

2024 SLAC 9th Annual Hohne Memorial Invite

Saturday & Sunday  
April 20 - 21, 2024

Location

National Training Center  
2150 Legends Way  
Clermont, FL 34711

<a href="#">Meet Letter</a>	<a href="#">Psych Sheet</a>	<a href="#">Timeline</a>	<a href="#">Individual Events</a>  Updated: Lots of 800s were scratched by host due to timeline, a new event may have been added to replace it!
<a href="#">Sat AM Heat Sheet</a>	<a href="#">Sat PM Heat Sheet</a>	<a href="#">Sun AM Heat Sheet</a>	<a href="#">Sun PM Heat Sheet</a>

*Print a copy of the heat sheet for you / your swimmer. Swimmers MUST know their Event/Heat/Lane numbers prior to warm ups.*

- [Swim Meet Tips](#) - New to meets? Read this!

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**VERY IMPORTANT:**

This venue is OUTDOORS and there isn't shade on the pool deck. We need families that have pop-up tents to please bring them to the meet along with tie-downs (straps/buckets/bungees) for their swimmers. Swimmers will also need a folding chair as there may not be enough bleacher space.

Sunscreen, coolers filled with water and fruits and veggies, are a MUST for this meet venue.

All swimmers should be wearing SOCKS and SHOES between events. Flip flops and crocs are not what we mean by shoes.

Our mornings have still been cooler; so the AM session should still be thinking about sweatshirts/parkas for the early hours.

**Please read this itinerary in its entirety as it contains important information!**

### Facility:

Orlando Health will have areas of the building blocked off. Please respect those areas and stay within the designated swim meet area.

From the Meet Host:

Entry to the facility is through the south pool gate for all participants and spectators.

Please use [2150 Legends Way, Clermont, FL](#), for GPS directions.

Parking is available in the grass area under the pool (please form two rows) and in the lots next to the soccer fields along Legends Way.

- Do not park past the fence at the north end of the pool on Legends Way. The lot belongs to the gymnastics facility next door, and vehicles parked here will be towed at the owner's expense.
- The upper parking area by the pool will be closed to all parking except for officials.
  - This area will be where the t-shirt, food, and swim shop vendors will be located.

Gates will open at 7:00 a.m. on both days.

- Teams need to bring their own tents for shade.
- Please bring straps and buckets to weigh your tents down. The facility tends to get a bit breezy.
- Any teams wishing to set up tents earlier may come in between 5:15 and 6:45 pm on Friday night.

Bathroom facilities for the swimmers will be located inside the NTC locker rooms.

- Access to the rest of the building will be blocked off.
- Please ensure that your swimmers respect this boundary.

Bathroom facilities for spectators are located outside the south gate.

### Important notes:

- Be sure to bring sunscreen, lots of water, healthy snacks, and WEAR YOUR SHOES in between events! Be in your GSC shirt, GSC cap, and GSC Speedo team suit. **It's always a great idea to bring several towels and weather-appropriate clothes, especially with the meet being outside and cool weather in the forecast!**
- GSC athletes will sit together in a team area on the pool deck. Folding chairs are encouraged.
- **This is a closed-deck meet.** Meaning only swimmers, coaches, officials and timers will be allowed on the deck at any time.
- Spectators will have designated areas to watch the meet but you may wish to plan to tent outside and come in for your swimmer's events. Tenting is allowed in green spaces near the pool.
- Swimmers should **check in with a coach before and after each race.** Communication with a coach is important for all athletes during the meet.
- When your swimmer is finished competing, you can leave the meet **AFTER they say goodbye** to their coaches. Make sure to eat protein to prepare for the next day!
- If you think you might have missed anything on meets, meet information, heat sheets, how to prepare, etc. check out the [2024 Spring/Summer Meet Information for Parents page](#)

### **Meet Attire**

- Wear tennis shoes to the meet for dynamic warmup and for between events. Crocs and Sandals are not shoes.
- If your swimmer elects to wear a cap, it MUST be a GSC team Cap.
- Swimsuits for this meet will be your GSC Speedo team suit. No technical suits for this competition.
- Team shirts
  - **Saturday BLUE Shirts**
  - **Sunday ORANGE Shirts**

### **Arrival Times:**

**Please be sure to be on time or early for scheduled warm-ups. Arriving early helps swimmers and parents settle in and get ready for the meet!**

- Saturday AM (13&O)
  - Dynamic: 7:20am
  - Warmup: 7:30am
  - Session Start: 9am
- Saturday PM (12&U)
  - Arrive: 12:45pm
  - Warmup: 1:00pm
  - Session Start: 1:45pm
- Sunday AM (13&O)
  - Dynamic: 7:20am
  - Warmup: 7:30am
  - Session Start: 9am
- Sunday PM (12&U)
  - Arrive: 12:45pm
  - Warmup: 1:00pm
  - Session Start: 1:45pm

Please reach out to Coach Jason with any questions! [jason@gatorswimclub.com](mailto:jason@gatorswimclub.com) Let's have a great meet!