



The Duel in The Pool

October 20th, 2018

McNeil vs Lake Travis

Location:	Lakeway Swim Center 3103 Lakeway Blvd, Austin, TX 78734
Meet Format/Entry Limits:	NFHS Standard Dual Meet format. Only swimming events will be contested, no diving. Limit 3 entries per team on relay events. No more than 4 entries for the 200s and 500 free. No limit on the 100s and 50 free.
Facility:	Outdoor pool with 6 competition lanes. Please pickup your team's area and locker rooms at the conclusion of the meet.
Warmup:	LT 9:00-9:25 MM 9:25-9:50 Each warm up will be general warm up with each team controlling their lanes. Diving from starting blocks will be allowed under coaches' supervision.
Coach/ Captain Meeting:	9:50 am
Meet Start:	10:00 am

Rules:	2018-19 NFHS Rules
Meet Director/Officials:	TBD. Please contact Holly Bowman if your team has any officials that can help with the meet. bowmanh@ltidschools.org
Entries:	Please email your team entries to bowmanh@ltidschools.org by Monday 10/15/18. Heat Sheets and Timeline will be provided by Wednesday.
Timers:	Each team will provide timers to cover 3 lanes (6 timers total)
Scoring:	Standard NFHS Scoring will be used as follows: 7-5-4-3-2-1 for individual events and 14-10 for relays. *A relays scored only
Questions:	Holly Bowman bowmanh@ltidschools.org