**The 2019 Summer Long Course Open**

**Meet Itinerary**

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**Friday, July 12, 2019:** Events: **1-24**

ALL AGES Timed Finals Warm-Up: 4:15 PM Meet Starts: 5:00 PM

**Saturday, July 13, 2019:**  Events: **25-48**

13 & Over Timed Finals Warm-Up: 9:00 AM Meet Starts: 10:00 AM

Events: **49-70**

12 & Under Timed Finals Warm-Up: 12:00 PM Meet Starts: 1:00 PM

**Sunday, July 14, 2019:**  Events: **71-94**

13 & Over Timed Finals Warm-Up: 9:00 AM Meet Starts: 10:00 AM

Events: **95-116**

12 & Under Timed Finals Warm-Up: 12:00 PM Meet Starts: 1:00 PM

**Things to know:**

1. All swimmers must be on deck stretching at the start of their warm-up period. This time includes stretching time prior to getting in the water.
2. This meet is timed finals for ALL events.
3. This meet will be **PRE-SEEDED**.
4. Please wear STAR apparel while at the meet. Swimmers should wear a speedo team suit. **“**Championship” suits **are permitted**.
5. Location: Cheektowaga Town Park, Harlem Road, Cheektowaga, NY 14225

**Goals:**

1. Focus on Race Strategy (See coaches *before* and *after* swims)
2. Lead by Example: **RESPECT, ACCOUNTABILITY, RESILIENCE, PASSION, FUN**
3. Take care of yourself! It’s a long weekend so make sure to eat well and staying hydrated.
4. If we are having **FUN**, we are swimming **FAST**!!