

AD LC CHAMPS CHANGE NOTICE

ONE COACH FROM EACH TEAM IS TO ATTEND COACHES MEETING FRIDAY MORNING AT 7:40 AM

	Warm up	Meet Start	Scratch sheets due
Fri am	7:00 am	8:00 am	Thursday 5pm by email to ajparadis@yahoo.com (all Friday 13 and over events)
Fri afternoon	11:15 am	12:15 pm	11:15 pm
Fri pm	4:00 pm	5:00 pm	
Sat am	7:00 am	8:00 am	Friday 5pm (all Saturday 13 and over events)
Sat afternoon	11:30 am	12:30 pm	11:30 am
Sat pm	4:00 pm	5:00 am	
Sun am	7:00 am	8:00 am	Saturday 5pm (all Sunday 13 and over events)
Sun afternoon	12:45pm	1:45 pm	12:45 pm
Sun pm	5:30 pm	6:30 pm	

There will be 3 sessions per day, but all events will be swum as timed finals. The 13 and over swimmers will swim in "flighted" sessions:

- **Session 1 each day will be the first heats of the 13-over events.** (The fastest 6 heats will swim at Session 3 each day. 13-14 and Open Relays will be swum at this session.
- **Session 2 each day will be the 10-U and 11-12 events - including relays.**
- **Session 3 each day will be the fastest 6 heats of each 13-over event (Not including the 1500) .** For the 400 free and 400 IM the fastest 3 heats of 13-14 and 15-over (6 total heats) will swim in this session. All other swimmers will swim in the am session.

Psyche sheets will be posted at 6:30 the night before each morning session at www.clintoncudas.org to see if a swimmer is in the am or pm flight.

To save time, heats for all 400 Free, 400 IM, and all relays may be combined (this includes combining heats for 12 and under and 400s).

We will attempt to allow all swimmers entered in the 1500 compete. (34 swimmers/6 heats).

Scratch sheets for Friday's events will be emailed to coaches by Thursday morning.

In the event of forecasted thunder, relays will immediately be eliminated from a session. Other plans for weather will be worked out prior to the meet and discussed at the Coaches' Meeting Friday morning.

PRE-SCRATCH estimated timelines will be posted on the site. These are pre-scratch and don't take weather delays into account.