



2019 LC Age Group Champs Coach's Notes

Welcome to 2019 Age Group Championships. The Town of Christiansburg, Christiansburg Aquatic Center (CAC), and H2okie Aquatics are excited to welcome and congratulate you on a fantastic year of swimming! We have 32 teams and just over 500 athletes entered this year. We are grateful for your attendance and here to serve you in any way we can to provide you and your team the best possible experience. Should you need anything, please see Scott Baldwin of HOKI or Nate Destree of the CAC so that we can best assist you and your needs.

Coach and Officials Parking: Returning to the Back / Lower Lots . After you first arrive and pick up Deck Passes, please show deck pass for access to Coach's lot each arrival.

Deck Access: Coaches will have access to the on deck entrance (behind the Diving Platforms). We will have a 3rd party Security company monitoring the back door entrance and will check for Deck Passes of every person using this entrance. Please have Deck Pass visible.

Please Note: They do not know who you are or care how long you have been coaching and coming to Age Group Champs. **NO DECK PASS= NO ENTRY** Follow the facility rules and there will be no issues :-)

Chase Starts: We will use Chase starts for all events 100 and longer with exception to relays, Thursday Events, and Sunday 800s. Odd Heats will be in the shallow end, Even Heats at the Diving Tower End. No Chase Starts for Finals

Thursday: Please refer to the Thursday timeline for all Open Warm-Up times. There are 20 minute breaks after the 1500 Free and 400 Free and the Competition Pool will be open for 15 minutes. Continuous Warm-Up / Warm-Down will be available in the Leisure Pool.

Positive Check-In Closing Times:	1500 Free	2:05pm
	400 Free	4:00pm
	800 Free Relay	5:30pm

Please let Scott (540.998.2327) or Drew (804.380.1821) know if you need assistance with Positive Check in on Thursday afternoon.

All swimmers and Relay Teams will need to provide their own timers.

Relay Positive Check In: This is a change from previous meets. **ALL** relays need to be positively checked in by 7:30am Friday. The sheets will be posted starting Thursday afternoon so please be proactive!

Individual Event Positive Check-In:

Deadline Times:

11/12 & 13/14 400 IM: Friday @ 7:30am

13/14 400 Free: Saturday @ 8:00am

11/14 800 Free: Sunday @ 8:00am

800 Free: 30 Minute Open Warm-Up will begin 5 minutes after Conclusion of Sunday Preliminaries (refer to timeline). Swimmers must provide their own timers.