

THE SIXTH ANNUAL
COUGAR INVITATIONAL SWIMMING CHAMPIONSHIPS

Friday, January 21, 2011

Make up Date: Saturday, January 22, 2011

Locker rooms open at 2:30

Warm-up 2:40-3:40

Scratch Meeting 3:40

Meet begins at 4:00

I. SWIMMING

Event #

1	Girls 200 yard MR	2	Boys 200 yard MR
3	Girls 200 yard Free	4	Boys 200 yard Free
5	Girls 200 yard IM	6	Boys 200 yard IM
7	Girls 50 yard Free	8	Boys 50 yard Free

15 Minute BREAK

9	Girls 100 yard Fly	10	Boys 100 yard Fly
11	Girls 100 yard Free	12	Boys 100 yard Free
13	Girls 500 yard Free	14	Boys 500 yard Free

15 Minute BREAK

15	Girls 200 yard FR	16	Boys 200 yard FR
17	Girls 100 yard Back	18	Boys 100 yard Back
19	Girls 100 yard Breast	20	Boys 100 yard Breast
21	Girls 400 yard FR	22	Boys 400 yard FR

*No Diving

*Warm-ups will be allowed during all breaks

II RULES

- The 2010-2011 National Federation Edition, Swimming and Diving Rules for High School will be used
- Teams are allowed 4 entries per individual event and 2 relay teams per event. A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.

III. ENTRIES

- Please use Team Manager and zip then file to my email account. You can download a version of TM Lite from <http://www.besmarttinc.com/>. Let me know if this is a problem.
 - Times will be championship seeded.
 - E-Mail Entries to cscarpa@mtsd.us by January 18, 2011
 - Checks payable to MONTGOMERY HIGH SCHOOL BOOSTER CLUB (\$175 per team; \$300 if both boys and girls teams are attending) Make sure to put Swim Team in the memo section of the check.
- **check must be received in advance of the meet or brought to the meet. If you know your school needs vouchers signed, please begin taking care of this right away!****

Mail to: Claire Scarpa, Swim Coach
Montgomery High School
268 Skillman Road
Skillman, NJ 08558

- IV. AWARDS The top 8 swimmers in each individual event will receive awards
The top 6 relays will receive awards (A relays only)

- V. SCORING Points Relay 32,26,24,22,20,18,14,10,8,6,4,2
Points Individual 16,13,12,11,10,9,7,5,4,3,2,1

VI. MISCELLANEOUS INFO

- Food will be sold throughout the meet.
- Admission fee for spectators includes a program. (Adults \$3, students \$2)
- IN THE EVENT OF BAD WEATHER PLEASE CALL THE MONTGOMERY HIGH SCHOOL SPORTS LINE TO VERIFY THAT THE MEET IS STILL ON.
(609) 466-7602 X4906

If you have any question, please do not hesitate to call:

Claire Scarpa (school) (609) 466-7602 X6890 (voice mail) x6530 (office)
(home) (609) 466-0618

EMAIL* cscarpa@mtsd.us *easiest form of contact
FAX # (609) 466-7696 (attn. Claire Scarpa, swim coach)

Coaches,

Below is a list of the cutoff times for the Cougar Invitational. Please adhere to these times. As we all know, swimmers will improve, especially at championship meets like this, but when entering your athletes, keep these times in mind. If there is a question as to whether or not your swimmer is faster than the cutoff time, please give them a time trial at practice in that event before entering them. Simply saying they have never swam that particular event before is not enough to enter them in this meet. We want the kids to benefit from this meet and get the most out of it that they can.

This meet is the Cougar Invitational, not the JV or novice meet. Please refer to it as the Cougar Invitational when talking about it to your swimmers. Some of the feedback I received from coaches last year was that the kids didn't want to hear that they were going to a JV meet...

For the 500 Free, please limit your athletes to no more than 2 swimmers. Do not enter someone just to have competitors in the event. The fewer swimmers in this event, the shorter the meet will be. If you have two swimmers who love the 500 and have been swimming it all season, go right ahead and enter them, but don't just do it to fill the lanes...

Swimmers who are in relays **MUST** swim in the meet as individuals. We want to keep this fair for everyone. Only your school's A relay will receive a medal, so when putting relays together, make sure your A relay is faster than your B relay. B relays cannot receive medals. There is no way to change this in meet manager.

Thanks in advance for your cooperation!

Claire

Cutoff Times for
Cougar Invitational Swim Meet

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
200 free	2:20.17	2:10.58
200 IM	2:35.07	2:22.60
50 free	28.10	25.18
100 fly	1:11.12	1:04.37
100 free	1:03.25	56.80
500 free	6:10.00	5:50.43
100 back	1:12.50	1:06.78
100 breast	1:19.84	1:12.96