

Dear MHSL Swim Teams,

On July 6, Castle Rock Cruisers East and Castle Rock Cruisers West will be hosting a last chance meet for swimmers who would like one more opportunity to achieve their All Star time before we head in to Prelim/Championship week. This meet is open to **ALL** swimmers in MHSL. The meet will be at Butterfield Crossing Pool in Castle Rock (3952 Butterfield Crossing Drive, Castle Rock, 80109). The meet will begin at 8am.

In order to compete in this meet, swimmers must not have already achieved an All Star time in the event they are entering (they can have All Star times in other events and be attempting to get one in additional events). We ask that swimmers have a "reasonable" chance of making the All Star time - 15 seconds away in a 25 meter event might not be a realistic expectation - but we do not have a minimum time standard for any event. Swimmers may sign up for a maximum of 3 individual events.

We will run only the events with All Star times (no 6 & under and no relays). We will run the meet in 5 lanes using the other 3 lanes as continuous warm up/cool down lanes.

Swimmers **MUST** have at least one parent helping in a volunteer position in order to be signed up for the meet. Parents can sign up using this link: <https://www.signupgenius.com/go/409084ca5ac2aa2f58-mhsl1>

Swimmers **MUST** have their coach send a meet entry using Team Unify by July 3 at 5pm to the host team. **There will not be any late sign up available.**

The meet must have a minimum of 70 swimmers and if that participation level is not reached by midnight on July 3, the meet will be cancelled, and teams will be notified (individual swimmers may not receive notification from the host teams).

Warm up schedule will be:

7-7:15 - Lanes 1-4 Division C Lanes 5-8 Division B

7:15-7:30 - Lanes 1-3 Division D Lanes 4-8 Divisions A1 & A2

7:30-7:45 - Lanes 1-4 One Way Starts Lanes 5-8 Backstroke flip turn count

7:45 - pool cleared

Results will be sent back to the email address the entries come from and will count for individual times only, the meet will not be scored. We will be running a carded meet.

Last year we had 41 new All Star times out of 343 swims with only 2dq's. The meet was approximately 2 ½ hours long.

Please contact Beth at ccruisers@yahoo.com with any questions.