



2019-20 CO-ED SWIMMING AND DIVING

In cooperation with all high school swim teams, the GRPS athletic department in cooperation with GR8 Sports, Great Kids, offers a comprehensive swimming and diving program for all GRPS middle school students-athletes. Practices are held Monday – Thursday. First official day of practice will be November 11th

ADMISSION: \$2 Adults, \$1 School Age Children

COMPETITION SCHEDULE (TRANSPORTATION IS PROVIDED)

Meets begin at 6:00pm with warm-ups beginning at 4:30pm

DIVE MEET #1 DIVING WILL BEGIN AT 5:30PM

December 6th at Prior to Sprint Meet Ottawa Hills High School

SWIM MEET #1 SWIM EVENTS WILL BEGIN 15MIN AFTER DIVING CONCLUDES

December 6th Sprint Meet at Ottawa Hills High School

DIVE MEET #2

December 16th at City MS/HS

SWIM MEET #2 - Triangular

December 20th at City MS/HS



DIVE MEET #3

January 6th at City MS/HS

SWIM MEET #3 - Triangular

January 10th at Union High School

CITY CHAMPIONSHIP DIVE MEET

January 27th at City MS/HS

CITY CHAMPIONSHIP SWIM MEET

January 31st at City MS/HS

TEAM STRUCTURES

South Team: Alger, Burton, Sherwood, U Prep, MLK, and Ford

North Team: City, Riverside,

Theme Team: All Theme Schools

(CA Frost, Shawmut Hills, Blandford, Zoo, North Park, Museum, GR Montessori, Harrison, Westwood)

PRACTICE LOCATIONS AND TIMES

South Team at Ottawa Hills High School: 3:15pm – 4:45pm

North Team at City MS/HS: 2:45pm-4:45pm

Theme Team at Union High School: 5:30pm – 7:30pm

PRACTICE TRANSPORTATION TIMES

South Team - 3:00pm and 5:00pm

North Team – 3:00pm and 5:00pm

Theme Team - Parents must provide transportation

SWIMMING AND DIVING GUIDELINES

1. A student may participate in a total of four (4) events, two of which must be relays
2. Coed Swim scores will be combined between all grades to determine the City Championship
3. Swimmers are allowed to swim in two (2) exhibition events in the championship meet
4. Diving takes place prior to the start of the meet or on an alternate date if necessary.
5. Swimming and Diving programs are considered cooperative programs.
6. Location of practices will be City MS/HS, Ottawa Hills, and/or Union
 - a. North Team: City and Riverside
 - b. Theme Team: CA Frost, North Park, Museum, Zoo, Blandford, Shawmut Hills, Westwood, Aberdeen, Harrison, GR Montessori
 - c. South Team: Alger, U Prep, Burton, Sherwood, MLK, and Ford
7. Events for each meet are determined by the entries for the meet.
8. Order of events for the championship meet
 - a. Diving (Night before)
 - b. 6th grade medley relay girls
 - c. 6th grade medley relay boys
 - d. open medley relay girls
 - e. open medley relay boys
 - f. 6th grade 100 free girls
 - g. 6th grade 100 free boys
 - h. open 200 free girls
 - i. open 200 free boys
 - j. 6th grade 100 IM girls
 - k. 6th grade 100 IM boys
 - l. 7-8 grade 100 IM girls
 - m. 7-8 grade 100 IM boys
 - n. 6th grade 25 free girls
 - o. 6th grade 25 free boys
 - p. 7-8 grade 50 free girls
 - q. 7-8 grade 50 free boys
 - r. 6th grade 50 fly girls
 - s. 6th grade 50 fly boys
 - t. 7/8 grade 50 fly girls
 - u. 7/8 grade 50 fly boys
 - v. open mixed 25 fly exhibition
 - w. open mixed 25 free exhibition
 - x. 6th grade 50 free girls
 - y. 6th grade 50 free boys
 - z. 7/8 100 free girls
 - aa. 7/8 100 free boys
 - bb. 6th grade 50 back girls 6th grade 50 back boys
 - cc. 7/8 50 back girls
 - dd. 7/8 50 back boys
 - ee. 6th grade 50 breast girls
 - ff. 6th grade 50 breast boys
 - gg. 7/8 50 breast girls
 - hh. 7/8 50 breast boys
 - ii. 6th grade 200 free relay girls
 - jj. 6th grade 200 free relay boys
 - kk. open 200 free relay girls and boy