**DATE**: 9/2/21

**TO:** A.D.’s and Swim Coaches at Timberland, Fort Zumwalt East, St. Francis Borgia, Washington, Wentzville/Liberty, Hannibal, Cape: Notre Dame, Francis Howell North, Lutheran/Christian, McCluer North, Hazelwood Central, Hazelwood West, Farmington

**FROM:**  – FZNHS Swim Coach Ted Hickey-FZNHS A.D.

 School #: 272-4447

**SUBJECT**: 28th Annual Roger Eastman Swimming and Diving Invitational hosted by Fort Zumwalt North

The twenty-eighth Annual **Roger Eastman** Swimming and Diving Invitational will be held on Saturday, October 2th at the St. Peters Rec-Plex.

**Swimming warm-ups will be from 8:00AM to 8:45AM; diving warm-ups will be from 8:00AM to 8:45AM. Competition begins with diving at 9:00AM . Swim warm-ups continue in lanes 1-5 (shallow end) from 9:00AM-the end of diving. At the end of diving the swimming events will take place in lanes 1-8 in the deep end. Lanes 1-2 (shallow end) will be available for warm-ups/cool down during the swimming events.**

**Entries:** One relay team and two individuals in each event from each school with a person not entering more than four events or entering more than two individual events. Diving will be held and will be scored. The officials will do the judging along with 2 other coaches. ***An entry form will be mailed in September.***

 ***Diving competition will consist of 6 dives.***

**ALL ENTRIES MUST BE RECEIVED NO LATER THAN FRIDAY, September 25tht - BY 3:00PM*. Email all entries to the meet manager Joyce Whitehead at*** ***joycewhitehead@yahoo.com*** ***or*** ***joycewhitehead3022@gmail.com*** ***.***

**Awards**: Medals will be awarded for the first four places, team plaques for the top three teams. Medals will be handed out after every fifth event.

**Format:** Meet Manager will be used to seed all heats. Swimmers will be seeded according to time. Medals may be earned from any heat.

**Scoring:** We will be scoring sixteen places for the individual events and twelve for the relay events.

 All individual events, 9-10 relays and varsity relays will be scored and added together for a total team score.

**Timing:** Touch pads will be used. Bring two timers with stopwatches to act as timers in case of automatic timing system failure. The timers will be assigned to a lane.

**Dressing:** There will be dressing rooms available. Locks may be placed on lockers. The REC-PLEX has a NO SHAVING POLICY. Any swimmer shaving at the REC-PLEX will be disqualified.

 There will be prepackaged snacks and beverages available. This is for the coaches and officials only.

**Admission**: **An admission fee of $5.00 will be charged this year. Admission helps to defray the cost of the meet. Please inform all your parents about this charge and its purpose.**

**Additional Information**:

 \*No street shoes are allowed on the pool deck – No Exceptions!

 \*There will be three officials.

 \*The pool deck is very large, so space is not a problem.

 \*Swimmers and divers may not use the hot tub or leisure pool.

 \*Divers may use either one-meter board, do not use the dive towers or the three meter boards.

 \*Please park your busses in Lot D of City Hall.

 \*All swimmers must enter at the main entrance

 \*Coaches need to bring their own chairs for seating.

**Ticket sales begin at 8:00AM. Spectators will be cleared from the bleachers and re-admitted.**