

Dear Coaches:

The **33rd Annual Relay Challenge Meet** will be held on September 8-9, 2023; we would like to welcome back our previous sponsor **Swim Zone**. We are sure this meet will continue to live up to the expectations of all who have attended in the past and we welcome those new to the concept! The diving portion of the relays will be on Friday evening at Northeast High School Pool, and the swimming relays will be at North Shore Pool on Saturday.

We will continue the traditional format of the meet! This means that we will be cheering in the end of the pool in the break times and Spirit Trophies will be awarded in each division. Following are the categories in which each team can earn points toward those Spirit Trophies.

The **THEME** of this year's meet is **SCHOOL SPIRIT**. Think of how you can use your school colors and represent your school in each of these areas:

**Team Area Decoration** - decorate your team area to represent your school with posters and other items that can hang from your tent. Just make sure that your designs are safe for the pool deck (no glitter).

**Pool Cheers** – each team will perform two cheers, one on the deck and one in the pool, as loud and as supportive as they can. Each cheer must be less than 1 minute.

**Non-Perishable Food Drive** – To add a service element to the event, collect nonperishable food items as a team. Bring your collection to the meet. The St Petersburg Free Clinic was appreciative of our donations last year, so we would like to keep the donation part of the meet. After all, what shows more spirit than being of service to the community.

**Fan Spirit** – tell your fans to come in ready to celebrate your team!

We do wish to ensure everyone may enjoy a safe and fun event. With this in mind, make sure that you follow the pool rules: no glitter, no body paint, no small plastics, clean your areas, respect the pool.

Diving will be held Friday, September 8<sup>th</sup> at 5:00pm, with Northeast High School Pool open for warm-ups at 4:30 pm.

Swimming will be held Saturday, September 9<sup>th</sup> at 9:30 a.m. at Northshore Pool with the pool opening for warm-ups at 7:30 a.m. (teams will be provided their warm-up time and lane assignments) **Gates will open at 7:15 am for team set up.**

Floats and vehicles are **NOT** allowed on the pool deck and NO marching (snakes) in the pool during break. No body paint or glitter, due to interference with pool and facility equipment!

We will have awards and will continue to recognize winners for all classes as well as Spirit awards and heat winners. We will also have music to make this meet enjoyable!

**The entry is fee is as follows; \$150 girls *or* boys; \$275 *both* girls & boys teams; \$125 diving only.** All checks should be made payable to Northeast High School and fees are due by the beginning of the meet.

HY-TEK system will be used; hand enter an additional \$50 will be charged. Names may be added to your roster up to the day of the meet, so just send an up-to-date roster with your entry for computer purposes.

Meet File to follow.

Please email any questions to [STONEL@PCSB.ORG](mailto:STONEL@PCSB.ORG).

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Look forward to seeing everybody at the pool!

Your NEHI Coaching Staff

Events:

Diving – six dives to be evenly split among dive relay team. One from each category, remaining dive choice, no repeat dives.

Swim –

200 Yard Medley

200 Yard Free

4x100 Yard Ind. Medley

Break - 1a & 2a cheers

250 Yard Sprint Crescendo

200 Yard Butterfly

100 Yard Free

500 Yard Dis. Crescendo

Break - 3a & 4a cheers

100 Yard Medley

200 Yard Backstroke

200 Yard Breaststroke

400 Yard Freestyle

Entry Rules:

One relay per school per event.

Four events per athlete.