

## LASC Meet Registration

- Meet:** LASC Spring Challenge
- Meet Dates:** May 2-3, 2015
- Swimmers:** All LASC Competitive Swimmers  
(National, Jr. National, Provincial, Jr. Provincial and Olympic Way Groups)
- Meet Times:**
- | <u>Saturday Timed Finals</u> |         |                               |
|------------------------------|---------|-------------------------------|
| Morning Session (#1)         | Warm-up | 9:00-9:50 am                  |
|                              | Racing  | 10:00-2:00 pm                 |
| Afternoon Session (#2)       | Warm-up | 2:30-2:50 pm                  |
|                              | Racing  | 3:00-7:00 pm                  |
| <u>Sunday Timed Finals</u>   |         |                               |
| Morning Session (#3)         | Warm-up | 8:00-8:50 am                  |
|                              | Racing  | 9:00-1:00 pm                  |
| Distance Session (#4)        | Warm-up | End of Session #3             |
|                              | Racing  | 20 min after end of session 3 |
- Swimmers should be on deck 15 minutes before warm-up begins with LASC gear, extra towels, water bottle and pool friendly/healthy snacks.
- Meet Format:** Long course (50m pool). All events are timed finals with relays at the end of session 1 & 2
- The full meet package is posted on our event page.
- Meet Entry Fees:** There are no entry fees for LASC swimmers at home hosted meets
- Confirmation:** Use the online meet registration on our website to confirm or decline your swimmers participation.  
If your swimmer will not be participating on both days/all sessions please indicate so on the meet registration online.
- Questions?** Contact your group coach

**Confirmation Deadline – April 17**