LESD Intrasquad Meet – Saturday, August 22 at SPIRE Institute

Arrival/Warm-up/Meet Start Times

- Session 1 – SPIRE Swimmers in Gold, Silver, Bronze, and Blue (Events 101-114)
    - 7:45 am arrive at SPIRE to check in at health screening table
    - 7:55 am arrive on pool deck
    - 8:00 – 8:30 am warm-ups
    - 8:40 am session 1 begins
- Session 2 – Solon 1 Swimmers (those that swim 11:45 am – 12:45 pm) (Events 201-214)
    - 9:55 am arrive at SPIRE to check in at the health screening table
    - 10:05 am arrive on pool deck
    - 10:10 – 10:40 am warm-ups
    - 10:50 am session 2 begins
- Session 3 – Solon 2 Swimmers (those that swim from 10:45 – 11:45 am) (Events 301-314)
    - 11:50 am arrive at SPIRE to check in at the health screening table
    - 12:05 pm arrive on pool deck
    - 12:10 – 12:40 pm warm-ups
    - 12:50 session 3 begins
- Session 4 – Quail Hollow Swimmers (Events 401-414)
    - 1:55 pm arrive at SPIRE to check in at the health screening table
    - 2:05 pm arrive on pool deck
    - 2:10 – 2:40 pm warm ups
    - 2:50 pm session 4 begins

All documents and the google form are posted. Click here for all the information.
There are a number of protocols that must be followed so everyone stays safe. Please remember the following

- All swimmers who use TeamBuildr for practice MUST complete their TeamBuildr the morning of the meet. SPIRE swimmers will only complete the SPIRE Health Screening as they do daily for practice at SPIRE.
- Everyone entering the building must complete the SPIRE Health Screening
- Everyone entering the building must wear a mask at all times (exception is when swimmers are swimming). Don't forget your plastic ziplock container with your name on it to put your mask in while in the water
- All swimmers and meet workers must read the LESD Return to Competition Procedures and complete the google form acknowledging you agree to uphold the rules, regulations, policies, and procedures
- This meet will be officiated, and the times achieved will be uploaded to SWIMS.
- We will need your help to make this meet successful. Please sign up to help work the meet.

Tentative timelines

- Please arrive at the time stated above
- There will be breaks after the even events (2, 4, 6, 8, 10, 12) so only one heat may be behind the blocks.

Heat Sheets

- Heat Sheets will be emailed to families Friday afternoon
- The meet is pre-seeded
- Please print the heat sheet for your session
    - Session 1 – SPIRE Swimmers in Gold, Silver, Bronze, and Blue (Events 101-114)
    - Session 2 – Solon 1 Swimmers (those that swim 11:45 am – 12:45 pm) (Events 201-214)
    - Session 3 – Solon 2 Swimmers (those that swim from 10:45 – 11:45 am) (Events 301-314)
    - Session 4 – Quail Hollow Swimmers (Events 401-414)
- There are no deck entries for this meet.
- There are no penalties for missed events.