



Eastern Interscholastic Swimming and Diving Championship

February 16 and 17, 2024

Olympic Trials Long Course Qualifier Meet February 18, 2024 (See Separate Meet Announcement)

Meet Host: Germantown Academy, Mercersburg Academy and Peddie School

Location: Swimming Kunkel Aquatic Center
Franklin and Marshall College
929 Harrisburg Pike
Lancaster, PA 17604

Diving Germantown Academy
340 Morris Road
Fort Washington, PA 19034

Meet Director: Brian McMillin
Preferred means of communication email – bjmcmillin@verizon.net
In the event of an emergency, cell phone (610) 331-8648

Facility: Kunkel Aquatic Center is an indoor pool with 8 lanes for competition with Wave Eater lane lines and continuous warm-up/warm-down lanes. There is Colorado System 6 automatic timing with a 16-line scoreboard. There is deck seating for 400 and spectator seating for 480. There is ample parking provided by 2 large lots and additional overflow locations. Hospitality will be provided for coaches and meet officials. There will be a snack bar, with seating, available throughout the meet.

Please note: Teams and spectators will NOT be allowed in the facility until 6:45 am.

Germantown Academy is a 6 lane, 25 yard indoor pool, with 2 x 1 meter Maxiflex Model B diving boards. The pool features a Colorado timing system with a 6 line scoreboard. There is deck seating for athletes and spectator seating for 150 in the gallery area. The pool is located below the gymnasium and sits across from the field house.

Rules: Current Rules and Regulations published by The National Federation of State High School Associations (NFHS).

Format: Preliminaries and "A", "B" and "C" finals

Spectator Admission: \$10.00 for Preliminary Sessions and \$5.00 for Finals Sessions

Heat Sheets: Will be available for free on Meet Mobile or at www.easternswimminganddiving.org

Entries: Entries are to be emailed to the meet director before noon, Friday, February 9, 2024. Entries should be submitted electronically, in a format compatible with Hy-Tek Meet Manager software – Team Manager, Team Manager Lite or Team Unify.

Athletes may be entered in an unlimited number of events. Entry fees are calculated on the number of events entered. An initial psych sheet will be published based on these entries. Athletes may only compete in four total events with a maximum of two individual events accordance with NFHS rules. A school may enter as many athletes in an event as they wish, however only four athletes from a team may advance to finals in each event.

Relay Entries: Schools may enter one “A” and “B” relay for each relay event. “B” relays are non-scoring and will not advance to finals. Mark “B” relays as exhibition in your entry file. Athlete names do not have to be submitted with your team entry. Each school’s entire Easterns roster is eligible for relays, within the entry limits stated above. ‘Relay only’ athletes must have been included in the original team entry and assessed the athlete surcharge.

Relay names will be declared by filling out an Easterns Relay Card and turning it in to the scorer’s table prior to the start of competition of the session of that relay event. The order that the athletes are swimming shall be listed on the card. Separate cards are to be submitted for preliminaries and finals. The athletes and their order do not have to be the same for preliminaries and finals. An event is counted against an athlete’s total swims if they participate in either preliminaries or finals.

Non-scoring “B” relays may be entered. Relay athletes for “B” relays will be declared as above.

Participation in a “B” relay counts as an event for the athlete. “B” relays are not eligible for participation in finals.

Participation in a “B” relay in preliminaries and an “A” relay in finals, in the same event, counts as one event for an athlete.

The following Information must be on the relay Card:

1) Event Number 2) Event Name 3) School 4) Names of Swimmers, listed in the order of swim

Entry Times: All submitted times must have been performed during the 2023-2024 season. Do not use best times from past seasons.

Diving Entries: Diving is an individual event, the same as all others. Divers must be included on the school’s roster and their entry must be included with the team’s entry file or Manual Entry Form. Athletes who are not entered with the team will not be permitted to compete. In addition, **by the entry deadline**, coaches must submit their diver’s selection of dives through DiveLive. Below are the bullet points:

□ **DiveLive Instructions - PDF**

- Divers and coaches must submit dive lists at entry deadline, but will be able to make changes up until 60 minutes prior to the event start time. Below are deadlines for changes/updates, the event and dive lists will be locked past this deadline: **Girls - 4:00 PM, Friday February 16th, 2024**

- **Boys - 9:00 AM, Saturday February 17th, 2024**

- Meet administrators for the diving portion of Easterns will be able to assist with dive changes but coaches and divers are encouraged make their own changes.

