

CENTRAL LEAGUE SWIMMING AND DIVING



2023 SWIMMING CHAMPIONSHIPS

FRIDAY, FEBRUARY 10TH & SATURDAY, FEBRUARY 11TH

RIDLEY HIGH SCHOOL

Entries: Due to Tom Robinson (ctrobinson1@verizon.net) by **10:00 PM, January 28, 2023**

*TM Events File is available at <http://www.fordswimdive.com/clswimdive.htm>

MEET SCHEDULE

FRIDAY, FEBRUARY 10, 2023

SESSION 1: GIRLS

2:00 PM // Warm-Up

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
2:00 – 2:25 PM	MN/RID	MN/RID	SDC	SDC	SH	SH
2:25 – 2:50 PM	RAD	RAD	UDA	GAV	HAV	HAV
2:50 – 3:15 PM	CON	CON	CON	PNC	LME/HAR	LME/HAR
3:15 – 3:25 PM	ONE-WAY SPRINTS					

3:30 PM // Competition Start Time

- 200 Medley Relay, 200 Free, 200 IM, 50 Free
- Break / Awards
 - 200 Medley Relay, 200 Free, 200 IM
- 100 Butterfly
- **10:00 Break**
- 200 Freestyle Relay
- Awards
 - Central League Sportsmanship Award
 - 50 Free, 100 Fly, 200 Free Relay

FRIDAY, FEBRUARY 10, 2023

SESSION 2: BOYS

6:00 PM // Warm-Up

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
6:00 – 6:25 PM	SDC	SDC	RID/MN	RID/MN	SH	SH
6:25 – 6:50 PM	RAD	RAD	GAV	LME	HAV	HAV
6:50 – 7:15 PM	CON	CON	CON	PNC/HAR	PNC/HAR	UDA
7:15 – 7:25 PM	ONE-WAY SPRINTS					

7:30 PM // Competition Start Time

- 200 Medley Relay, 200 Free, 200 IM, 50 Free
- Break / Awards
 - 200 Medley Relay, 200 Free, 200 IM
- 100 Butterfly
- **10:00 Break**
- 200 Freestyle Relay
- Awards
 - Central League Sportsmanship Award
 - 50 Free, 100 Fly, 200 Free Relay

SATURDAY, FEBRUARY 11, 2023

SESSION 1: GIRLS

12:00 PM // Warm-Up

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12:00 – 12:25 PM	MN/RID	MN/RID	SDC	SDC	SH	SH
12:25 – 12:50 PM	RAD	RAD	UDA	GAV	HAV	HAV
12:50 – 1:15 PM	CON	CON	CON	PNC	LME/HAR	LME/HAR
1:15 – 1:25 PM	ONE-WAY SPRINTS					

1:30 PM // Competition Start Time

- Central League Senior Recognition
- 100 Free, 500 Free, 100 Back, 100 Breast
- Awards
 - 100 Free, 500 Free, 100 Back
- 400 Freestyle Relay
- Awards
 - 100 Breast, 400 Freestyle Relay
 - League Champions

SATURDAY, FEBRUARY 11, 2023

SESSION 2: BOYS

4:30 PM // Warm-Up

TIME	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
4:30 – 4:55 PM	SDC	SDC	RID/MN	RID/MN	SH	SH
4:55 – 5:20 PM	RAD	RAD	GAV	LME	HAV	HAV
5:20 – 5:45 PM	CON	CON	CON	PNC/HAR	PNC/HAR	UDA
5:45 – 5:55 PM	ONE-WAY SPRINTS					

6:00 PM // Competition Start Time

- Central League Senior Recognition
- 100 Free, 500 Free, 100 Back, 100 Breast
- Awards
 - 100 Free, 500 Free, 100 Back
- 400 Freestyle Relay
- Awards
 - 100 Breast, 400 Freestyle Relay
 - League Champions

CENTRAL LEAGUE SWIMMING AND DIVING



INDIVIDUAL ENTRY GUIDELINES

- All schools are entitled to two (2) entries per event, regardless of the swimmer/diver meeting the qualifying time/score
- If a school's number of entries for an event exceeds their entitled two (2) events, all entrants must have the qualifying time/ score; each school is permitted an unlimited number of participants in an event provided each entrant meets the qualifying time/score
- All swimmers/divers can do a maximum of four (4) total events (including relays). Swimmers/divers can do a maximum of two (2) individual events
- If a swimmer qualifies for Central League Champs in an individual event, **they cannot swim at the Silver Meet**
- No event shall exceed 60 total entries; if an event has more than 60 entries, only the Top 60 times shall qualify for the event
- If a swimmer qualifies for Centrals in only one (1) individual event during the regular dual meet season, he/she can enter a 2nd bonus event at Centrals (regardless of having a qualifying time in that event)
- Swimmers/divers who have multiple qualifying times can only enter events for which they have a qualifying time/score
- Coaches need to enter the divers who will compete in Centrals in their entry file (Event #12)

RELAY ENTRY GUIDELINES

- There are no qualifying times for relays
- All teams can enter a maximum of two (2) relays per relay event
- **Silver Meet** swimmers *can* swim relays ONLY at Centrals
- Entry times for "A" Relays should be your team's BEST time from the season (do not use a composite time unless you are entering a relay **slower** than your season's best time)
- All "B" Relays must have an entry time; coaches need to use their best judgement if compiling a "composite" time that would reflect the four swimmers who will compete in the relay
- Relay cards must be submitted prior the start of Heat 1 of the Relay Event (if they are different than what is listed in the program)

SENIOR EXEMPTIONS FOR CENTRAL LEAGUE CHAMPIONSHIPS

- If a senior member of a team does not have a qualifying time for Central League Champs, coaches can enter that senior member into one (1) of the following:
 - Two (2) individual events at the Silver Meet
 - OR**
 - One (1) individual event at the Central League Championship Meet

SCORING FOR CENTRAL LEAGUE CHAMPIONSHIPS

- A maximum of four (4) swimmers/divers per school can score in an individual event
- The Top Sixteen (16) finishers in each event, including relays, will score in the meet
- Scoring for Relay events will be as follows: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Scoring for Individual events will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- The Top Eight (8) finishers in each event will be recognized with a certificate from the Central League
- The Central League will compile the following two scores to determine the overall league championship and final team rankings for the season:
 - 20 points per dual meet victory during the season
 - Central League Championship Meet Score