

We are excited to welcome you all and to serve the athletes to a fun and exciting season ending competition next weekend at the Freedom Center.

As was reported earlier, the meet is a little larger than we expected and so we made a few adjustments that we feel serve the athletes best through the weekend.

I will update later with much more meet process information but wanted to get this out so you all can plan for next week. Here are some deadlines to watch for:

- **Adjustments** – I can not add any more swimmers, however if there are time adjustments that you need please send them to me no later than noon on Monday, March 15 (I will be sending a few out to some that came back in the exceptions with SWIMS data).
- **Scratches** – I would like a clean program every day, so please keep me informed of any scratches you have by the following deadlines:
 - Thursday Events: Scratches due by 6pm on Wednesday, March 17 (also note this is the deadline for positive check in for the distance events)
 - Friday – Sunday events: Scratches are due by 6pm the night prior.
- **Coach Pre-Meet meeting** – I will send out details on this later, but will be planning to offer a short protocol and process meeting specifically for coaches on Wednesday, March 17 at 12pm (noon) via Zoom.

Freedom has graciously allowed us to push our numbers a little while still providing space to physically distance everyone; however, we still need to split things out slightly to make it work.

In working on the committee that was tasked with putting together the championship series of meets, it was a priority of the group to provide one full meet experience for each athlete that was qualified for the championship series. It was decided that bonus events were a necessity to ensure swimmers have a somewhat full line up of events rather than have them potentially swim over three different weekends to get a decent season ending racing opportunity. In WAVE 2 this presented a little challenge in fitting everything into one session per gender per day. After considering some options, it was settled on the following formula:

- If an athlete is swimming a qualified event on a certain day, they will swim all their events in the A-Flight.
- If an athlete is only swimming bonus swims on a certain day, they will be swimming in the B-Flight.
- The only exceptions to these rules are in certain situations where every swimmer 'fit' into the A-Flight which is the case for some of the women's session. However, every swimmer should still only be in one preliminary session.
- Thursday the distance events were also pulled for the men's session into the first event of the bonus session to accommodate the day.

When looking at the attached psych sheets, events 100+ are the B-Flight events; events 99 & under are the A-flight. Much of the splitting was done manually, so please double check that your athletes are entered correctly.

Session Start times (updated 3/16)

Thursday

	Check in	Warm up	Session Start	Session Break
Girls A Flight	6:45am	6:45-7:55am	8:00am	9:45-10:00am
Boys A Flight	10:00am	10:00-11:10am	11:15am	12:26-12:40pm
B-Flight & Distance	12:40pm	12:40-1:25pm	1:30pm	2:35-2:45pm
10U Girls	2:45pm	3:00-3:20pm	3:30pm	4:55-5:10pm
FINALS	5:10pm	5:10pm-6:05pm	6:10pm	7:30pm finish

Friday

	Check in	Warm up	Session Start	Session Break
Boys A Flight	7:15am	7:15-8:25am	8:30am	9:50-10:00am
Girls A Flight	10:00am	10:00-11:10am	11:15am	12:35-12:45pm
B-Flight	12:45pm	12:45-1:35pm (1)	1:40pm	2:15-2:45pm
10U Boys	2:45pm	3:00-3:20pm	3:30pm	4:45-5:00pm
FINALS	5:00pm	5:00-5:55pm	6:00pm	7:40pm finish

Saturday

	Check in	Warm up	Session Start	Session Break
Girls A Flight	7:15am	7:15-8:25am	8:30am	9:50-10:00am
Boys A Flight	10:00am	10:00-11:10	11:15am	12:35-12:50pm
B-Flight	12:50pm	12:50-1:40pm (1)	1:45pm	2:30-2:45pm
10U Girls	2:45pm	3:00-3:20pm	3:30pm	4:45-5:00pm
FINALS	5:00pm	5:00-5:55pm	6:00pm	7:40pm finish

Sunday

	Check in	Warm up	Session Start	Session Break
Boys A Flight	7:15am	7:15-8:20am	8:30am	10:10-10:20am
Girls A Flight	10:20am	10:20-11:30am	11:35am	1:30-1:40pm
B-Flight	1:40pm	1:40-2:20pm (1)	2:25pm	3:15-3:30pm
10U Boys	3:30pm	3:45-4:05pm	4:15pm	5:20-5:35pm
FINALS	5:35pm	5:35-6:30pm	6:35pm	8:00pm finish

Warm Up

Each team will be provided the flexibility to use the lanes how they wish during a 40+ min period of warm up time and designated space. Teams will need to ensure they always have no more than five swimmers in any lane. Additionally, the pool will be open as soon as the check in starts for the session, so the sooner your athletes are ready, the sooner they may start their warmup time in your assigned lanes.

For all A-Flight Prelims

First 40+ minutes assigned lanes for warm up

Last 15 minutes specific warm up:

Lanes 1-10 for sprints & return (odd lanes dive/even lanes return)

Lanes 11-13 (middle of pool) will be allocated for pace work

Lanes 14-21 will be open to additional circle swimming warm up.

B-FLIGHT Warm up

First 20+ minutes Open warm up

Last 15 minutes specific warm up:

Lanes 1-10 will be available for sprints (dive in odd lanes, return in even lanes)

Pace lanes will be available in lanes 11 & 12

All other lanes will be open for general use

FINALS Warm up

30 min general warm up

25 min specific warm up: one way sprints & pace

Lanes 1-10 will be available for sprints (dive in odd lanes, return in even lanes)

Pace lanes will be available in lanes 11 & 12

SPRINT LANE PROTOCOL

- 1) Odd lanes will be for one way dive starts
- 2) Even Lanes will be for one way return (swimmers need to stay 6 feet separated while exiting the pool)
- 3) Swimmers need to wear masks at all times while on deck until just prior to getting in the pool until immediately getting out of the pool.
- 4) While waiting for sprints, standing behind the blocks swimmers need to be wearing masks.
- 5) Swimmers are not to walk back to the start end – must return swimming in even lanes