



Cougar Invite @ Kean University
November 17th-18th, 2023

- Welcome: Kean University Swimming invites you to join us at D'Angola Pool for the 2023 Cougar Invite.
- Location: D'Angola Pool @ Kean University. This is located in the building directly attached to Harwood Arena. (Note: use Harwood Arena in GPS). [Google Maps](#)
- Schedule: The meet will run as timed finals with 3 total sessions. Friday will have **two** sessions – 10am, 6pm – and Saturday will have **one** session – 2pm.
- Entries: Swimmers may enter a maximum of 3 individual events, and 7 total events including relays. (Swimmers may also opt to swim 2 individual and 5 relays). 18 official swimmers per roster (more than 18 are welcome, however only 18 can score)
- Teams may enter A & B relays and both relays will be eligible to score.
- All entry times must be from January 1, 2023 or later (within this calendar year).
Please enter 1000 times for the 1650. No more than two entries per team please.
- Teams may enter the 400 IM with 200 IM times. These will be marked non-conforming and seeded slowest. Please make a note in the entry e-mail of the non-conforming times.
- Entry Fees: \$350 per team. There will be no additional cost for event or relay entries. Checks payable to Kean University with “Kean Swimming” in the memo line.
- Entry Deadline: Entries are due by Friday, November 10th, 2023, at 5pm. Teams must submit entries using Hy-Tek team manager software and your Hy-Tek file must be emailed to John Lister at **besmarttinc@gmail.com**
- Diving: **There will be no diving offered** (we do not have diving boards)
- Scoring: The meet will be scored to 12 places: 16-13-12-11-10-9-7-5-4-3-2-1 and double for relays
- Meet Referee: TBD
- Meet Director: Chris Swenson
908-591-3502 (cell)
chswenso@kean.edu
- Meet Manager: John Lister – Be Smartt, Inc.
besmarttinc@gmail.com
- Meet Format: We will be using a Daktronics Timing System and Hy-Tek Meet Manager software.

Event List:

Friday, November 17th, 2023
(10:00am)

200 Freestyle Relay
(20 MIN BREAK)
500 Freestyle
200 IM
50 Freestyle
(20 MIN BREAK)
400 Medley Relay

Friday, November 17th, 2023
(6:00pm)

200 Medley Relay
(20 MIN BREAK)
400 IM
100 Butterfly
200 Freestyle
(20 MIN BREAK)
100 Breaststroke
100 Backstroke
(20 MIN BREAK)
800 Freestyle Relay

Saturday, November 18th, 2023
(2:00pm)

1650 Freestyle – *Single heat*
(5 MIN BREAK)
200 Backstroke
100 Freestyle
(20 MIN BREAK)
200 Breaststroke
200 Butterfly
(20 MIN BREAK)
400 Freestyle Relay

Session Check-In: Scratch sheets will be provided to coaches at the beginning of warm-up for each session. Coaches are asked to return these to the scoring table 45 minutes before session start, when the session will be seeded and heat sheets printed.
Coaches will be provided with relay cards which they may use to change swimmers.

Facility Information: D'Angola Pool is a 6 lane, 25-yard facility with X-cellerator Spectrum starting blocks with race wedges. We will have Finis backstroke start wedges for each lane.

Parking: Bus and van parking will be available Vans can park in spaces; buses can park in the horseshoe across from D'Angola.