2019 SSL Championships

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| Day 1: Saturday July 27, 2019Willoughby Municipal PoolCHECK-IN by 6:30 a.m.**WARM-UP time 7 a.m. – 7:20 a.m. Lanes 4-6** | Day 2: Sunday July 28, 2019Wickliffe Coulby ParkCHECK-IN by 7 a.m.**WARM-UP 8 a.m. – 8:20 a.m.; Lanes 1-4** |
| **Timeline – Day 1 at Willoughby*** 6:40 – 8:40 a.m. – Warm-ups (WWK warm-up 7 a.m. – 7:20 a.m.; Lanes 4-6)
* 6:30 a.m. – Check in with Coach Jack
* 7:30 a.m. – Team Meeting for Swimmers ONLY immediately following warmups
* 8:20 a.m. – Officials and Coaches meeting at the Scorers’ Tent
* 8:30 a.m. – Timer’s meeting at the Front entrance of the pool
* 8:50 a.m. – Welcome, National Anthem
* 9 a.m. – DAY 1 begins
 | **Timeline – Day 2 at Wickliffe*** 7 - 8:40 a.m. – Warm-ups (Willowick Warm-ups 8 - 8:20 a.m.; Lanes 1-4)
* 7 a.m. – Check-in with Coach Jack
* 7:20 a.m. – Team Meeting for Swimmers ONLY in the team camp area.
* 8:20 a.m. – Officials and Coaches meeting at the scorers’ tent
* 8:30 a.m. – Timers meeting at the front entrance of the pool
* 8:50 a.m. – Welcome and National Anthem
* 9 a.m. – DAY 2 starts
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**Important Team Specific Notes for Championships**

1. On Saturday at Willoughby, our tent area is on the varsity baseball field. The field is surrounded by the construction being done at South High School. **SHOES/SANDALS MUST BE WORN AT ALL TIMES.**
2. Wickliffe will have their Lazy River open, for $5. Willowick swimmers ARE NOT ALLOWED TO BE IN THE LAZY RIVER.
3. All of our swimmers MUST STAY OFF THE PLAYGROUND EQUIPMENT outside the pool area.
4. The new team caps, which will be given to each swimmer at the Pasta Party on Friday, must be worn during all races.
5. Kelly Wallace is the team’s designated representative to pick up all awards. She will be the only one allowed to pick up anything for our team. Those will be distributed through out the meet or at the banquet.