

500 Free/1650 Free Meet – October 17, 2021

Twinsburg Fitness Center, 10084 Ravenna Rd, Twinsburg 44087

Events will be swum fastest to slowest.

We will have 4 sessions. 30 minute warm-up for each session. Continuous warm-up/warm-down will be available in the non-competition side of the pool.

#### Warm-ups

- Event 1 – 500 Free
  - Session 1 – Heats 1 – 9: Warm-ups 7:30 – 8:00 am; Session 1 will begin at 8:05 am
  - Session 2 – Heats 10 – 18: Warm-ups NOT before 9:10 – 9:50 am; Session 2 will begin at 9:55 am
- Event 2 – 1650 Free
  - Session 3 – Heats 1 – 6: Warm-ups NOT before 11:15 – 11:45 am; Session 3 will begin at 11:50 am
  - Session 4 – Heats 7 – 12: Warm-ups NOT before 2:00 – 2:30 pm; Session 4 will begin at 2:35 pm

Swimmers should provide their own timers if possible.

Masks are required for all swimmers, meet workers, officials, coaches on the pool deck. Swimmers should bring a “tupperware” container to house their mask while in the water.

Attached are heat sheets and tentative session reports.

Thanks

Sarah