

# 2017 Zone 3 & 4 Championships

- Who: Zone 3 and Zone 4 High School Teams
- When & Where: Thursday December 7, 2017 at Brock University
- Time: 8:00 am Warm up  
8:10 Mandatory Coaches Meeting, followed by timers meeting  
8:45 Start  
3:30 Finish (Timing will be confirmed once the entries are entered)
- Payment: Fees are calculated by the # of confirmed swimmers and collected by Rina Rode at the Board Level  
Invoices will be sent to each school's Athletic Designate by Rina Rode
- Volunteers: 3 volunteers and 3 stop watches are required from each school for the entire meet  
Cell phone use is prohibited  
Are encouraged to stay on deck during lunch  
Lunch is provided for volunteers (Timers and Officials)  
Lunch for \$5/coach (Let Rina know and added to your Invoice)
- Entries: Deadline is Friday December 1  
Option A: Team can download the free TM (Team Manger) Lite ([www.hy-teklte.com](http://www.hy-teklte.com))  
Option B: Team can use the spread sheet and email to Darryl Chandler (\$15/team)  
([Darryl@meetman.net](mailto:Darryl@meetman.net))  
Both spread sheet and the meet events file will be emailed to each team.  
Include all necessary information including DOB, any Para classifications, and identify relay orders (A1, A2, A3, A4, B1, B2, B3, B4 etc.)
- Meet Program/Heat Sheets: Will be posted on the NRHSAA site the week of December 4.  
Please bring your own copies of the heat sheets  
Students and Parents can also print their own
- Additional Notes:  
Swimmers: Only one suit, no "Club" attire (i.e. caps, suits, shirts, swim bags etc.),  
Swimmers can be disqualified for infractions  
Coaches: Fly over starts, swimmers stay in the pool until the next heat starts  
Swimmers can exit to the side if unable to get out over the high bulkhead  
3 individual events and 2 relay events allowed