

10-25-09

Hello Coaches

Thank you for your entries. The meet is full and will be 4 hours. We will be doing an awards presentation of trophies at the conclusion of the meet, so remind your swimmers to stay, please. There will be 3 warm-up sessions to accommodate teams and swimmers. The meet will begin at 11:00 am, with scratches due at 10:30 am or earlier, if possible. Please get scratches in, so we don't have lots of empty lanes and so we can finish in a more timely way. Thanks.

Coaches will be able to pick up heat sheets at the computer table at the start of the session. Heat sheets will also be posted on the pool deck for swimmers. Results will be posted on the pool deck, as well as upstairs for parents; we will get them out as quickly as possible.

Parents are not allowed on deck unless volunteer timing (and our team and Smith will be supplying those). Please encourage parents to cheer from the stands upstairs.

Also, there will be food and beverages in the pool office (locker room side of the pool) for coaches and officials. Please discourage swimmers from using that hallway between the locker rooms or entering that office. There will be a food table upstairs for participants and spectators.

Thank you for your help.

WARM-UP SUNDAY

18 Minutes each

	LN 1	LN 2	LN 3	LN 4	LN 5	LN6
10:00-10:18 am	HYV	HYV	HYV	HAY	HAY	HAY
10:18 -10:36 am	HRY	ATST	UN GMSC	MTSC	MTSC	MTSC
10:36-10:54 am	WTSC	WTSC	WTSC	WTSC	OPEN TIL 10:45 SPRINTS 10:45-10:54	SHS

Note: Teams may sprint in their own lanes during warm-up.

If anyone has questions or concerns, please let us know and we'll do what we can to help. Let's have a fun and fast meet. Thanks for coming.

Sherry