- Judges will have the option to judge directly from their phone.

- Coaches, divers, parents, and fans will be able to follow live results through the app, please reference PDF for instructions.

DiveLive QR Code:



Diving:

The Diving Competition will be run according to current NFHS Rules. The competition shall consist of five (5) voluntary and six (6) optional dives.

- The five voluntary dives shall come from each of the five groups, with their assigned degree of difficulty and have a sum total of 9.0 or less.
- The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals.
- All five groups must be represented in the first eight dives.
- The dives to be performed during each round of championship competition to be as follows:

Preliminaries	Any 2 Voluntary & 3 Optional
Semifinals	2 Voluntary & 1 Optional
Finals	1 Voluntary & 2 Optional

The five groups are Forward, Back, Reverse, Inward and Twist dives. Consult the NFHS Rules Book for the individual dive numbers.

- Girls Dive Friday Afternoon 2/16/24 – Warmup 4 PM, Competition 5 PM
- Boys Dive Saturday 2/17/24 – Warmup 9 AM, Competition 10 AM
- Divers Check-in/Registration by TBD
- Divers must sign off on their dives and no changes to dives may be made after warm-up begins.
- Warmup available Friday, February 16 from 9 AM-4 PM and on Saturday, February 17 for one hour prior to the start of the competition.

Entry Fees:

Athlete surcharge - \$10.00/athlete. This is charged for every athlete on each team's Eastern's roster.

Individual entries - \$10.00/individual entry

Relay entries- \$40.00/relay entry

Entry fees are calculated on all entries prior to scratches.

Entry fees are due by Friday 2/9/24. No delivery requiring signatures. A Meet Entry Summary Form must accompany entry fee payment.

Make checks payable to ***Germantown Academy***

Mail to:

Brian McMillin
4368 Meadowridge Lane
Collegeville, PA 19426

Scratching:

Entries must be scratched back to the eligible maximums. Scratches for Friday preliminaries are due prior to 5:00 PM Thursday, February 15, 2024. Scratches for Saturday Preliminaries are due 30 minutes following the conclusion of Friday finals.

In accordance with NFHS Rules, there is no scratching from finals permitted.

If scratches are not received in time and a swimmer is entered in too many events, then the first two individual events that he/she is entered in will count. All other events entered will be scratched.

Scratches can be accomplished by e- mailing the scratches to bjmcmillin@verizon.net or by submitting a hard copy to Brian McMillin at the coaches meeting.

The following format must be used for E-mail scratches:

The subject of your e-mail should be Team Name - Easterns Scratches

Option A: In the body of your email

List all scratches by athlete, please state the following in this order:

Swimmer's Name - Event Number - Event Description

Identify as a Scratch

Repeat this for all additional scratches.

Option B:

Draw a Neat, single line through the event to be scratched on your Exception Report, so I can still read the event.

Attach the report to your email.

It is the coach's responsibility to make sure that an athlete is not entered in too many events.

Athletes who fail to compete in an event they have not been scratched from will be disqualified from competition for the remainder of the meet.

Eligibility: The Meet Entry Summary Form must bear certification of each athlete's eligibility for participation. Each athlete must be a student in good standing at their school and meet the school's rules for athletic eligibility. All competitors must be amateurs. Each entry form must bear the coach of the school signature verifying approval of the athletes entered and that their times have been posted in competition. Each entry must bear the signature of the athletic director and the headmaster or principal of the school verifying the eligibility of the athletes entered. Any entry form without these signatures will not be accepted.

USA Swimming

Observation: Easterns has been granted Observed Status. Times for USA Swimming registered athletes will be uploaded into the National Times Database (SWIMS). In order for an athlete's times to be uploaded, coaches are to include USA Swimming ID numbers, in their entry file, for all USA Swimming registered Athletes and their birth dates. Only those athletes entered with correct USA Swimming ID numbers, by the entry deadline, will have their times uploaded to the USA Swimming national database.

