



18th ANNUAL EVANSTON SWIMMING INVITE SATURDAY, September 23rd, 2023 at 1:00 P.M.

CONTACT: Head Coach, Kevin Auger at 773-320-4784 (cell).

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 Ave.

ENTRIES: Please email HY-Tek file to augerk@eths202.org by 8 a.m. Thursday, September 21st. I have included a meet events file which you can import into Team Manager. This is a 1 level meet. You may enter 4 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. Alternates may be any swimmer on your team roster.) You may enter two relays per relay event.

SCRATCH MEETING: 12:30 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.

TEAMS: There will be six teams entered: Evanston, Germantown, Homewood-Flossmoor, Loyola, Peoria-Notre Dame and St Charles North.

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. The faster you swim the more points you score and everyone can potentially score.

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 place team overall. Awards will be given to coaches at the end of the meet. Please don't forget to pick up your awards, they will not be mailed to you.

WARMUP & SAFETY PROCEDURES

- a. ONLY COACHES, OFFICIALS AND PARTICIPATING SWIMMERS ALLOWED ON THE POOL DECK.
- b. Warmups will begin at 11:30 am
- c. NO DIVING except in designated one way sprint lanes
- d. Back pool may be used for warm-up and warm-down purposes only.
- e. NO glass containers allowed in the building.
- f. All schools must furnish their own towels and locks.

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

CONCESSIONS: will be available.