**CHANGES TO MEET as of 11/19/20**

**MEET INFORMATION: Meet Location has been changed to El Cajon Valley High School, 1035 E Madison Ave, El Cajon 92021**

**Team Assignments**

**Saturday Sunday**

**SSD 9:00 – 10:30 AM 7:00 – 8:30 AM**

**SDSA 10:45 – 12:15 PM 8:45 – 10:15 AM**

**ICAC 12:30 - 2:00 PM 10:30 – 12:00 PM**

**SST/RST 2:15 – 3:45 PM 12:15 – 1:45 PM**

**CAST 4:00- 5:30 PM 2:00 – 3:30 PM**

**WIND 5:45 – 7:15 PM 3:45 – 5:15 PM**

* **Swimmers must arrive in their suits and leave in their suits as there is not a changing area available.**
* **Teams should arrive about 15 minutes (for CAST we are asking 20 min)before their session to turn in their COVID monitoring forms. A parent (not coach) signature is required each day.**
* **Each team is allowed 30 minutes warmup at the beginning of their session. Warm up lanes will be available on either side of the blocks.**
* **Depending on your team size we will be using 6-8 blocks.**
* **Combined teams will be assigned the same lanes for the entire meet and each team will have one side of the pool for their warmup**
* **Each session should last no more than 1 hour with several minutes between events. Once your session is completed please have your safety personal help with the sanitizing of the pool and restrooms and leave your area quickly.**
* **Estimate the 6 foot distancing when your team arrives- there will be no tables for coaches – they may bring a chair.**
* **Once swimmers have completed their events they should be prepared to leave the venue.**
* **No parents on deck except timers(1 per lane), safety and meet marshals.**

**Attached is the COVID form which must be signed by the parent and athlete and must be turned in at the entrance- one must be turned in each day for each athlete. Temperatures will not need to be taken.**