STRS Regional Meet Warm-Up Information

Morning Warm Up
     7:30-8:00:  Stars, TCAT, BBSC
     8:00-8:30:  LESD, GLSS, USC
Competition will begin at 8:35 a.m.

Afternoon Warm Up will NOT begin before 12:00 pm
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.