

## **Important 13 & Over State Reminders and Info**

Please read through the following information to make sure all are familiar with the new 4-day format for the 13&O State meet this weekend.

1. The Positive Check-in Book will be available at all sessions at the meet management table. Events and time for check-in are as follows:

800 Free, 200 Medley Relay Thursday, July 29, at 8:30 AM

400 IM, 400 Free Relay Thursday, July 29, at 6:30 PM

400 Free, 800 Free Relay Friday, July 30, at 6:30 PM

200 Free, 200 Medley Relay, 400 Medley Relay Saturday, July 31, at 6:30 PM

1500 Free Saturday, July 31, at 6:30 PM

2. Prelim/Finals events will swim the Top 16 qualifiers from the Prelim session in Finals with lanes 1 & 10 open.
3. The 200 Free Relay and 200 Medley Relay events will be swum to completion in Prelims and will be swum Slow to Fast.
4. The 400 Free Relay, 800 Free Relay, and 400 Medley Relay events will be swum with the top 10 seeded 13-14 relays and top 20 seeded Senior relays swimming in Finals. Relays swum during the Prelim session will be run Fast to Slow. Relays swum in the Finals session will be run Slow to Fast.
5. The 400 Free, 800 Free, and 400 IM events will swim the fastest heat (top 10 seeded) of each age group and gender in Finals.
6. The 1500 will be swum with one person per lane. The top 10 seeded women and top 10 seeded men, regardless of age, will swim in finals.
7. Anyone not checked-in for a positive check-in event will not be seeded into the event.
8. A gymnasium will be available for swimmer and spectator seating. The gym is located to the East of the pool. Due to new sod around the facility, outdoor seating near the pool is very limited.
9. There is parking in surrounding lots and on the street for free. Parking in close proximity to the facility is available for \$5.00.
10. The competition pool has been certified in accordance with USA Swimming's Rule 104.2.2(c).
11. Due to the length of the Finals sessions, the Age Group/Senior Committees have decided not to run awards ceremonies during Finals. All awards will be bagged and given to coaches at the end of the meet.
12. Chairs will be provided by the RecPlex/meet host. Please keep chairs behind the drains at all times.
13. Warm-ups for the 1500 will begin at 11:40pm, at the conclusion of the Sunday Prelim session, and will last for 20 minutes. The session will begin at 12:10pm