STRS Regional Meet Warm-Up Information

Morning Warm Up  
     [7:30-8:00](about:blank):  Stars, TCAT, BBSC  
     [8:00-8:30](about:blank):  LESD, GLSS, USC  
Competition will begin [at 8:35 a.m.](about:blank)  
  
Afternoon Warm Up will NOT begin before [12:00 pm](about:blank)  
Afternoon competition will begin 5 minutes after the conclusion of warm ups.  
  
Afternoon Warm Up

     1st 30 minutes:  Stars, USC, BBSC

     2nd 30 minutes:  LESD, GLSS, TCAT

Swimmers must check in prior to warm ups.

Deck entries will be accepted on a space available basis.

There will not be a swimwear vendor at the meet. Swimmers should plan accordingly by bringing extra goggles, caps, and suits.