2018 ST AAAA Nitro vs. Alamo Dual Meet

8400 North Loop 1604 W, San Antonio, TX 78249

October 20-21, 2018

Saturday:		
Arrive: 7:50 AM	Warm-up: 8:00-8:30 AM, Dive/Pace Lanes 8:30-8:50	(General Warm-ups)
Meet Start: 9:00 AM	Estimated End Time: 1:19 PM	
	Positive check-in for 400 IM/1650 Free will close at 10:30 AM	

Sunday:		
Arrive: 6:50 AM	Warm-up: 7:00-7:30 AM, Dive/Pace Lanes 7:30-7:50	(General Warm-ups)
Meet Start: 8:00 AM	Estimated End Time: 10:50 AM	
	Positive check-in for 500 Free will close at 9:30 AM	

Coaches:

CP: Coach Flo, Coach Daniel, and Coach Alex
BC: Coach Chuck, Coach Allison, and Coach Randy
SR: Please come see Coach Allison!

Timers:

Please volunteer to time, the swimmers want to be able to swim the meet with and that is only possible if we have volunteers who help time events like this. We greatly appreciate all of our timers in making this meet run on time. Thank you in advance. If a parent is volunteer timing, then they need to sign-in with the front desk.

Important Links:

Timeline (click here) **Psych Sheet(click here)**

Important Info:

- Competition will be moved to the **INDOOR** pool.
- Even Numbered heats in the North pool and Odd-Numbered Heats in the South pool
- *ALL* events will be gender-mixed and seeded fastest to slowest, no lane separation between genders.
- Meet may be run using Flyover starts except for backstroke.
- Most, *but not all*, events will be pre-seeded by time and gender without regard to age and swum fastest to slowest.

Positive Check In:

The 400 Individual Medley, 500 Freestyle and 1650 Freestyle will be DECK SEEDED, fastest to slowest, and require a Positive Check-in at the designated time on the day of the event (Please see the Daily Schedule above).