

2022 Boys Macomb Area Conference
MAC Gold Division Swimming
& Diving Championship Meet
February 25-26, 2022
Sterling Heights High School

Entries: The entry procedure and conduct of the meet will follow MHSAA and Federation Rules and procedures wherever possible. Entries must be submitted using HY-Tek's Team Manager or Team Manager Lite. Import the Meet File into your Team Manager program. All entries are due by 12:00 P.M. on **Monday, February 21, 2022** (Monday before start of preliminaries). If you do not have Team Manager go to <http://www.hy-tek.com/downloads.html> to obtain your free copy of Team Manager Lite to use for your entries. If you have any problems using these programs, please call John Foradori at 586-489-0430.

E-MAIL YOUR ENTRIES TO: shhsswimming@gmail.com, john.foradori@gmail.com and sschiesel@wcskids.net (Steve Schiesel, SHHS AD) My school email may block the zip folders. Teams are allowed four swimmers per individual event.

1. Each school is allowed to enter an "A", "B" and "C" relay for all three relays. Only the "A" relay from each school will be considered for scoring. Both the "A" and "B" relays will swim on Saturday, unless disqualified during prelims. Designating Relays- Once a swimmer **swims** a relay he is locked into the event. You must mark *all potential* swimmers, including alternates on the Entry Form. Actual names will be due per state meet policy.

Diving: Diving will be held conducted Thursday (**the day before the swimming preliminaries**). Warm up is at 4:00, meet will start at 6:00. MAC Blue, Gold and Silver will compete at LCN

Meet:

1. Swimming Prelims: Friday, (**February 25, 2022**). Warm-up: 3:00, Meet Start: 5:00
2. Swimming Finals: Saturday, (**February 26, 2022**). Warm-up: 10:00, Meet Start: 12:00
3. Awards will be presented after the completion of the finals heat of the following event following state meet procedure. The awards will be handed out by coaches in a rotating manner to be decided by the meet committee. Ex: The 200 free will be awarded after the final of the 200 IM.

Facility:

1. SHHS has a 6 lane pool, so 6 lanes will be used in preliminaries and six lanes in finals. General warm-up will be used in all lanes for the first ½ hour of warm-up. For the next ½ hour the two outside lanes will be used as pace lanes with the remaining lanes used as general warm-up. With 15 minutes to the clearing of the pool all lanes except the end two lanes will be used for one way sprints. The pool will be cleared 15 minutes prior to the start of the meet for a coaches meeting and possible timer meeting or setting up of timing equipment.
2. There will be no oils, lotions or food allowed on the pool deck or in the locker rooms.
3. Locker rooms will be assigned. Please do not leave valuables in lockers. MAC and School will not be responsible for lost or stolen items.
4. The diving well will be open for continuous warm-up and cool-down on Friday & Saturday. The Diving well will be open for divers until the end of the 50. Swimmers can quietly warm up/down in ½ of the well until the start of diving. After Diving, the boards will be closed and the entire diving well will be available for quiet warm up/down.
5. All meet files can be located at: <https://shhsswim.weebly.com/2022-mac-gold-division-meet.html>