

Coaches and Team Contacts,

Here are a few changes and final points to review before the meet this weekend:

- ❖ **DEADLINES** for the worker sign-in (i.e. Meeting START times):
 - **Coaches Meeting** – Fri – 7:45 AM
 - **Timers/Officials/Deck Workers** (warm down monitor, scratch, etc...):
 - Fri AM – 7:15 AM
 - Fri Finals – 4:15 PM
 - Sat/Sun AM – 7:15 AM
 - Sat/Sun PM – 12:45 PM
 - Sat/Sun Finals – 5:15 PM
 - **Check-in Assistants (sign in downstairs FIRST)**:
 - Fri AM – 6:15 AM – **PCY & GMVY** assignments
 - Fri Finals – 3:30 PM – **2 CY** assignments
 - Sat/Sun AM – 6:15 AM – **2 BASH** assignments (Sat), **2 CY** assignments (Sun)
 - Sat/Sun PM – 12:15 PM - **2 CY** (Sat), **MEL & CY** assignments (Sun)
 - Sat/Sun Finals – 4:30 PM – **PCY & KEY** (Sat), **KEY & MEL** (Sun)
- ❖ The fine process has CHANGED for failing to fill assigned positions:
 - Each person from your team that is not **ON TIME and ATTENDING** the meeting will be counted as a missed assignment. At that time the position will go to the team at the top of the “Wait List”. This will cost \$100/occurrence.
 - Signing up to fill potential openings is on a first come, first serve basis – in the hallway for timers, the hospitality room for officials and other workers. This should be done **BEFORE** the meeting’s scheduled start.
- ❖ Fri Finals warm-up will begin at 4:00 PM; meet starts at 5:00 PM.
- ❖ PM warm-ups will begin both Sat and Sun at 1:00 PM. **PLEASE DO NOT ARRIVE BEFORE 12:45**
- ❖ Due to timeline constraints *we will be running CHASE 50s during the Sat/Sun PM sessions.*
- ❖ There are several new regulations in regard to swim suits:
 - No swimmer, regardless of age, may wear 2 suits during competition. This includes drag suits or second suits to cover old suits. No exceptions.
 - Swimsuits worn for all 12 & under age group defined competition shall not cover the neck; extend past the shoulder, nor past the knee. **No legskins may be worn in 12 and under events.**
- ❖ The **400 IM**, **800** and **1500** will have positive check in. *No positive check in for the 400 free.*
- ❖ If you submitted a message for the video board prior to Wed, July 8th, you will need to pay for it at the Heat Sheet Table. **No messages will be accepted at the meet.**

Please feel free to contact me if you have any questions. I’m looking forward to lots of fast swims!

Anne Lawley
SWOH Meet Director
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