

Highland Park

NISCA Power Point Invitational

Highland Park High School is excited to once again host this meet and we are looking forward to providing an outstanding experience for your team. The meet will be held on Saturday, October 14, 2023.

Intent of Meet – To offer an invitational meet with a high-level of competition using a slightly different scoring system, that rewards the quality of the swim and allows more swimmers and divers to contribute to their team's overall point total. We will be using NISCA Power Points to determine the overall team champion, as well as to determine high point awards for the swimmers/divers. Another intent is to allow coaches to have more swimmers competing in relays in a championship format meet. We also want to allow all divers to perform all 11 dives, as they ready themselves for the end of the season.

Competing Schools: Benet Academy, Downers Grove North, Highland Park, Lake Forest, Lane Technical, Maine South, Mundelein, St. Charles East, West Chicago Community

Entries: - Schools may enter up to 3 individuals and 2 relays per event. Divers will perform 11 dives as per National Federation Rules. There will be no cuts, but divers who cannot perform 11 dives are not allowed to participate. We will follow the traditional high school event list.

Timeline:

Diving warm-up 6:30am

Dive competition 8:00am

Swim warm-up 11:30am

Swim competition 1:00pm

Awards: Medals will be awarded to the top 6 swimmers / divers in each event. Additionally, there will be 6 high point awards for the swimmers / divers accumulating the highest combined NISCA Power Points for their individual events. A trophy will be awarded to the team with the highest accumulated NISCA Power Points for the entire meet. This means that points are not limited to the top 12 athletes, but can go as deep as warranted based on performance.

If you are unfamiliar with the NISCA Power Point tables, please go to www.niscaonline.org for reference. Not all swims will earn power points, but any swim that does will help your overall team score.

Facility: The facility has a 10-lane competition pool, with 5 additional warm-up / warm-down lanes that will be open throughout the meet. There are 3 diving boards.

Entries: Please use the attached HyTek event file to help submit entries. Entries are due no later than 12:00pm on Thursday October 12th, 2023. E-mail entries to mbacinich@dist113.org. Dive sheets should be submitted by scanning and emailing them to mbacinich@dist113.org by Thursday as well. Changes to dive sheets can be made up until 7:00am the day of the meet.

Admissions: Admission is \$5.00 for adults and \$3.00 for children, which includes a heat sheet.