

Good Afternoon,

Speedo Spring Splash – Final Notes

Please be sure to send these notes to your families. I will also send the below notes, timeline and psych to PVS to post today.

If you have any known scratches, please send them to me as soon as possible so that we can have a relatively clean program... We will be posting everything on Meet Mobile (however results can be spotty to upload with the WiFi and Cell service at Freedom). Final seeding for all events except 400+ meter events and the 200 IM for 12 & unders Sunday will be Thursday at noon.

Please see the Sunday afternoon session changes for the 12 & unders below... we will be splitting the groups up 11-12 (2:10pm start) and 10 & under (5:00pm start)

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: 12 timers throughout

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

PM: 4 timers

PWSC, VSTP, MAC: 1 timers 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).

We will compete in 9 lanes for each session, there will be one lane open for warm up/cool down however 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. Also, entry to the warm down/up lane will only be permitted in the shallow end of the pool; in addition, no jumping or diving will be permitted feet first sliding only as to not splash or interrupt the competition.

Friday Notes:

There were 170 swimmers entered into the 800 free. Unfortunately, we will not be able to swim all of these heats; however, we will accommodate 12 heats of 800 free. The fastest eight heats will swim as the first event of the evening (prior to the 400 free) followed by the next 4 fastest checked in swimmers following the 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. If you have any changes to make to your entry for your 11-12 kids entered into the 800 free Friday to instead do the 400 free, please let me know prior so we can make that change.

800 Free

Check-in closes at 5:15pm – FOR ALL 800 Free Swimmers that plan to swim.

After 8 heats are filled, the next fastest 4 heats of 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.**

The slowest 4 heats of 800 free should start around 8:15pm with a conclusion of 9:00pm
400 Free

Check In closes at 6:00pm

Anticipated start time of the first (fastest) heat of the 400 free should be around 7:00pm

5:00pm – open warm ups

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

5:45pm – meet starts

Saturday Session 2 (11-12)

No events will require positive check in... please get me your scratches by noon on Thursday

All events will be swum FAST to SLOW

Warm ups 7:00am – 7:25am

Lanes 1-5 OCCS

Lanes 6-8 NCAP

Lane 9 – BWST

Lane 10 – PWSC, RIPS, VSTP

Comp start 7:30am

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

Saturday Session 3 (10 & Under)

No events will require positive check in... please get me your scratches by noon on Thursday

All events will be swum FAST to SLOW

Warm ups 10:00am – 10:20am

Lanes 1-3 OCCS

Lanes 4-7 NCAP

Lane 8 – BWST

Lane 9 – PWSC

Lane 10 – RIPS, VSTP

Comp start 10:25am

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

Saturday Session 4 (13 & over)

Only the 400 IM will require positive check-in on deck – closes at 1:00pm. The 400 IM will be swum 4 fastest heats of girls, followed by the 4 fastest heats of boys and then alternating the remaining heats fast to slow. We will only swim the fastest 8 heats of boys (72) and girls (72).

All events will be swum FAST to SLOW

Warm ups 12:30pm

First Warm up 12:30-12:55: OCCS (lanes 1-7), PM (lanes 8-10),

Second Warm up 12:55-1:20pm: NCAP (lanes 1-7), BWST (lane 8), RIPS (lane 9), VSTP (lane 10), PWSC (lane 10)

Comp start 1:25pm

Sunday Session 5 (13 & over)

Only the 400 Free will require positive check-in on deck – closes at 7:00am. The 400 Free will be swum 4 fastest heats of girls, followed by the 4 fastest heats of boys and then alternating the remaining heats fast to slow. We will only swim the fastest 8 heats of boys (72) and girls (72). All events will be swum FAST to SLOW

Warm ups 6:30am

First Warm up 6:30-7:00am: OCCS (lanes 1-7), PM (lanes 8, 9), PWSC (lane 10)

Second Warm up 7:00-7:30pm: NCAP (lanes 1-6), BWST (lanes 7&8), RIPS (lane 9), VSTP (lane 10)

Comp start 7:40am

SUNDAY 12 & UNDER SESSION WILL BE SPLIT INTO TWO SESSIONS (11&12 AND 10 & UNDER)

Also, please note the meet information had the event numbers incorrect. The correct order is listed on the sessions report. (50back, breast, fly, free, 200IM)
200 IM will require check in for 11-12 and 10 & unders.

Sunday Session 5 (11-12)

Event 55 & 56 (200 IM) will require Positive Check in by 2:00pm

All events will be swum FAST to SLOW

Warm ups 1:40pm – 2:05pm (all teams)

OCCS (lanes 1-4), NCAP (lanes 5-6), PM (lanes 7-8), BWST (lane 9), VSTP (9) RIPS (10), PWSC (10)

Comp start 2:10pm

Sunday Session 6 (10 & Under)

Event 55B & 56B (200 IM) will require Positive Check in by 5:00pm

All events will be swum FAST to SLOW

Warm ups 4:35pm – 4:55pm (all teams)

OCCS (lanes 1-4), NCAP (lanes 5-6), PM (lanes 7-8), VSTP (9), PWSC (9), RIPS (10), BWST (lane 10)

Comp start 5:00pm

Please let me know if you have any scratches for the meet by Thursday at noon; I'll have the meet seeded (Except 400+ events and the 200 IM for 12 & unders)

Have a great week; see you Friday afternoon.

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