

Attending Teams,

Attached are the most recent timelines and psych sheet for the January Open at the Colgan High School.

At this time, I do not plan to do any positive check in except for the 13&Over Girls and Boys 500 Free and 400 IM.

In most cases, in all sessions, heat one has 3 kids in it in one gender and nearly a full heat in heat one of the other gender, and not likely we'll lose enough to lose a heat.

PVS is accepting deck entries for the meet at \$10 per swim and the athlete is also subject to the \$5 swimmer surcharge. Deck entries will be accepted at the meet and not prior to the meet.

At this time, entries are closed. I will accept scratches thru Thursday at 5 p.m.

After the final re-seed, I will post the session programs to the Potomac Marlins website and also to Potomac Valley. You should all receive a copy as well that you can email to your staff and participating families. Tell everyone to print the session program and bring with them to the meet. I will also update Meet Mobile one final time.

Also, we have no need for 2 warm-up sessions. We have 15 lanes for warm-ups and 7 lanes will remain open for continuous warm-up and cool-down. For most sessions we have approx 150-160 athletes per session so when I assign lanes for warm-ups, you should have around 10-11 per lane for the whole warm-up period. (9-10 session warm-up was shortened to 25 minutes.) I will try to give everyone 1 or 2 lanes in the competition pool so you have access to blocks for sprints. Please be willing to allow other teams to use blocks as well.

Volunteer Sign Up – [CLICK HERE](#)

The meet will be broadcast on the Potomac Marlins Facebook page: [Potomac Marlins Facebook](#)

Thank you,

York Swim Club