

As we move toward Districts here are a few reminders. Some of this information is also listed on the entry information document on the District One website.

1. Entries for Districts are due this week (by Thursday at the latest if you are attending a last chance meet). Nancy will respond as quickly as she can with a report for coaches to review. Please be patient if she does not get back to you right away.
2. There have been some questions concerning spectators at the meet. Again, please remind your parents that as of now there are no spectators permitted as District One is maximizing capacity limits by permitting more athletes into the meet this season. The meet will be live streamed, and the link will be on the District One website.
3. Sunday, February 20<sup>th</sup> is when the seeding meetings occur. Again, until the conclusion of this meeting all times entered are consideration. Coaches are reminded any rankings which are being done are not the official psych sheets. Please ensure both your swimmers and parents understand this as well.
  - a. 9:00am – AA scratch meeting. Only AA coaches needing to make changes should sign on at this time.
  - b. 9:15am – AA coaches receive psych sheets via email. Text Nancy (215 237-3293) if you don't receive them. Coaches have 15 minutes to look over the psych sheets.
  - c. 9:30am – AA coaches mandatory zoom meeting. Everyone logs on to the zoom meeting.
  - d. 10:00am – AAA scratch meeting. Only AAA coaches needing to make changes should sign on at this time.
  - e. 10:15am – AAA coaches receive psych sheets via email. Text Nancy (215 237- 3293) if you don't receive them. Coaches have 15 minutes to look over the psych sheets.
  - f. 10:30am – AAA coaches mandatory zoom meeting. Everyone logs on.
4. As you can see above, during the seeding meeting there will be a 15-minute period for coaches to view the psych sheets sent by Nancy Swanson. At the beginning of the 9:30 or 10:30 meeting, coaches who wish to scratch an individual swimmer for the purpose of making them available for a relay, scratch a swimmer entirely, or scratch a relay team may do so.
  - a. Example: Kathy is listed in 3 relays and two individuals. After reviewing the psych sheets, a coach decides because Kathy is the 36<sup>th</sup> seed in the 100 butterfly they will scratch her from the fly to make Kathy available for a third relay.
  - b. If a scratch occurs during the seeding meeting the swimmer with the next fastest time will move into the event, should there be enough qualifiers.
5. Coaches may list up to 8 swimmers per relay event and this is encouraged because in the event a relay member becomes unable to swim another swimmer would be available. The names listed for Districts also carry over to the State meet should the relay qualify. Any 4 of the 8 names listed may swim in a relay.

6. A swimmer may participate in a maximum of four (4) events at Districts with the following breakdown: 2 individual events and 2 relays or 1 individual event and 3 relays.
7. Coaches may not enter a swimmer in all events in which they qualified with the purpose of scratching events in which a swimmer is not seeded as well. Again, entries are to be submitted within one of the following guidelines:
  - a. 1 individual event and listed in up to three relays.
  - b. 2 individual events and listed in up to three relays.
  - c. 0 individual events (none qualified) but listed in up to three relays.
8. The maximum number of individual entries per team, per event is four (4). Each school may enter one (1) relay team if qualified.
9. A declared false start at the District Meet counts as an event.
10. Do not forget to include your divers on the district entries as well. Divers who score points at the District I Diving Meet this weekend will have those totals reflected in team scoring.
11. Furthermore, if you have swimmers who are currently USA Swimming registered and wish times to count for future club meets, please ensure that you have entered their appropriate ID in your team manager database.