



## ZIS INVITATIONAL SWIMMING MEET

Feb 25<sup>th</sup> 2012

The meet will be run with "Meet manager software" once you have confirmed your participation. I will send you the file for entries and instructions on how to use the software.

### Important information

Age Categories:

Junior Boys and Girls (**14 and under on race day, 25 February 2012**)

Senior School Boys and Girls (**over 14 on race day**)

Swimmers per category: **6 swimmers per Cat and a maximum of 24 athletes per school.**

### Entries:

A swimmer may compete in a max of 4 individual events and 1 relay.

Schools may enter the following numbers for events (also indicated on Schedule) **per team per Cat ONLY**

-50 Free– unlimited entries

-all other individual events – 2 swimmers MAX

-1 x relay team per relay event

Please note that some events are run for Senior Categories only.

**Relays:** 1 x relay team per relay event

-A junior swimmer can swim in a senior relay, but cannot swim in both a junior and senior relay at the meet.

-A junior swimmer cannot swim in both the 25m and 50m Butterfly races in accordance with the junior and senior age stipulations.

-There may be a coaches/adults relay which will compete against the senior boy's teams depending upon lane availability and time.

**Points** will be awarded for positions 1-6 in each category (6-5-4-3-2-1); relays score double.

**Trophies** given for: Boys and Girls Junior Team & Senior Team (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>); Overall Team Champions (1<sup>st</sup>).

**Ribbons** are given to all swimmers in each category from places 1-6.



**Pool Rules:** We must leave the pool cleaner than we find it!

No shoes or food and drink are allowed on the pool side. Drinking water is allowed in bottles.

There will be a concession stand available in the foyer where food can be consumed.

**Housing:** ZIS will host school teams from outside of Switzerland on Friday 24 February 2011. Students will be picked up for housing at ZIS Upper School Campus, 16:15.

**Arrival:** Teams should arrange to arrive at **Adliswil Station** around 15:00 or to **ZIS Upper School** by 15:30 on Friday 24 February 2012. We will pick up teams needing transportation from the Adliswil Station. A coaches meeting will take place on Saturday at 09:30. Swiss schools are required to find their own transport to the pool on Saturday morning. I am happy to help with arrangements at the hostel and local transport company should you need my help.

**Departure:** Teams should arrange to depart from the pool at around 15:30 or Adliswil Station around 16:00 on Saturday 25 February 2011. We will drop off teams needing transportation to the Station.

**Coaches Hotel:** Albis hotel. Tel: 00-41-44 7118585

[http://www.ibishotel.com/ibis/fichehotel/gb/ibi/1989/fiche\\_hotel.shtml](http://www.ibishotel.com/ibis/fichehotel/gb/ibi/1989/fiche_hotel.shtml)

Room price: Sfr 127.00 per single room with breakfast and Sfr 127.00 per double room with breakfast.

### ZIS INVITATIONAL SWIMMING MEET

Saturday 25 February 2011

WARM UP: 10.00

START: 10.30

### ORDER OF EVENTS:

1	200 Medley Relay	Schools may enter up to 1 team per category/team	JR Girls
2	200 Medley Relay		JR Boys
3	200 Medley Relay		SR Girls
4	200 Medley Relay		SR Boys
5	200 Freestyle	2 swimmers per team/category	JR Girls
6	200 Freestyle		JR Boys
7	200 Freestyle		SR Girls
8	200 Freestyle		SR Boys



9	50 Backstroke	2 swimmers per team/category	JR Girls
10	50 Backstroke		JR Boys
11	50 Backstroke		SR Girls
12	50 Backstroke		SR Boys
13	50 Freestyle	Unlimited entries	JR Girls
14	50 Freestyle	Unlimited entries	JR Boys
15	50 Freestyle	Unlimited entries	SR Girls
16	50 Freestyle	Unlimited entries	SR Boys
17	100 Backstroke	2 swimmers per team/category	SR Girls
18	100 Backstroke		SR Boys
19	100 Ind. Medley	2 swimmers per team/category	JR Girls
20	100 Ind. Medley		JR Boys
21	100 Ind. Medley		SR Girls
22	100 Ind. Medley		SR Boys
		Break <i>**depending upon time**</i> Break	
23	100 Freestyle	2 swimmers per team/category	JR Girls
24	100 Freestyle		JR Boys
25	100 Freestyle		SR Girls
26	100 Freestyle		SR Boys
27	50 Breaststroke	2 swimmers per team/category	JR Girls
28	50 Breaststroke		JR Boys
29	50 Breaststroke		SR Girls
30	50 Breaststroke		SR Boys
31	25 Fly	2 swimmers per team/category	JR Girls
32	25 Fly		JR Boys
33	100 Fly	2 swimmers per team/category	SR Girls
34	100 Fly		SR Boys
35	50 Fly	2 swimmers per team/category	SR Girls
36	50 Fly		SR Boys
37	100 Breaststroke	2 swimmers per team/category	SR Girls
38	100 Breaststroke		SR Boys
39	200 Freestyle Relay	Schools may enter up to 1 team per category/team	JR Girls
40	200 Freestyle Relay		JR Boys
41	200 Freestyle Relay		SR Girls
42	200 Freestyle Relay		SR Boys

