

2011 REDSKIN



RELAYS

*4:00pm on Tuesday,
November 22nd, 2011
at Lamar High School
in Houston, Texas*

LAMAR HIGH SCHOOL

Swimming and Diving

3325 Westheimer Road ~ Houston, Texas 77098 ~ (713) 522-5960

2011 Redskin Relays

CONCEPT:

A Team Effort toward an essentially Individual Sport

TIME SCHEDULE:

Tuesday, November 22, 2011

2:00 pm ~ Warm-ups for all swimming events

4:00 pm ~ Timed Finals in all swimming events

LEGEND:

School	Coach	YES!	No...	Entry
ALVIN "Yellowjackets"	Lenny Garcia	_____	_____	_____
Galveston BALL "Tors"		_____	_____	_____
CHAVEZ "Lobos"	Sarah Mecham	_____	_____	_____
CLEAR CREEK "Wildcats"	Ann Woolweaver	_____	_____	_____
CLEAR FALLS "Knights"	Aubrey Estes	_____	_____	_____
CLEAR LAKE "Falcons"	Ashley Johnson	_____	_____	_____
CLEAR SPRINGS "Chargers"	Sean Kapp	_____	_____	_____
COLLEGE PARK "Cavaliers"	Jeremy Whitt	_____	_____	_____
CY-CREEK "Cougars"	Jeff Chandler	_____	_____	_____
CY-FAIR "Bobcats"	Monica Falk	_____	_____	_____
CY-FALLS "Eagles"	Lauren Hawkins	_____	_____	_____
CY-RIDGE "Rams"	Kyle Horn	_____	_____	_____
CY-SPRINGS "Panthers"	Tim Szafran	_____	_____	_____
CY-WOODS "Wildcats"	Ashley Adkins	_____	_____	_____
DAWSON "Eagles"	Matt Winton	_____	_____	_____
JERSEY VILLAGE "Falcons"	Stuart Webb	_____	_____	_____
LAMAR "Redskins"	Mac McDonald	<u>YES!</u>	_____	_____
LANGHAM CREEK "Lobos"	Mary Weber	_____	_____	_____
MAYDE CREEK "Rams"	Scott Slay	_____	_____	_____
Saint AGNES "Tigers"	Kaitlin Kelly	_____	_____	_____
Strake JESUIT "Crusaders"	Thomas Walker	_____	_____	_____
STERLING "Rangers"	T.J. Markiewicz	_____	_____	_____
STRATFORD "Spartans"	Mike Hoskovec	_____	_____	_____
TOMBALL "Cougars"		_____	_____	_____

R.S.V.P: You are invited, because you play the game. Now, *help me out, here!*

Are you coming? Please indicate and return as soon as possible

[e-mail: MacBelbot@yahoo.com]

Coach S.R. "Mac" McDonald ~ (832) 641-2386

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Instructions to Coaches and Participants

2011 Redskin Relays

SCORING:

All Relay Events Timed Finals ~ 36, 28, 24, 20, 16, 12, 8, 4

ENTRIES:

Entries must be done using Hy-Tek programs, either Meet manager or Team manager. Entry files **must** be emailed to MacBelbot@yahoo.com. Entries **must** be received by **Saturday, November 19, 2011**. Diving forms will be due at Tuesday's Meet.

Each **school** may enter **two (2)** relays per event. A **competitor** shall be permitted to enter a maximum of **four (4)** relay events.

FORMAT:

- Event 1 Girls' 4 x 100 MEDLEY RELAY (Back, Breast, Fly, Free)
- Event 2 Boys' 4 x 100 MEDLEY RELAY (Back, Breast, Fly, Free)
- Event 3 Girls' 4 x CRESCENDO RELAY (50, 100, 200, 500)
- Event 4 Boys' 4 x CRESCENDO RELAY (50, 100, 200, 500)
- Event 5 Girls' 3 x 100 INDIVIDUAL MEDLEY RELAY (100 IM, 100 IM, 100 IM)
- Event 6 Boys' 3 x 100 INDIVIDUAL MEDLEY RELAY (100 IM, 100 IM, 100 IM)
- Event 7 Girls' 4 x 100 CLASS FREESTYLE RELAY (Frosh, Soph, Junior, Senior)
- Event 8 Girls' 4 x 100 CLASS FREESTYLE RELAY (Frosh, Soph, Junior, Senior)
- Event 9 Girls' 2 x 1m TANDEM DIVING RELAY (5 Dives)
- Event 10 Boys' 2 x 1m TANDEM DIVING RELAY (5 Dives)
- Event 11 Girls' 3 x 50 BUTTERFLY RELAY
- Event 12 Boys' 3 x 50 BUTTERFLY RELAY
- Event 13 Girls' 3 x 50 BACKSTROKE RELAY
- Event 14 Boys' 3 x 50 BACKSTROKE RELAY
- Event 15 Girls' 3 x 50 BREASTSTROKE RELAY
- Event 16 Boys' 3 x 50 BREASTSTROKE RELAY
- Event 17 Coed 8 x 25 MIXED FREESTYLE RELAY (4 Girls, 4 Boys)

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ENTRY FEES:

No Entry Fee will be charged.

