



ELMIRA INVITATIONAL

October 15 & 16, 2021

Contact information: Keith Ess (Head Coach)
Email: kess@elmiracityschools.com
cell: (607)426-5003

Schedule of Events: Timed Finals Format

Friday, October 15th - Diving Warmup 3:30pm - 5pm

Friday, October 15th - Diving Start 5pm

Saturday, October 16th - Swim Warmups 9am - 10:15am

Saturday, October 16th - Timed Finals Start 10:15am

Fees:

\$250.00 per team

\$50.00 divers only- max of 4 divers per team

Checks made payable to **Elmira Express Swimming and Diving** They should be received on or before 10/15/21. Mailing address is:

**Elmira Express Swimming and Diving
428 Rustic Ave
Elmira NY 14905
Attn: Keith Ess**

Entries: NFHS rules apply for individuals (max 4 events, no more than 2 individual). 5 entries per event, 5th being exhibition. 3 relays per team with only "A" relay scoring.

Format: This is a "Timed Finals" format. **PLEASE NOTE:** The 200 Free, 200 IM, and 500 Free, will be a top 36 event (6 heats). After the Psyche sheet is out, coaches will be able to add those swimmers who did **not** make the top 36 to another event, and then "verify" the lineup.

Entries will be submitted through Section4Swim.com, the link should open 10/1/21 and closing 10/11/21 by 9pm. Coaches will "Verify" on 10/13/21.



Diving: Divers must have 11 dives to compete. All 11 dives will be performed on Friday (10/15/21). There will be a 20 min. break/warmup after Round 5 and Round 8. Dive sheets must be submitted via email with **VOLUNTARY** and **OPTIONAL** dives indicated. All that is needed is the **Dive Number, Position, and Vol/Opt (ex: 101B Vol.)**

Email dive lists to Maria Quagliana mquagliana@elmiracitieschools.com
A confirmation email will be sent back. We are using eDive so a printed sheet will be available to athletes and coaches on the day of competition.

Cuts will be made if necessary:

Total number of Divers	Cut #1 (after 5 rounds)	Cut #2 (after 8 rounds)
0-20	No Cuts	No Cuts
21-25	No Cuts	To Top 20
26-31+	To Top 24	To Top 20

Awards: Awards will be given out to the top 12 finishers per event.

1st Place = 1st Place Medal and Event Winner T-Shirt

2nd - 6th Place = Medals

7th - 12th Place = Ribbons

Team Awards: Plaques will be given for Class A, B, and C for winning team and runner-up. Individual plaques for Outstanding Competitor of the meet. We will be using the current Class A, B, and C designations in section 4.



Facility:

Elmira High School Pool is a 6-lane facility located at 777 South Main Street, Elmira NY 14904.

Divers- Please do not arrive before 3:15pm on Friday due to Physical Education classes finishing for the day. See image below:

Elmira Express Swimming & Diving

