

Shenendehowa Breast Cancer Awareness Swimming and Diving Invitational Saturday September 29th



To all Coaches:

The Shenendehowa Girls Swimming and Diving Team will be hosting the 9th Annual Shenendehowa Breast Cancer Awareness Invitational on Saturday September 29th @ the Shenendehowa Aquatic Center in Clifton Park, NY. We have a 25 yd. stretch pool, separate warm-up/warm-down area, as well as two 1-meter boards and two 3 meter boards. The cost is \$200 per team. In addition, we will be offering an 11 dive format that will count towards team scoring in the AM and run through a timed final HS Swim Meet in the afternoon. The meet will be scored as an 8-lane championship meet with team awards for 1st-3rd place. ***Deadline for inclusion: Friday, July 13, 2018.***

The event will get a jump start towards October's National Breast Cancer Awareness Month. To take part in this event, we will be donating proceeds from the meet to a local Breast Cancer Clinic. In addition, to help raise awareness, we want every team to **THINK PINK!** This allows your team to get creative, whether it be caps, goggles, suits, towels, etc., and help raise awareness for this important cause. The shirt awards for 1st, 2nd, and 3rd place finishes in each event will also be in varying shades of pink.

Sincerely,
Sandy Stanislowsky
Head Coach Shenendehowa Girls Varsity Swimming and Diving
(518) 248-4753; gagnir@aol.com

Timeline

Friday September 28th

Pool open for swimming and diving warm-ups: 4:00-8:00 PM

Please NOTE: Any diver from visiting school for warm-ups must be accompanied by their coach at the dive well. **YOU WILL NOT BE ALLOWED TO DIVE WITHOUT A COACH PRESENT.**

The Swim warm-ups will be in three sessions of 1 hour 15 minutes this year as –

Session 1 - **4:00-5:15** Session 2 - **5:20-6:35** Session 3 - **6:40-7:55**

Saturday September 29th

Diving Warm-ups: 7:00-8:30 AM

Diving: 8:30-1:00 PM

Swimming Warm-ups: 11:00-1:30 PM

Swim Meet: 1:30-5:30 PM

Entries

Fee: **\$200** per team

Please send checks to:

Kristie Heffner

Shenendehowa Central Schools

970 Rte 146

Clifton Park, NY 12065

Checks made payable to: Shenendehowa Girls Varsity Swimming and Diving
Checks must be received by Monday, September 24th for participating teams

Swimmers: There will be unlimited Entries per team.

There will be cuts made to the 6 fastest heats (48 swimmers overall) for the following events: the 200 Free; the 200 IM; and the 500 Free. You will not be allowed to change your swimmers events, once cut. We are trying to run the most efficient meet possible.

Divers: There will be unlimited Entries per team

The 11 Dive Format will score for meet

All Divers Must be able to successfully complete 11 dives!

There will be CUTS made after 5 dives to the Top 20 divers.

There will be CUTS made after 8 dives to the Top 16 divers.

Athletes may compete in a **maximum** of:

2 individual events + 2 relays *or* 1 individual event + 3 relays

Teams may enter up to 3 relays per team: however only the “A” relays will score at meet.

The “B” and “C” relays will be exhibition and will not score.

The top 16 finishers will score in all individual swimming events and the 11 dive format event.

Thanks to **John Coombs** you will be able to input your entries online again this year at the section2swim.com website. Schools that are NOT in section 2 **must email their rosters to me** at my gagnir@aol.com email account no later than Friday, September 7th. I must receive everyone's roster early enough to give John Coombs time to set up the online entry format for us. You should be able to put entries into the site by Wednesday, September 19th. Entries will close by Friday, September 21st. This will give **Coach Michael Stone** time to place your entries and mine into the meet format. I will not see the entries beforehand. My sincere thanks to both John Coombs and Coach Michael Stone and to the Shenendehowa Boys' Varsity Coach Chuck Dunham, to Dive Coach Dennis Hogan, to Assistant Swim Coach Alyssa DiFabio and Coach Ryan Gordon, to the Visiting Coaches, to the Shenendehowa Administration, to all the Shen parents and fans and to the janitorial staff for making this a Great Meet that ran so smoothly last year. It takes so many to make this day so, so special. **THANK YOU!**

Awards

Team: Awards will be presented to the Top 3 finishing schools.

Individual: T-shirts will be presented to the Top 3 finishers in each individual and relay event

Lodging

There are many local hotels in Clifton Park and the surrounding areas. Hotels close to the Shenendehowa School District and the Aquatic Center include:

- Holiday Inn Express & Suites 18 Old Route 9, Clifton Park, (518)-579-3000
- Hampton Inn, 620 Plank Road 12065 (518)-373-2345
- Hilton Garden Inn, 30 Clifton Country Road 888-370-1942
- Marriott, 627 Plank Road 12065 (518)-347-7299
Contact: Kaitlin Nevins, Knevins@Rockgatehotels.com, (518)-347-7299
- Residence Inn Marriott, 1740 U.S. Route 9 Clifton Park 12065
Contact: Christine Hood, Christine.Hood@marriott.com, (518)-374-4444