



SWIM BUS TIME: 11:00 am
DRESS: Spirit Wear
Approx Return: 3:45-4:45pm

**LAKE FOREST HIGH SCHOOL
SCOUT RELAYS
SATURDAY – AUGUST 26, 2023**

COMPETING SCHOOLS:

Buffalo Grove, Deerfield, Evanston, Glenbrook North, Glenbrook South,
Lake Forest, Mundelein, St. Viator, Stevenson,
Vernon Hills, Warren

Entry Fee - \$250.00

DIVING TIMETABLE

DIVING WARM-UP: 7:00 AM
DIVING SHEETS DUE: 7:45 AM
DIVING BEGINS: 8:30 AM

SWIMMING TIMETABLE

SWIMMING WARM-UP: 12:00 PM
COACHES MEETING: 12:45 PM
SWIMMING BEGINS: 1:00 PM

Order of Events

***Make sure to have times (even a best guess) for all swim entries.**

1. Diving Relay Varsity (1 diver per 6 dive sheet)
2. Diving Relay JV (2 divers per 6 dive sheet)

3. Freshmen/Sophomore 200 yard Medley Relay
4. Varsity 400 yard Medley Relay
5. Varsity 500 yard Crescendo Relay: 50 X 100 X 150 X 200
6. Varsity 400 yard IM Relay: 4 X 100 IM
7. Freshmen Individual 50 yard Freestyle
8. Sophomore Individual 50 yard Freestyle
9. Junior Individual 50 yard Freestyle
10. Senior Individual 50 yard Freestyle

10 MINUTE BREAK

11. Varsity 200 Butterfly Relay: 4 x 50
12. Combo 800 Freestyle Relay (1 Fr, 1 So, 1 Jr, 1 Sr swimming in any order)
13. Freshman Individual 100 yard Freestyle

14. Sophomore Individual 100 yard Freestyle
15. Junior Individual 100 yard Freestyle
16. Senior Individual 100 yard Freestyle
17. Varsity 200 yard Freestyle Relay: 4 X 50
18. Varsity 200 Backstroke Relay: 4 X 50
19. Varsity 200 Breaststroke Relay: 4 X 50
20. Freshmen/Sophomore 400 yard Freestyle Relay: 4 X 100
21. Varsity 400 yard Freestyle Relay: 4 X 100

DIVING RELAY

Entries can be up to 2 relays per level, only 1 will score

A Varsity Relay will consist of 2 divers combining scores from 2 separate dive sheets. JV relay will consist of 2 divers sharing one dive sheet.

Varsity: Each diver will compete a 6 dive sheet

JV: Each diver will share a 6 dive sheet with one other diver.

The required dive group is the divers choice with the degree of difficulty not to exceed 1.8.

JV & Varsity diving will run together. Please note: The diving relays are separate scoring events, therefore, divers can only compete in one level of competition. Team Diving order will be drawn at the meet.

Please FAX Dive Sheets to Lake Forest (847-582-7793) if you are not warming up at LF.

ENTRIES

1 entry for each swimming event. Each swimmer may participate in 4 events (ind/relays diving included). Freshmen events are for freshmen only. Sophomore events are for sophomores only. Varsity and JV events are for any class. **Entries must be sent electronically and due to Carolyn Grevers,**

cgrevers@lfschools.net

By THURSDAY, 8/24/2023, 8:00AM

NOTE: The 800 free relay will have a representative from each class to swim each leg of the race, they do not have to swim in their class order and it does count as an event and WILL be scored.

AWARDS

Team plaque will be awarded to the first place team. Individual medals will be awarded for 1st place of each event. Ribbons will be awarded to the 2nd through 8th place relays of each event.

SCORING - RELAYS

Place:	1	2	3	4	5	6	7	8	9	10	11	12
Points:	32	26	24	22	20	18	14	10	8	6	4	2

SCORING - INDIVIDUAL EVENTS (50 & 100 FREESTYLES)

Place:	1	2	3	4	5	6	7	8	9	10	11	12
Points:	16	13	12	11	10	9	7	5	4	3	2	1

LANE ASSIGNMENTS

We will run this as a regular meet, so please make sure there are times entered for each event. Both pools will be available for warm-ups. Please be sure to limit your team to one lane for warm-ups. The south pool will be available for cool down and warm-up swims during the meet. Please swim in the designated areas.

ENCLOSURES

Team Manager Event file for electronic entries

COACHES MEETING

A coaches meeting will take place at 12:45 PM in the Coaches' Office at the Pool

If you have any questions, please contact Kim Lobitz

Email: klobitz@lfschools.net