

# **2023 Cedar Crest Classic Meet**

## **February 4, 2023**

### **SITES:**

Swimming-Parkland High School, 2700 N. Cedar Crest Blvd., Allentown, PA 18104  
Diving-Emmaus High School, 500 Macungie Ave., Emmaus, PA 18049

### **COST:**

\$300.00 per team-checks made payable to "PHS Swim and Dive Booster Club"-entry fees can be brought the day of the meet

### **ENTRIES:**

PIAA/NFHS rules apply. A swimmer can be entered in a maximum of four (4) events, no more than two (2) of those entries may be individual events.

Teams are allowed no more than four (4) individual entries per individual event and no more than three (3) relays for each relay event.

Please note that this meet will be USA swimming observed so please be sure to add your athletes NEW USA SWIMMING ID #'s into your entry file.

All Swimming entries must be emailed to [mcpeeka@parklandsd.net](mailto:mcpeeka@parklandsd.net), all diving entry questions should be sent to [kakaleya@parklandsd.net](mailto:kakaleya@parklandsd.net). Entry procedures for diving will be sent from Parkland Diving Coach, Amy Kakaley and/or Emmaus Diving Coach, Frank Donnelly.

**ALL SWIMMING ENTRIES MUST BE RECEIVED BY FRIDAY, JANUARY 27, 2023**

### **DIVING MEET FORMAT:**

**DIVING:** Diving will run an 11-dive and 6-dive format meet unless the diving teams come to an alternative arrangement. Diving will be held at Emmaus High School. **Start time for diving is 10am.**

### **SWIMMING MEET FORMAT:**

This meet will be run as a preliminary-final format.

This meet will run in the PIAA District/State Championship Meet event order.

Breaks will be determined once all entries are processed and a preliminary session timeline is generated.

The preliminary swimming session will be deck seeded. Any scratches will be made according to the timeline that will be sent out the week leading up to the meet.

Scratches and all other changes can be made prior to the day of the meet and any known changes/scratches are encouraged to be done prior to the day of the meet. Please email [mcpeeka@parklandsd.net](mailto:mcpeeka@parklandsd.net) with any changes.

### **FOR THE PRELIMINARY SWIMMING SESSION:**

Individual events will be seeded where the final three heats of each event are circle seeded, with the prior heats of each being non-circle seeded.

Flyover starts have been approved.

**FOR THE FINALS SWIMMING SESSION:**

The top 16 will return for finals in all individual events.

**In regards to relays at Prelims and Finals, please note that the following decision has been made which is a change from the previous meet announcement. The top 16 relay entries for each relay event, boys and girls, will only swim the event at finals. All other relay entries will swim the event during the preliminary session in the morning.**

Please note that there will be NO DIVING at finals as is the format for the PIAA District/State Championship Meet.

**PRELIMINARIES WARM-UP:**

Warm-up is scheduled to begin at 7AM. Warm-up sessions will be utilized in order to provide the best opportunity for athletes.

<b>Prelims Session:</b>	<b>Lanes 1-4</b>	<b>Lanes 5</b>	<b>Lane 6</b>	<b>Lane 7-8</b>	<b>Warmup Lanes</b>
<b>Warm-up #1: 7-7:30</b>	PHS	Central	Southern Lehigh	Southern Lehigh	Central
<b>Warm-up #2: 7:30-8:30</b>	Emmaus	Nazareth	Nazareth	Muhlenberg	Muhlenberg/ Nazareth
<b>Warm-up #3: 8-8:30</b>	Exeter	Freedom	Freedom	Williamsport	Williamsport/ Brandywine/ Kutztown
<b>8:30-8:45</b>	<b>Starts/Sprints</b>	<b>Starts/Sprints</b>	<b>Starts/Sprints</b>	<b>Starts/Sprints</b>	<b>OPEN</b>
<b>Meet Start: 8:45</b>					

The intent will be to allow approximately 3 hours between the conclusion of the preliminaries session and the start of finals warm-up.

**FINALS WARM-UP:**

The start of finals warm-up is tentative and the coaches may make agreeable changes so that all athletes participating have the best chance to swim well.

Finals warm-up start: 3:45 PM

Finals begin: 4:45 PM

**Please note that all finals timelines are tentative as of now.**

**COACHES HOSPITALITY:**

A hospitality table will be available for the coaching staff.

**CONCESSIONS:**

General concessions will be available during preliminaries and finals.

### **ADMISSION FEES:**

Admissions will be charged during both preliminaries and finals. All admissions are \$5.00 per person. All tickets, adult and student, are the same price. A prelim/final combo ticket will be made available for \$8.00 per person for those that want to purchase both.

### **EVENT ORDER:**

200 Medley Relay  
200 Freestyle  
200 IM  
50 Freestyle  
100 Butterfly  
200 Freestyle Relay  
100 Freestyle  
500 Freestyle  
100 Backstroke  
100 Breaststroke  
400 Freestyle Relay

Breaks are TBD based on the timeline generated once all entries are received and processed.

### **MEET QUESTIONS:**

All swimming questions should be sent to Allison McPeek at [mcpeeka@parklandsd.net](mailto:mcpeeka@parklandsd.net), and all diving questions should be sent to Amy Kakaley at [kakaleya@parklandsd.net](mailto:kakaleya@parklandsd.net).