

DISANCE SESSION AT BELLEVILLE – UPDATE NOVEMBER 16

Hello Coaches,

We are looking forward to seeing you all this weekend! I wanted to touch base about our oversubscribed Distance Session. In the interest of getting our 13 and over swimmers home at a decent hour to rest for the Saturday morning session AND not eliminating any swimmers from the session, we have moved the 11-12 400 freestyle to the end of the night. The schedule will be as follows:

- 5:05 pm -- 13 and over 400 Free (slowest to fastest -- 13 heats)
- 6:25 pm -- 11 and over 800 Free (fastest to slowest -- 6 heats)
- 7:35 pm -- 11 and over 1500 Free (1 heat)
- 8:00 pm -- 11-12 400 Free (slowest to fastest -- 4 heats)
- 8:25 -- finish

Feel free to reach out to me with any questions or concerns. Also, if you know that your most recent entry upload is your final, please let me know. I will get psych sheets, session reports and the meet program out as soon as we are finalized.

Below you will see the updated session times as well as your warm-up groupings. Please note that you may not be in the same group for both 12/U and 13/O sessions.

SCHEDULE OF SESSIONS					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Timed Final/Heats /Finals
1 11 and over	Nov. 21	4:00 - 4:30 PM Warm-Up A 4:30 - 5:00 Warm-Up B	5:05 PM	8:30 PM	Timed Finals
2 13 and over	Nov. 22	7:30 - 8:00 AM Warm-Up B 8:00 - 8:30 AM Warm-Up A	8:35 AM	12:10 PM	Heats
3 12 and under	Nov. 22	12:30 - 1:00 Warm-Up A 1:00 - 1:30 Warm-Up B	1:35 PM	5:15 PM	Timed Finals
4 13 and over	Nov. 22	5:30 - 6:25 PM	6:30 PM	8:15 PM	Finals
5 12 and under *Note switch of age groups	Nov. 23	8:00 - 8:30 AM Warm-Up B 8:30 - 9:00 AM Warm-Up A	9:05 AM	12:30 PM	Timed Finals
6 13 and over	Nov. 23	12:40 - 1:10 PM Warm-Up A 1:10 - 1:40 Warm-Up B	1:45 PM	6:00 PM	Timed Finals
13 and Over Warm-Up Groupings: Group A: SWOTT, Perth, GSH, GO, Dorado Group B: MMST, EBSC, BBST			12 and Under Warm-Up Groupings: Group A: GO, MMST, Perth, SWOTT Group B: BBST, EBSC, GSH		