



NILES WEST EARLY BIRD INVITE

Saturday, September 2nd, 2023

To: Mundelein, Carl Sandburg, Schaumburg, Fenton, Niles North

From: Kristin Kowalczyk, Niles West Head Coach, krikow@d219.org

Dana Krilich, Athletic Director, dankri@d219.org

Site: Niles West High School

5701 Oakton St.

Skokie, IL 60077

Schedule

Diving	Warm ups	7:00 a.m.
	Competition	8:00 a.m.
Swimming	Warm ups	10:30 a.m.
	Scratch meeting	11:30 p.m.
	Competition	12:00 p.m.

Entries

Each school is limited to 3 swimmers per individual event and 2 relay teams per relay. Each athlete can be entered into 4 events, of which no more than 2 may be individual events. All entries are due by 12:00 p.m. on Thursday, September 1st. Please email entries to krikow@d219.org. Please email all diving sheets to joewil@d219.org by Friday at 8:00 am. Once everything is in, a meet program will be sent out.

Order of Events

1. Diving (11 dives)	15 Minute Break	15 Minute Break
2. 200 Medley Relay	6. 100 Fly	10. 100 Back
3. 200 Free	7. 100 Free	11. 100 Breast
4. 200 IM	8. 500 Free	12. 400 Free Relay
5. 50 Free	9. 200 Free Relay	

Awards

Medals will be awarded to the top 3 places for individual events and top 3 for relays. Plaques will be awarded to the top 3 teams.

Admission / Heat Sheets / Jolyn Pop Up Store

Admission is \$5.00 for adults which includes 1 heat sheet. Kids 10 and under are free. Concessions will be available for both swimming and diving sessions. Elsmore Swim Shop will be in the pool hallway selling Jolyn swimsuits and other merchandise from 10:00am-1:00pm. Please spread the word to your athletes and families.

Hospitality

We will have wraps from Grecian Kitchen for coaches and officials at the scratch meeting.