



EVANSTON SWIMMING & DIVING
PROUDLY HOSTS THE:
57th ANNUAL EVANSTON SWIMMING AND DIVING INVITE
SATURDAY, JANUARY 7th, 2023 at 1:00 P.M.

CONTACT: Head Coach, Kevin Auger at 773-320-4784. Pool 847-424-7383. swimwso@gmail.com

PLACE: Evanston Township High School, 1600 Dodge Ave., Evanston, IL. The pool is located on the corner of Church and Dodge. Park and enter the pool from Dodge.

ENTRIES: Please email your HY-Tek or sd3 file to swimwso@gmail.com by 10 a.m. Thursday, January 5th. You may enter 2 swimmers per event. Each swimmer may swim a maximum of 2 individual events and 2 relays or 1 individual event and 3 relays.

RELAYS: To make results accurate please indicate Relay Swimmers in the order they will swim. (You may change at the meet if needed.) You may enter one relay per relay event.

SCRATCHES: Meeting 12:15 p.m. No contestant shall be permitted to switch individual events to act as a substitute. You may switch from an individual to a relay event and substitute a swimmer who is not at their event limit into the vacated individual event.

WARMUPS & LOCKERS: See attached for assigned locker rooms and warmup times. Please be prompt getting in and getting out of the water for warmups. Adhere to your assigned warmup times. Use of the pools to warmup and winddown is at your discretion during the meet and during the break. You may do one-way sprints in your own lane when you are ready.

SCORING PROCEDURE: We will be using NISCA power points to score this meet. Thus, points awarded for 3rd place in one event may be higher than points awarded for first place in another. All swimmers score. Results will be posted online and, if possible meet mobile. MM backup and meet results file will also be posted online.

AWARDS: Medals will be awarded to the first six swimmers having the best times in each event. A trophy will be awarded to the first and second place teams based on NISCA power points. Awards will not be presented. Please make sure to collect your awards at the end of the meet, they will not be sent to you.

SEATING: Teams will be seated in the balcony like last year. Teams will be seated in the East and West side of the stands. Spectators will be seated in the South Side of the balcony.

ADMISSION: May be charged. Heat sheets will be available to purchase.

CONCESSIONS: and coaches' hospitality will be available.

BANNERS: are welcome.

Locker Room And Warmup Assignments			
Team	Locker Room	Warmup Time	Warmup Lane
Arrowhead	Boys	12:20- 12:50 pm	1
Brother Rice	Boys	11:20-11:50 am	1
Evanston	Boys	11:50 am - 12:20 pm	6
Glenbrook South	Boys	11:50 am - 12:20 pm	5
Lake Forest	Boys	11:20-11:50 am	2
Lincoln Way East	Boys	12:20- 12:50 pm	2
Lockport	Boys	12:20- 12:50 pm	3
Loyola	Girls	11:20-11:50 am	3
Marmion	Girls	12:20- 12:50 pm	4
Naperville North	Girls	12:20- 12:50 pm	6
Neuqua Valley	Girls	12:20- 12:50 pm	5
New Trier	Girls	11:50 am - 12:20 pm	4
Niles West	Girls	11:20-11:50 am	4
St Charles North	Girls	11:50 am - 12:20 pm	2
St Ignatius	Girls	11:20-11:50 am	5
St Patrick	Girls	11:20-11:50 am	6
Stagg	Girls	11:50 am - 12:20 pm	3
Stevenson	Girls	11:50 am - 12:20 pm	1