

Speedo Spring Splash – Final Notes

Welcome & Thank You for attending the 2015 Speedo Spring Splash. We are glad to have you attend and look forward to a great meet. Below are some notes and changes regarding the meet. Please be sure to note the combined session on Saturday morning with 10 & under and the 11-12 swimmers all swimming in the early morning.

Timers will be needed:

please be prepared to push your parents to help with timing. Here are the expectations from each team. We will hope to offer three timers per lane, however will roll with two if they are scarce.

OCCS: 13 timers throughout

NCAP: 6 timers (3 each from West & Tysons)

PM: 4 timers

TANK, PWSC, VSTP, MAC: 1 timer each

Swimmers in the 800free & 400 free on Friday and 400 IM and 400 on Saturday & Sunday will need to provide their own timers (and counter for the 800).

Friday Notes:

We will swim all the entries (after check in) for the 800 free and 400 free.

Both events will be swum fastest to slowest

Please make your families aware that the swimmers will need their own timer and counter. We will not have any timers assigned for this session.

800 Free

Check In closes at 5:15pm (to be seeded in the top 9 heats)

After 9 heats are filled, the remainder of the 800 frees will swim following the completion of the 400 free races. **Check in for the second round of 800 free will close at 7:30pm.** (any swimmers not in the first 9 heats may swim in the final heats following the 400 free)

400 Free

Check In closes at 6:45pm

Anticipated start time of the first (fastest) heat of the 400 free should be around 7:15pm

5:00pm – open warm ups

5:40pm – warm up closes (except lane 10 will remain open throughout)

5:45pm – meet starts

We will compete in 9 lanes for each session, there will be one lane open for warm up/cool down however for the 12 & under session please make sure you keep an eye on your young swimmers not to hang on the rope if they are going to use that lane to warm up. If it becomes a problem at any time, we may eliminate it, so please help police the swimmers in there to stay out of the way of the competition.

Saturday Session 2 (all 12 & under)

Saturday, we will combine the 10 & unders with the 11-12.

No events will require positive check in... we will just roll with what shows up

All events will be swum FAST to SLOW

Warm ups 7:00am

First Warm up 7:00-7:25am: OCCS (lanes 1-7), PM (lanes 8-10)

Second Warm up 7:25-7:50am: NCAP (lanes 1-7), PWSC (lane 8), MAC (lane 9), VSTP (lane 9) (Lane 10 will be open warm up for anyone to use)

Comp start 8:00am

We will compete in 9 lanes – one lane open for circle swim/warm up/cool down throughout

Saturday Session 3 (13 & over)

All events will be positive check in for the 13 & overs.

Events 23-28 will close at 12:30pm

Events 29-34 will close at 1:30pm

Warm ups 11:45am

First Warm up 11:45-12:20pm: OCCS (lanes 1-6), PM (lanes 7-9), PWSC (lane 10)

Second Warm up 12:20-12:55pm: NCAP (lanes 1-7), TANK (lane 8), MAC (lane 9), VSTP (lane 9) (Lane 10 will be open warm up for anyone to use)

Comp start 1:00pm

Sunday Session 4 (13 & over)

All events will be positive check in for the 13 & overs.

Events 35-40 will close at 7:10am

Events 41-46 will close at 8:30am

Warm ups 6:30am

First Warm up 6:30-7:00am: OCCS (lanes 1-6), PM (lanes 7-9), PWSC (lane 10)

Second Warm up 7:00-7:30pm: NCAP (lanes 1-7), TANK (lane 8), MAC (lane 9), VSTP (lane 9) (Lane 10 will be open warm up for anyone to use)

Comp start 7:40am

Sunday Session 5 (12 & under)

Event 55 & 56 (200 IM) will require Positive Check In by 1:50pm

Warm ups 1:00pm

First Warm up 1:00-1:25am: OCCS (lanes 1-7), PM (lanes 8-10)

Second Warm up 1:25-1:50am: NCAP (lanes 1-7), PWSC (lane 8), MAC (lane 9), VSTP (lane 9) (Lane 10 will be open warm up for anyone to use)

Comp start 2:00pm

Ribbons will be given for the 12 & under events. We also have some Speedo give away prizes for random heat winners...