

Shenendehowa Breast Cancer Awareness Swimming and Diving Invitational Saturday October 6th



To all Coaches:

The Shenendehowa Girls Swimming and Diving Team will be hosting the 3rd Annual Shenendehowa Breast Cancer Awareness Invitational on Saturday October 6th @ the Shenendehowa Aquatic Center in Clifton Park, NY. We have a 25 yd. stretch pool, separate warm-up/warm-down area, as well as two 1-meter boards and two 3 meter boards. The cost is \$225 per team. In addition, we will be offering an 11 dive format that will count towards team scoring in the AM and run through a timed final HS Swim Meet in the afternoon. The meet will be scored as an 8-lane championship meet with team awards for 1st-3rd place.

The unique component of this event is that it will be taking place during October, which is also National Breast Cancer Awareness Month. To take part in this event, we will be donating proceeds from the meet to a local Breast Cancer Clinic. In addition, to help raise awareness, we want every team to **THINK PINK!** This allows your team to get creative, whether it be caps, goggles, suits, towels, etc., and help raise awareness for this important cause.

Sincerely,
Chuck Dunham
Aquatics Coordinator
Shenendehowa Central School District
Head Coach Girls Varsity Swimming and Diving
Head Coach Boys Varsity Swimming and Diving
(518) 881-0600 ext#54582

Timeline

Friday October 5th

Pool open for swimming and diving warm-ups: 4:00-8:00 PM

Saturday October 6th

Diving Warm-ups: 7:30-9:00 AM

Diving: 9:00-1:00 PM

Swimming Warm-ups: 11:00-2:00 PM

Swim Meet: 2:00-6:00 PM

Entries

Fee: \$225 per team

Please send checks to:

Chuck Dunham

Shenendehowa Central Schools

970 Rte 146

Clifton Park, NY 12065

Checks made payable to: Shenendehowa Girls Varsity Swimming and Diving

Checks must be received by October 1st for participating teams

Swimmers: Unlimited Entries per team. Cuts will be made to the 6 fastest heats (48th swimmer overall) for the following events: 200 Free, 200 IM, and 500 Free

Divers: Unlimited Entries per team (Must be able to successfully complete 11 dives)

11 Dive Format will score for meet Cuts will be made after 5 dives (Top 20) and 8 dives (Top 16)

- Athletes may compete in a maximum of 2 individual events/2 relays or 1 individual event/3 relays

- Teams may enter up to 3 relays per team: however only the "A" relays will score at meet, the rest will be exhibition.

- Top 16 finishers will score in all individual swimming events and 11 dive format.

E-mail entries to Head Coach Chuck Dunham @ coachdunham@hotmail.com no later than October 1st

Awards

Team: Awards will be presented to the Top 3 finishing schools

Individual: T-shirts will be presented to the Top 3 finishers in each individual and relay event

Lodging

There are many local hotels in Clifton Park and the surrounding areas. Please feel free to contact Coach Chuck Dunham if you need any assistance.