

Dear Coaches,

All your entries in and the scratch deadline is passed. The meet is good to go and now is time to take care of some housekeeping business.

- 1) Warmup will be blocked (see attached document for assignment of teams)

Session 1

A 7:00 am – 7:40 am

B 7:40 am – 8:10 am

Coaches Meeting 8:10 am

Session 2

B 2:00 pm – 2:30 pm

A 2:30 pm – 3:00 pm

Session 3

A 7:00 am – 7:40 am

B 7:40 am – 8:10 am

- 2) This meet is double ended with boys diving off from the deep end of the pool for sessions 1 & 3, and girls for session 2. In addition, all 50's will start at the deep end of the pool. As this meet is double ended with Girls heats starting first then interweaving the Boys heats, **event timelines in session report are NOT accurate. Boys events will start almost at the same time as Girls events.**
- 3) All scratches and deck entries need to be in 30 minutes before meet starts. There will be a waitlist at clerks table for those interested in swimming in empty lanes in the 400 events. Coaches can enter their **originally scratched** 400 swimmers 30 minutes before meet starts. They will be placed into empty lanes in the same priority basis in age group category as in the psych sheet printed (and emailed to you) at meet entry deadline. Please check back after the first event of the session to see if your swimmer cleared the waitlist. There will be no deck entry fee collected for clearing the waitlist.
- 4) As this meet is very full, we are expecting a large number of parents. Please ask your parents to rotate through the bleachers making room for other parents to come in and watch.
- 5) City of Richmond has a green initiative, please bring your own water bottles. There will be refill stations available to coaches.
- 6) Please ask your parents to be prepared to volunteer. Check-in for volunteers will be done at the hospitality room at beginning of warmup.

We are looking forward to see you all soon.