



MEMO TO: Suburban League: American - Athletic Directors
 Suburban League: American - Swimming Coaches

FROM: Mike McGee, Meet Manager

RE: 2025 Suburban League Swimming & Diving Championships

DATE: **Saturday, January 4, 2025**

LOCATION: Ocasek Natatorium, University of Akron

COURSE: 8 lanes, 25 yards

TIME TABLE: **10:00am - start time Session 1 (American)**

8:00am Athletes may enter pool deck area
 8:30am Flight 1 Warm-ups (competition pool)
 9:05am Flight 2 Warm-ups (competition pool)
 9:40am Competition pool open for starts
 9:55am Competition pool closed
 10:00am Competition begins

ADMISSIONS: \$10 adult \$5 student/senior citizens Heat Sheets \$3
 Doors open for spectators at 8:30am (no camping in hallway)
 The league will be using HTT to purchase tickets.

AWARDS: Team: Separate American & National Conference Champions
Individual: Coaches will vote on All-League Honors

SCORING American & National Conference Scoring (16 place scoring)
 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 (relays doubled)

MANAGER CONTACT INFO: Mike McGee mmcgee0225@aol.com cell: 330-606-5287



SUBURBAN LEAGUE SWIMMING CHAMPIONSHIPS REGULATIONS & ENTRY INFORMATION

1. The Suburban League Swimming Championships will take place on **Saturday, January 4, 2025**.
2. See the time table on previous sheet for all your session starting times.
3. Breaks in the meet will be 5 minutes after the 50 free, and 10 minutes after the 100 fly. The officials will be informed to not move the pace too fast due to the fact that it is a championship meet.
4. Team packets can be picked up at check-in or scorer's table.
5. Since there are only half the teams attending than usual, there will be no reason to assign seating areas. First come, first serve, but be considerate of other teams and do not take up a ton of room.
6. Deck Passes will be distributed to board approved coaches from each school. They must be displayed at all times or else you will be asked to leave the deck area.
7. Only athletes competing in the meet can be on deck. All athletes will be checked in as they enter the pool deck area. All other people not involved in the meet must pay admission and sit in the spectator area. Anyone found on deck that is not supposed to be there will be asked to leave the facility.
8. Hospitality is available for coaches/officials only in the room behind the blocks.
9. **Each school needs to provide 2-3 timers** for the meet. Please give the name to the meet manager as soon as you can. We ask that each timer wear a shirt representing their school.
10. Diving will be contested at Twinsburg on January 3 at 4pm. Separate information will be sent out from the diving meet manager and all diving questions please refer to him/her. Results will be added on to the swimming portion of the meet.

ENTRY INFORMATION

1. Entries are due by **December 31 at 2pm**.
2. Swimmer is allowed a maximum of two individual events, plus relays, not to exceed a total of four events. **Please remember to put your divers on your official entries also.**
3. Each team may enter up to **four** competitors per event, and maximum of **one** relay per event.
4. Relay names are not necessary (merely the entry time). Relay names will be submitted one half-hour before the start of the event.
5. During the meet there will be **NO SUBSTITUTIONS FOR ANY REASON**. Any team attempting a substitution will have that/those swimmer(s) disqualified, according to OHSAA rules.
6. Eligibility is governed by the OHSAA rules.
7. Individual events will be seeded by entry time
8. Relay events will be seeded by entry time.
9. All entries must be submitted electronically using Team Manager. All entries emailed are final.

WARM UP SCHEDULE (for the competition pool)

Four Teams will be in Flight 1 and three teams in Flight 2. Each school will be assigned 2 lanes in the competition pool.

Flight 1: (8:30am – 9:05am) Copley, Revere, Tallmadge, Cuyahoga Falls

Flight 2: (9:05am – 9:40am) Barberton, Highland, Roosevelt, Aurora