

Athletic Director: Hamid Mehreioskouei ☒ hmehreioskouei@d211.org ☎ 847-755-2770
Administrative Assistant: Kim Restivo ☒ krestivo@d211.org ☎ 847-755-2771

FREMD HIGH SCHOOL ATHLETICS



@FREMDATHLETICS

www.fhs.d211.org



FREMD VIKING RELAYS 2023

LOCATION: Fremd High School
1000 South Quentin Road
Palatine, IL 60067 (Pool located in back of school)

FRIDAY, SEPTEMBER 29TH DIVING:	Warm-ups begin at	3:45 PM
	Meet begins	4:45 PM

SATURDAY, SEPTEMBER 30TH SWIMMING: AM	Warm-ups begin at	8:30
	Meet begins	10:00 AM
	Coaches Meeting	9:30 AM

ENTRIES: Entries for both swimming and diving are due at **9:00 AM, WEDNESDAY 9/27**. No Seeding meetings will be necessary. Lanes will be rotated per the attached schedule. Swimmers may swim in four (4) events. The heads up relay will not count towards a swimmer's four events.

PLEASE NOTE THAT ON THE ATTACHED HYTEK FILE, DO NOT ENTER ANY INDIVIDUALS IN EVENTS 5, 8, 11, 14, and 18; THESE ARE JUST FOR THE SCORERS TABLE TO USE TO SCORE THE COMBINED 50 EVENTS.

TEAMS: Fremd, Mundelein, Mother McAuley, Elk Grove, Cary Grove, Latin (diving only), Trinity, (swimming only), Rolling Meadows, St. Ignatius

**LANE
ASSIGNMENTS:** [Click the link here for the lane assignments.](#)

ENTRY FEE: \$150.00

TICKETS: Cash: \$3 for students/non high school aged children above 5
Cash: \$3 seniors
Cash: \$5 General adult admission
Digital ticket link: <https://gofan.co/event/1141117?schoolId=IL1548>

LOCKERS: Schools will dress in the P.E. Locker Room. Bring your own locks and

Towels.

HOSPITALITY: Hospitality will be available for coaches and officials.

AWARDS/SCORING: 1st Place Trophy, medals top 3 finishers; 18-14-12-10-8-6-4-2

ORDER OF EVENTS:

1. **Diving on Friday Night—11 dives, IHSA format, 2 divers scores combined as relay**
2. 200 Medley Relay
3. 3 X 100 I.M. Relay (3 individuals swim 100 IM each)
4. 50 Free—2 entries per team, lowest cumulative time wins
6. 200 Free Relay
7. 50 Fly—2 entries per team, lowest cumulative time wins
9. 300 Fly Relay (50, 100, 50, 100, 4 entries) **(10 min break after 300 fly)**
10. 50 Back—2 entries per team, lowest cumulative time wins
12. 300 Back Relay (50, 100, 50, 100, 4 entries)
13. 50 Breast—2 entries per team, lowest cumulative time wins
15. 300 Breast Relay (50, 100, 50, 100, 4 entries)
16. 400 Free Relay
17. 200 Heads-up Free Relay **(NO POINTS OR MEDALS--SPECIAL PRIZE)**

NOTE: In all 300 Relays, the 1st and 3rd swimmers swim 50 yards and the 2nd and 4th swimmers swim 100 yards. In 50 events, both team member's times will be added together for one place. The lowest cumulative time per team wins the event. Your team will use the same assigned lane, but have a swimmer in heat 1 and heat 2.

FREMD VIKING RELAYS ENTRIES (For Coaches Use Only)

TEAM:

Please submit HYTEK entries BY 9:00 AM WEDNESDAY SEPTEMBER 27TH, 2023 to akittrell@d211.org.

EVENT #1 (FRIDAY NIGHT)
TANDEM DIVING

DIVER 1:

DIVER 2:

EVENT #2
200 Medley Relay

1.

2.

3.

4.

EVENT #3
3 X 100 IM Relay (3 x 100 IM each)

1.

2.

3.

EVENT #4
50 FREE (2 ENTRIES)

1.

2.

EVENT #6
200 Free Relay

1.

2.

3.

4.

EVENT #7
50 FLY (2 ENTRIES)

1.

2.

(TEN MINUTE BREAK)

EVENT #9
300 Fly Relay (50, 100, 50, 100)

1.

2.

3.

4.

EVENT #10
50 Back (2 ENTRIES)

1.

2.

EVENT #12
300 Back Relay (50, 100, 50, 100)

1.

2.

3.

4.

EVENT #13
50 Breast Relay (2 ENTRIES)

1.

2.

EVENT #15
300 Breaststroke Relay (50, 100, 50, 100)

1.

2.

3.

4.

EVENT #16
400 Free Relay

1.

2.

3.

4.

EVENT #17 (NO POINTS--EXH)
200 Freestyle Heads Up Relay

1.

2.

3.

4.