

Seacoast Swimming Association
Season Opener Specialty Meet
June 7-8 Update

WARM-UP SCHEDULE FOR THE WEEKEND:

MORNING WARM-UP WILL BEGIN @ 7:00 AM **BOTH DAYS**

AFTERNOON WARM-UP WILL BEGIN 10 minutes after the morning session ends, no earlier than 12:30 PM
BOTH DAYS

All warm-ups will be divided:

AM: 7:00-7:25 for all 13-14 girls and boys

7:30-7:55 for all 10 & under swimmers

The a.m. session will begin promptly at 8AM

PM: Warm-up will begin 10 minutes after the end of the morning session, no earlier than 12:30PM.

First 25 minutes for all 13 & over swimmers EXCEPT Seacoast Women

Second 25 minutes for all 11-12 swimmers INCLUDING Seacoast Women

The p.m. session will begin immediately following the second warm-up.

There will be No Time Trials.

The diving well will be open for warm-up and warm-down throughout the meet. This area is designated for warm-up and warm-down only. Swimmers must enter from the starting end of the pool only, feet first only

Seacoast is modifying our swimmer check-in process this year. **Coaches from each team are now required to check in their swimmers.** Upon arriving at the pool, a coach from each team needs to locate their team folder in the clear bin (with blue top) at the office window on deck (between the locker rooms). Each folder will contain a team check-in report for each of the weekend's four sessions. A coach from each team is required to pick up the sheet and mark off which swimmers (or events) to be scratched. You then need to sign the check-in report and turn it in to someone in the meet office at least 20 minutes before the start of the session. We will be making numerous announcement reminders.

Those coaches with unattached swimmers will find their check-in lists in a red folder the same clear bin. Please make an unattached scratches right at the bin and replace the form for the next coach.

Also, we will be asking for volunteers to assist us with timing and officiating. Please let your parents know that if they want to be on deck they need to volunteer for one of these positions. We will make a volunteer announcement prior to the meet starting. Per New England Swimming rules, only swimmers, coaches, officials, timers and designated meet management will be allowed on the pool deck. The deck is any area inside the fence.

Please remember that weather at this time of the year can be a bit unpredictable. Have your swimmers prepare for the worst and wish for the best.

See you at the pool,
--SSA Meet Management