In return, each team is challenged

to create a Horn of Plenty

(Thanksgiving Basket),

to be donated to the Food Bank at

Bethany Church.

Submit entries to:

Coach Mac McDonald, Swimming
e-mail: MacBelbot@yahoo.com

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SCRATCHES:

A heat sheet will be posted in the *Hospitality Suite*. All “scratches” must be reported by 2:45am to allow for notification.

CLERK of COURSE:

A Clerk of Course will not be used. Contestants are to report directly to the blocks for their events.

AWARDS:

Custom designed medals will be presented to first, second, and third place in all relay events.

REFRESHMENTS:

The **ROILING WATERS** Concession Stand will be open for your convenience throughout the day. It is operated by the **LAMAR SCHOOL STORE**, to whom we express our appreciation.

HOSPITALITY SUITE:

A hospitality room will be provided for the exclusive use and enjoyment of all coaches, meet officials, and workers. Our thanks to **Chris Zenner**.

SCHEDULE:

Warm-ups ~ lap swimming only from 2:00 pm - 3:00 pm (**No STARTS, stay off BLOCKS!!**).

One-way Sprints from a Dive Start: 3:00 - 3:15, in Lanes 3-6, continue lap swimming in Lanes 1,2,7 & 8; then One-way Sprints from a Dive Start: 3:15 - 3:30, in Lanes 2-7, continue lap swimming in Lanes 1 & 8.

Coaches Meeting ~ 3:30 pm in **“Covered Parking” (CLEAR the POOL)**

Ceremony ~ 3:55 pm Presentation of Colors by LHS Honor Guard, **“Star Spangled Banner”** performed by **Maddie Duncan**

First Horn ~ 4:00 pm Timed Finals in all swimming events

TIMERS:

Timing services are performed by the **Pershing Panda Middle School Swimming Team**, under the coaching of **Ms. Lisa Chilevitis**. Our thanks to this entire group for their service to our meet.

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PRESENTATION of AWARDS:

Medals will be presented by Coach of winning team to those swimmers placing first through third in relay events ~

- Event 1 Girls' 4 x 100 MEDLEY RELAY (Back, Breast, Fly, Free)
- Event 2 Boys' 4 x 100 MEDLEY RELAY (Back, Breast, Fly, Free)
- Event 3 Girls' 4 x DISTANCE MEDLEY RELAY (50, 100, 200, 500)
- Event 4 Boys' 4 x DISTANCE MEDLEY RELAY (50, 100, 200, 500),

Then Ceremony for Events 1, 2, 3 & 4

- Event 5 Girls' 3 x 100 INDIVIDUAL MEDLEY RELAY (100 IM, 100 IM, 100 IM)
- Event 6 Boys' 3 x 100 INDIVIDUAL MEDLEY RELAY (100 IM, 100 IM, 100 IM)
- Event 7 Girls' 4 x 100 CLASS FREESTYLE RELAY (Frosh, Soph, Junior, Senior)
- Event 8 Girls' 4 x 100 CLASS FREESTYLE RELAY (Frosh, Soph, Junior, Senior),

Then Ceremony for Events 5, 6, 7 & 8

- Event 9 Girls' 2 x 1m TANDEM DIVING RELAY (4 Dives)
- Event 10 Boys' 2 x 1m TANDEM DIVING RELAY (4 Dives)
- Event 11 Girls' 3 x 50 BUTTERFLY RELAY
- Event 12 Boys' 3 x 50 BUTTERFLY RELAY
- Event 13 Girls' 3 x 50 BACKSTROKE RELAY
- Event 14 Boys' 3 x 50 BACKSTROKE RELAY,

Then Ceremony for Events 9, 10, 11, 12, 13 & 14

- Event 15 Girls' 3 x 50 BREASTSTROKE RELAY
- Event 16 Boys' 3 x 50 BREASTSTROKE RELAY
- Event 17 Coed 8 x 25 MIXED FREESTYLE RELAY (4 Girls, 4 Boys),

Then Ceremony for Events 15, 16, & 17

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