to all participating teams or Hytek results can be downloaded for teams that bring a flash drive.

Media personnel, if requested, will be emailed a copy of the results as well.

Heat Sheets

Each team will receive 3 complimentary heat sheets

Additional copies for teams and spectators will be available for sale on site

Concession:

Concessions will be available, as well as a hospitality area for coaches.

Spectator Admission

\$5.00 adults

Lane Timers

Each participating school will be required to provide 2 lane timers for the meet.