

GLENBROOK NORTH HIGH SCHOOL
ATHLETIC DEPARTMENT

TO: Athletic Director
Head Boys' Swimming & Diving Coach

FROM: John Catalano, Athletic Director
Jarod Schroeder, Head Boys' Swimming Coach

RE: **2023 Spartan Sprint Classic**
December 9, 2023

PARTICIPATING SCHOOLS:	Conant	Deerfield
	Evanston	Glenbrook North
	Glenbrook South	Larkin
	Mundelein	Niles West

ENTRY FEE: \$275.00

SCHEDULE OF EVENTS:	Diving:	7:30 a.m.	Warm-ups
		9:00 a.m.	Start to Completion
	Swimming:	12:00 noon	Warm-ups
		1:00 p.m.	Start with 200 medley relay

ADMISSION:	Adults	\$5.00
	Students & Children & Seniors	\$2.00

AWARDS: Medals 1-3 Individuals and Relays
Ribbons 4-6 Individuals and Relays
Awards will be based on individual performance only.

SCORING: Scoring will be 9-7-6-5-4-3-2-1
Scoring will be based on the combined times of teammates in the event

ENTRY LIMITATIONS:

2 individuals per event *except relays and the 500 Free*, where there will be one (1) entry per team. * Each swimmer is limited to 4 events. A swimmer may enter in three (3) relays and no more than two (2) individual events. Diving: Each diver will do 11 dives (or as many as possible) according to NFSHA Championship Rules.

Please use the enclosed swimming and diving sheets and fax **both** completed sheets to us by 3:00 p.m. on Wednesday, December 7 so they can be entered into the computer OR you can email Hy-Tek entries to jschroeder@glenbrook225.org. Lane assignments are attached below for your Hy-Tek entries.

SEEDING:

[Rotation of lanes by events:](#)

1st swimmer - designate Heat 1

2nd swimmer - designate Heat 2

ORDER OF EVENTS:

- | | | | |
|-----|------------------|-----|----------------------------|
| 1. | Diving | 12. | 50 Back |
| 2. | 200 Medley Relay | 13. | 50 Fly |
| 3. | 500 yd Free | 14. | 100 Medley Relay |
| 4. | 100 IM | 15. | 25 Free |
| 5. | 100 Free | 16. | 25 Back |
| 6. | 100 Breast | 17. | 25 Breast |
| 7. | 100 Back | 18. | 25 Fly |
| 8. | 100 Fly | 19. | 12 x 25 Free Relay (list 8 |
| 9. | 200 Free Relay | | swimmers in your Hy-Tek |
| 10. | 50 Free | | entry file) |
| 11. | 50 Breast | | |

QUESTIONS:

If you have any questions, concerns or comments, please give me a call Coach Schroder at 847-509-2647.

PLEASE FAX YOUR DIVING SHEETS BY WEDNESDAY, DECEMBER 6