Good Evening,

We are looking forward to a fast, fun, and great few days of swimming. Thank you for your quick responses in sending in the forms and payments. The week has certainly flown by for the age group committee.

We have a few updates to provide to you regarding relays, psych sheets, time line, warm-up and start times etc.

**Relays:** Attached are the coach selected tentative relay members for each day and relay events. Once again, we thank you for your patience as we waited for the times from the past weekend to be posted in the swims data base. A reminder, relays are selected based on the 4 fastest times in the swims data base, and relays are at the discretion of the age group coaches and head coach.

**Psyche Sheets:** The meet psyche sheets and the session reports have been posted on the zone website <http://www.niagarazoneteam.org/SubTabGeneric.jsp?team=nilsczone&_stabid_=122026>).

**Meet warm-ups** for 11 & over prelims will be as follows: Thursday 7:30 am – 8:10 am, Friday 8:10 am – 8:50 am, and Saturday 7:30 am – 8:10 am. Please arrive on deck 15 minutes before the scheduled warm-up times ready to warm-up.

**10 & under Time Changes:** There have been time changes for the 10 & under sessions. Thursday’s session warm-ups will begin at 12:30 pm with a meet start of 1:15 pm. Friday’s session warm-ups will begin at 12:00 pm with a meet start of 1:00 pm. Saturday’s session warm-ups will begin at 1:15 pm with a meet start of 2:15 pm.

**11 & Over Finals**: All 11 & over final’s sessions warm-ups will begin at 4:30 pm with a meet start of 5:30 pm.

**Timers:** We greatly appreciate your quick response and willingness to time. Without you the meet would not start. We are in need of 1 timer for the 10 and under Friday session. We will be emailing the timer’s schedule tomorrow. Once again, thank you.

**The Deep End:** We were notified this afternoon, by Barb from the Deep End, that if you ordered your swimmer a technical suit for this meet, she is requesting that you pick up the suit upstairs at her table Thursday morning or when you arrive at the meet. If you have any questions please contact her.

We hope to see each of you tomorrow between 5:00 pm – 8:00 pm while you are picking-up the team uniform and back packs at the Fairfield Inn in Webster, NY, or we will see you at the meet.

Chris, Joanne, Coaches, and Chaperones