

With the exception of the morning warm-up, all times are approximate and we may begin earlier...should we be able to.

#### Friday Afternoon

Warm-up 12:30pm ...only 13 & over swimmers in the 200IM (269 swimmers)

Swim 2:00pm

#### Shallow End Warm-up pool

2:30 – 3:15pm only 11-12 year old swimmers in 100IM's (174 swimmers)

3:15 – 4:06pm only swimmers in the 13 & over 500's (233 swimmers)

6:30 - 7:05pm only swimmers in the 12 & under events (150 swimmers)

#### **4 hour rule for 12 & under sessions:**

At this time, we are running 4 ¼ to 4 ½ hours on Friday. We will cut off the 13 & over 500's to assure that the 11-12 swimmers remain inside 4 hours, anyone cut from the 500's may return AFTER the 9-10 200 free at night to swim their 500's. This way everyone swims and we remain inside the USAS rule.

Check in for the 13 & over 500 Free ends at 2:30pm\*

Check in for the 11-12 500 Free ends at 4:00pm\*

(\*This allows swimmers to leave the pool between events knowing approx. when they must return)

#### Saturday Morning

**^CHANGE OF WARM-UP TIME: (Move competition start 30 minutes earlier)**

**Warm-up 6:00am – 7:15am 466 swimmers**

**(Assigned lanes 14.5 per lane/open pool 29 per lane)**

**Swim 7:30am**

^ Moving the warm-up time 30 minutes allows all swimmers in the 400IM to compete

Check in for the 400IM ends at 9am

Close the shallow end of the pool at the start of the 50 free for 12 & under warm-up

#### Saturday Afternoon Warm-up lanes/sessions TBD

Warm-up Session 1 12-12:30pm Group One Shallow End

Session 2 12:30-1pm Group Two Shallow End

Session 3 1-1:20pm Deep End open for pace & sprints

Competition Begins: 1:30pm

Close shallow end of the pool at 4:30pm for finals warm-up

#### Saturday Night Finals

Warm-up 4:30-5:45pm Shallow End 5:45-6:00pm Deep End

Competition 6:15pm (@ Finish – 8:30pm)

Sunday Morning

**#CHANGE OF WARM-UP TIME: (Move competition start 30 minutes earlier)**

**Warm-up 6:00 – 7:15am 407 swimmers (25 open lanes/ 12.5 assigned lanes)**  
**Competition 7:30am**

Scratch deadline for the 1650 is at 9:45am #(moving morning start allows us the best chance of getting most of the 1650's in.

Swim 1650's in both pools until 12 & under warm-up.  
10 heats of 1650 – we will probably lose at least one.

<u>Deep End</u>		<u>Shallow End</u>
#1 girls	11:22am	#2 boys 11:22am
#1 boys	11:41am	#5 girls 1:00pm
#2 girls	12:00 noon	#6 girls 1:21pm
#3 girls	12:20pm	#7 girls 1:42pm
#4 girls	12:40pm	#8 girls 2:02pm (if necessary)

Sunday Afternoon: Warm-up lanes/sessions TBD

Warm-up	Session 1	12-12:30pm	Group One Shallow End
	Session 2	12:30-1pm	Group Two Shallow End
	Session 3	1-1:20pm	Deep End open for pace & sprints

Competition Begins: 1:30pm

Close the shallow end at 4:30pm for finals warm-up

Sunday Finals

**Warm—up 4:30-5:30pm Shallow End**  
**5:30-5:45pm Deep End**  
**Competition 6:00pm**

Registration: In Administration Area when you arrive

Payment of fees: Swimmers/Teams will not be allowed to compete until fees are paid in full. Please use the fee statement on this email to determine the amount of your fees. Check payable to “ The Rochester Swim Club”.

We will ask for the name of the your team stays at so we can do some marketing work after the meet.

**OPEN LANE SWIMS:**

If there are open lanes, swimmers/coaches may sign up for them beginning at 11:30am (no earlier) Please bring change (\$5) each. You will not be able to sign up for open lane swims without payment when you sign up. We apologize but it's too much difficulty collecting it afterwards.

Open lane swims **DO NOT** advance to finals or score points for teams – they are exhibition swims.

Hospitality:

We will be serving breakfast bagels, fruit, and other light breakfast items in the morning

Lunch and Dinner will consist of full meals, hopefully we can feed everyone. We always do Cajun Food on Friday afternoon for dinner.

If you have any other questions, please let us know ASAP.