Complete a Relay Request for Observation Form for all relays that you wish to have times uploaded. All members of the relay must be members of the same USA Swimming Team. Please indicate if you want the lead-off split uploaded.

Deck Entries/

Time Trials: No deck entries or time trials will be accepted.

Live Streaming
& Real Time

Results: Live Streaming and Real Time Results will be available, visit www.easternswimminganddiving.org for more information.

Facility Warmup, Competition Schedule and Event Schedule

Coaches Meeting

Coaches Meeting will be held via Zoom 7:00 PM EST, Tuesday February 13, 2024.
Entered teams will be sent a pdf coaches packet and an invitation to the Zoom meeting.

Swimming Schedule: Franklin and Marshall

Thursday, February 15

General Warm-up **6:00 PM – 9:00 PM**

Friday, February 16

Preliminaries Warm-up **7:30-8:50 am**
Preliminaries Start **9:00 am**
Finals Warm-up **4:55m – 5:50 pm**
Finals Start **6:00 pm**

Saturday, February 17

Preliminaries Warm-up **7:30-8:50 am**
Preliminaries Start **9:00 am**
Finals Warm-up **4:55 – 5:40 pm**
Finals Start **6:00 pm**

Friday, February 16, 2024

Women Event #	Suggested Qualifying Times	Event	Suggested Qualifying Times	Men Event #
1	2:04.82	200 yd Medley Relay	1:48.16	2
		"B" relays swim unofficial		
3	2:10.77	200 yd Freestyle	1:51.46	4
5	2:29.73	200 yd Individual Medley	2:12.72	6
7	26.96	50 yd Freestyle	23.32	8
9	1:04.62	100 yd Butterfly	56.39	10
11	1:52.00	200 yd Freestyle Relay	1:40.00	12
		"B" relays swim unofficial		
13		Women Diving		

Saturday, February 17, 2024

Women Event #	Suggested Qualifying Times	Event	Suggested Qualifying Times	Men Event #
15	59.56	100 yd Freestyle	51.53	16
17	5:55.37	500 yd Freestyle	5:09.68	18
19	1:08.97	100 yd Backstroke	1:00.37	20
21	1:17.09	100 yd Breaststroke	1:06.53	22
23	4:02.60	400 yd Freestyle "A" Relay	3:25.92	24
		"B" relays swim unofficial		
		Men Diving		14

Diving Schedule: Germantown Academy

Friday, February 16

General Warm-up	9:00 AM – 4:00 PM
Girls Preliminaries Warm-up	4:00 – 4:50 PM
Girls Preliminaries Start	5:00 PM

Saturday, February 17

Boys Preliminaries Warm-up	9:00 – 9:50 AM
Boys Preliminaries Start	10:00 AM

Scoring:	Place	Individual Events	Relays
	1 st	32	64
	2 nd	28	56
	3 rd	27	54
	4 th	26	52
	5 th	25	50
	6 th	24	48
	7 th	23	46
	8 th	22	44
	9 th	20	40
	10 th	17	34
	11 th	16	32
	12 th	15	30
	13 th	14	28
	14 th	13	26
	15 th	12	24
	16 th	11	22
	17 th	9	18
	18 th	7	14
	19 th	6	12
	20 th	5	10
	21 st	4	8
	22 nd	3	6
	23 rd	2	4
	24 th	1	2

Hotel: We have been working with APEX Events, a company that specializes in helping large events, such as ours, make hotel reservations. Below is a link that APEX Events has provided that will direct you to a website to begin making your hotel reservations. This website was built specifically for our event. Please feel free to pass this link on to your team's families and friends. <https://book.passkey.com/go/2023EasternInterscholastic>

Once you arrive at the website, select the link for Easterns, and then you can begin sorting through and selecting your hotel accommodations. APEX Events has also set up a support network to help you make your reservations. If you have any questions or concerns regarding making your reservations, please email Michele Hughes michele.hughes@apex-events.com; or sandy.solbrig@apex-events.com.