



Shenendehowa Breast Cancer Invitational

October 9, 2021

Shenendehowa Aquatic Center
970 NY-146, Clifton Park, NY 12065

The Shenendehowa Girls Swimming and Diving Team will be hosting the 11th Annual Shenendehowa Breast Cancer Awareness Invitational on **Saturday October 9th** at the Shenendehowa Aquatic Center. There is a 25 yard pool, separate warm-up/warm-down area, as well as two 1-meter boards.

Proceeds from the meet will be donated 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.

Deadline to commit is September 1, 2021

Invitational Fee: \$200 per team

Please send check to:

Shenendehowa Central Schools

c/o Kristie Heffner

970 Route 146

Clifton Park, NY 12065

Checks made payable to: Shenendehowa Central School District
Payment must be received by September 20th

COVID-19 Information

At this time, spectators will be permitted but **LIMITED** to **2 spectators per athlete**. This is subject to change, and will send any updates if there is a change. Masks are to be **worn at all times** as a spectator or coach, and athletes need to wear them at all times when not in the water. We are not sure if there will be a concession area at this time, so please plan accordingly. Any changes in COVID procedures will be sent to all participating schools' head coaches.

Timeline

Friday, October 8th:

Pool will be open for diving warm-ups, time TBA. **Any diver from visiting schools for warm-ups must be accompanied by their coach.**

Saturday, October 9th:

Diving Warm-ups: 7:00-8:15 am

Diving: 8:30-12:00 pm

Swimming Warm-ups: 10:30 am-12:50 pm

10:30-11:00 am- **Session 1**

11:00-11:30 am- **Session 2**

11:30-12:00 pm- **Session 3**

12:00-12:30 pm- **Session 4**

12:30-12:40 pm- **Flip the pool**

12:30-12:45 pm - **Coaches meeting**

12:40-12:50 pm- **One way starts**

Swim Meet Start: 1:00 pm

Entries

Swimming:

- All entries will be submitted on www.section2swim.com
- Entries will be due by Wednesday **October 6th, by 8:00pm** and, review entries by Thursday **October 7th, by 5:00pm**
- There will be cuts made to the 6 fastest heats (48 swimmers overall) for the following events: 200 Freestyle, 200 Individual Medley, & 500 Freestyle. There will be **NO** changes for your swimmers event(s) after cuts are made.
- **Each team may enter A & B relays. Only the A relay will be scored.**

Diving:

- 11 Dive Format
- **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
- **Dive Sheets are due Friday October 8th, by 8:00 pm**
- Email dive sheets to Coach Dennis Hogan: djh2012@hotmail.com
Any questions about diving please contact Coach Hogan

All athletes may compete in a **MAXIMUM** of 2 individual events + 2 relays or 1 individual event + 3 relays.

Awards

This meet will be scored as a Championship Meet

- Awards will be given to the Top 3 finishing schools
- Awards will be given to the Top 3 finished in each individual event

Warm-up Lane Assignments

Session 1: 10:00-10:30 am							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Guilderville	Guilderville	Mohon	Mohon	Albany	Albany	open	open

Session 2: 10:30-11:00 am							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Saratoga	Saratoga	Horseheads	Horseheads	Valley Central	Valley Central	Nisky	Nisky

Session 3: 11:00-11:30 am							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Pittsford	Pittsford	Ballston Spa	Ballston Spa	Shaker	Shaker	Shen	Shen

Session 4: 11:30-12:00 pm							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BHBL-SG	BHBL-SG	Cornwall	Cornwall	Bethlehem	Bethlehem	Pine Bush	Pine Bush

Lodging Information

There are several hotels in the area if you are looking to stay close by as a family or team

- Best Western: 617 Plank Road, Clifton Park NY 12065 (518) 371-1811
- Courtyard by Marriot: 627 Plank Road, Clifton Park NY 12065 (518) 579-6100
- Hilton Garden Inn: 30 Clifton Country Road, Clifton Park NY 12065 (518) 371-7777
- Red Roof Inn: 41 Fire Road/Old Route 146, Clifton Park NY 12065 (518) 373-0222

If you have any questions, please contact Coach Alyssa DiFabio at: coachdfab@gmail.com