

# Chippewa Falls High School

735 Terrill St, Chippewa Falls, WI 54729 ● Phone: (715)-726-2406

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**TO:** Coaches, Athletic Directors, and Officials

**FROM:** Thomas Hensen, Head Swim Coach and Mike Thompson, Athletic Director

**RE:** CARDINAL INVITATIONAL – September 15, 2018

**LOCATION:** Chippewa Falls Middle School  
750 Tropicana Blvd, Chippewa Falls, WI 54729

**SCHEDULE:**

10:00-10:30	Chippewa Falls, Menomonie, Rice Lake
10:30-11:00	Holmen, Marshfield, Tomah, Wisconsin Rapids Lincoln
11:00-11:30	La Crosse-Logan, Rhinelander, Superior
11:30-12:00	One-way sprints: Lanes 1-4, Open warmup: Lanes 5-6
12:00 PM	One-way sprints: 1-2, Relay exchanges: 3-4, Open swim: 5-6
12:15 PM	Coaches Meeting
12:30 PM	Swim Competition Begins

**TEAMS:** Chippewa Falls, Holmen, La Crosse-Logan, Marshfield, Menomonie, Rhinelander, Rice Lake, Superior, Tomah, Wisconsin Rapids Lincoln

**ORDER OF EVENTS (NO DIVING):**

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

**ENTRIES:** PLEASE SEND ALL ENTRIES TO [HENSENTR@GMAIL.COM](mailto:HENSENTR@GMAIL.COM) BEFORE NOON ON 9/12/18

1. Each team is allowed a total of 36 individual entries (no max. per event)
2. In addition to individual events, each team is allowed 1 scoring relay and 1 exhibition relay per relay event
3. Every athlete is allowed to swim up to 2 individual events and 3 relay events, but no more than 4 events total
4. This means if you fill all the entries you should have 42 total (36 individual and 6 relay). Please make sure you have no more than 42.
5. If all coaches send me entries by noon on 9/12 I can send out a psych sheet and make sure every team has the entries it wants.
6. Please let me know if you have any questions regarding Team Manager or anything else. It's much easier to receive file entries from coaches and I'm more than willing to help anyone who needs it.

**SCORING:** Standard 16-point invitational scoring (relays doubled)

**AWARDS:** Medals 1st-6th for individuals, 1st-3rd for relays. Plaques for 1st and 2nd teams