

Coaches,

Attached is the Psych Sheet and the Session Report. Please realize that the session report is prior to scratch backs, so we should be running ahead of the timeline. Check in sheets will be handed out at the beginning of each warm-up and will be asked to be returned 20 minutes into warm-up. Last year we were able to save about 20 minutes off of each main session, so please make sure that your swimmers are communicating with you about their attendance so that we can have as few of empty lanes as possible. I will send out warm-up assignments tomorrow morning.

Friday

Swimmers will be able to enter the pool area at 4:30 pm. There are camps finishing at McDonogh so please do not come early to the pool. If you come early there will be buses in the parking lot and the pool area will be closed to those not affiliated with McDonogh. Warm-ups will begin at 4:45 and continue to 5:20. **Positive check-in closes at 5:00 pm. The meet will start at 5:30 pm** so that we can be done hopefully by 7:40. We will be combining heats where possible. All swimmers will need to provide their own timers and counters.

Saturday

This year we had a lot more Saturday morning entries and 400 Free entries. In response, McDonogh has allowed us to start warm-ups at 7:10 am and **the Saturday morning session at 8 am** in order to accommodate all of the swimmers entered. This means we have moved the Saturday 400 session to a start time of 12:05 pm and check in for the event will be 11:35 am. 400 Free swimmers will need to provide their own timers. Warmups will start immediately following the morning session and end at noon. The afternoon session will have warm-ups at 2:15 and the session will begin at 3:20 pm.

Sunday

The morning session is slammed. We are going to need to rely heavily on scratch backs to get the timeline down. I have informed Maryland Swimming of our current timeline. Last year we gained about 20-25 minutes from doing scratch backs so we should be in good shape if we eliminate all of the empty lanes from the morning. Warm-ups for the morning will begin at 6:50 am and the meet will start at 8:00 am. Warm-ups for the 400 IM will open at the conclusion of the morning and we will start the middle session at 12:45. Positive check in will close at 12:15. 400 IM Swimmers will need to provide their own timers. Warm-ups for the afternoon session will begin at 2:15. The afternoon session will begin at 3:20.

Coaches

McDonogh has requested that coaches & officials park in the "Eagles Lot" behind the pool. I will have the door open that is under the scoreboard for coaches and officials to enter only. Please have all swimmers and parents enter through the lobby area. Please make sure that you have your credentials with you when you get to the pool.

There will also be a S&T officials clinic and an AO clinic at 4 pm if you know of parents that are looking for an officials clinic.

Final note

As many of you are aware Saturday is the summer swim league divisional championships. We could use some help on Saturday with timing. If you know of parents that would be willing to help, I would appreciate any help that is offered. FSC has very few swimmers entered in the Saturday sessions so we could use some help.

Let me know if there are any problems or concerns.

Thanks,

Rob