



Technical Bulletin

- Backstroke Ledges will be used at FASTSWIM. Follow this link to learn how to use them. Please share with your swimmers. <https://youtu.be/hm0DTkcvyQI>
- **REMINDER THERE WILL BE LIMITED SEATING FOR SPECTATORS DURING THE MEET. PLEASE REMIND YOUR FAMILIES ATTENDING. SEE DIAGRAM BELOW**

Thursday Changes/Reminders

- Thursday Warm up will be blocked into 2 20 minute warm ups, with 5 minutes of dives using all 8 lanes in the deep end.

Thursday Warm Up ONLY	Teams
4:00 – 4:25	CHEN, CRKW, DST, GATOR, HYACK, PSW, RAPID
4:25 – 4:50	RIDGE, CDSC, SPART, DELTA, SKSC, WDSC, VPSC, WSC, WVOSC

- Thursday Preliminaries will now start at 5:00 PM. Relay name changes are due by 4:30, please hand them in earlier if at all possible.
- The 4x50 Medley Relay has been cancelled. The 4x50 Free Relay will be the only relay swum this year.

Friday- Sunday Changes/Reminders

- Warm Ups will be block into 3 groups for Friday to Sunday heat sessions.
- The warmup will be open warm up and we will have up to 6 lanes in the shallow pool always available for warm up during the meet/warm up times. We encourage swimmers who are not swimming early in the session to take advantage of the warm up space in the shallow end

Warm Up Groups Friday - Sunday

Group A: PSW, RAPID, RIDGE, WDSC

Group B: GATOR, HYACK, WSC, VPSC, SKSC

Group C: CDSC, WVOSC, CHEN, SPART, CRKW, DELTA, DST

Day	Group A	Group B	Group C
Friday	7:00 AM – 7:25 AM	7:25 AM – 7:50 AM	7:50 AM – 8:15 AM
Saturday	7:50 AM – 8:15 AM	7:00 AM – 7:25 AM	7:25 AM – 7:50 AM
Sunday	7:25 AM – 7:50 AM	7:50 AM – 8:15 AM	7:00 AM – 7:25 AM

- The 100 IM is an ELIMINATOR event this year. On Friday it will be run as a regular event with A and B finals if there is enough numbers. The top 4 from the A FINAL on Friday will race Saturday, as the first event of finals. The top 2 from Saturday will Race Sunday, as the first event night for the prizes. The prize this year is as follows- 12 and Under \$25 for 2nd \$50 for 1st, 13/14 \$50 for 2nd and \$100 for 1st, and 15+ \$100 for 2nd and \$200 for 1st.
- Stroke 50 heats are all swum Thursday evening. Finals for each 50 will be on the corresponding day by their event number.
 - 50 Breast Finals Friday
 - 50 Butterfly Finals Saturday
 - 50 Backstroke Finals Sunday
- Preliminary Scratches will be due at 5:30 PM the evening before the session they are in

B Finals/ Scratch Deadlines

- 400s will be TIMED FINALS with the top 8 of the 12 and under, and top 16 13/14 and 15+ swimming in the finals session. There will be positive check in for the 400s in the morning for all the 400s. Please look at the psyche sheets and know if your swimmer is swimming in the morning or the evening. Positive check in will be in the morning for both.
- Swimmers not showing for a positive checked in event after checking in will be charged \$20/missed final fee.
- Scratch/Positive Check In Deadlines

Relay Name Changes DEADLINE	Due 4:30 PM Thursday
400 Free Friday	Positive check in 8:55 AM ALL 400 FREE
Friday Finals Scratch deadline	30 Min after the conclusion of the 200 Backstroke
400 IM Saturday	Positive check in 8:55 AM ALL 400 IM
Saturday Finals Scratch deadline	30 Min after the conclusion of the 100 Backstroke
1500 Free Sunday	Positive check in 8:55 AM
Sunday Finals Scratch deadline	30 Min after the conclusion of the 200 IM

- Below are the B finals for the 13/14 and 15+ events. It is the coaches responsibility to know if there are B finals in your event.

13/14 B Finals		
Friday	Saturday	Sunday
201 100 IM Female 203 200 Breast Female 204 200 Breast Male 205 100 Free Female 206 100 Free Male 208 200 Back Male 210 50 Breast Male 211 400 Free Female 212 400 Free Male	301 200 Free Female 302 200 Free Male 303 100 Breast Female 304 100 Breast Male 307 100 Back Female 308 100 Back Male 309 50 Fly Female 310 50 Fly Male 311 400 IM Female 312 400 IM Male	402 100 Fly Male 405 50 Free Female 406 50 Free Male 407 200 IM Female

15 + B Finals		
Friday	Saturday	Sunday
201 100 IM Female 202 100 IM Male 205 100 Free Female 206 100 Free Male 208 200 Back Female 208 200 Back Male 210 50 Breast Male 211 400 Free Female 212 400 Free Male	301 200 Free Female 302 200 Free Male 303 100 Breast Female 304 100 Breast Male 306 200 Fly Male 307 100 Back Female 308 100 Back Male 309 50 Fly Female 310 50 Fly Male 311 400 IM Female 312 400 IM Male	401 100 Fly Female 402 100 Fly Male 404 50 Back Male 405 50 Free Female 406 50 Free Male 407 200 IM Female 408 200 IM Male

Swimmer Bleachers Swimmer Bleachers Swimmer Bleacher Swimmer Bleacher				Parent Bleachers Parent Bleachers		Swimmer Bleachers Swimmer Bleachers	
Coaches Tables							
Starting blocks	Competition Pool				Warm down lanes		
					Public Lanes		

Thanks everyone and have a great meet!