



**Middle Atlantic Swimming**  
**10yr&Under CHAMPIONSHIPS @ Blue Eagle Swim Team**  
**MARCH 9-10, 2024**



**Share** with your Coaching Staff/Swimmers/Officials/Parents as soon as possible. Thank you.

**Note: Important Changes from the original Meet Announcement highlighted.**



TENTATIVE SCHEDULE*	Saturday 3/9/2024	Sunday 3/10/2024
<b>S#1 &amp; S#3 9-10yr:</b>		
Warm-Up	9:00-9:25am	
National Anthem & Relay Line Up	9:25-9:35am	
Competition	9:35 to 11:20am	
Cool Down & Award Ceremony (High Point Award Sun. S#3)	11:20am to 12:00pm	
Coach Lunch	12:00 to 12:30pm	
<b>S#2 &amp; S#4 8yr&amp;U:</b>		
Warm-Up	12:30 to 12:55pm	
National Anthem & Relay Line Up	12:55 to 1:05pm	
Competition	1:05 to ~3:00pm	
Cool Down & Award Ceremony (High Point Award Sun. S#4)	~3:00 to ~3:45	

**Entrance** to building via Doors K into pool lobby. Pool is through double glass doors to your right.

**Deck Access Check-In Table:** Stop here daily, inside doors to pool area.

- **Coaches & Officials:** Show PHOTO ID & USA-S member Credentials. Wristbanded when verified.
  - OFFICIALS SIGNUP on [MA Champs Meet Officials Sign-up](#) PRIOR to the meet [HERE](#). Officials must *show your Middle Atlantic App. Official Level Card* @ Official's Meeting.
- **Timers from Visiting Teams:** Each team given # Timers/session. Ask your Coach.
  - [SIGNUP HERE](#) PRIOR to the meet.
  - Check-In @Table to receive Sticker to wear for deck access.
- **Sign-In on Sheet.** Checkmark each session# attending that day. Repeat the next day.

Deck access is strictly monitored. Only pre-screened essential meet personnel (Coaches, Officials), Volunteers listed on Job Sign-Up, and swimmers competing *in that session*.

**Swimmers-**

- Arrive wearing your swim suit under your clothing.
- Enter/Exit Locker Rooms via pool Deck door ONLY (not hallway). NO LOITERING in Locker Room.
- Swimmers requiring Parent Assistance- use First Aid Room(Coach Office) restroom.
- Dry Completely & Wear Shoes into lobby/hallway.
- NO swimmers in Spectator Stands. Meet your parents at the tables in the hallway.
- .DRY completely & wear SHOES before leaving pool deck.
- NO Swimmers in spectator stands. Meet your parents in hallway.
- **No** breakable bottles, **No** Camping Chairs on pool deck.

Champs **Apparel** will be available for purchase in the lobby by Northwest Designs Inc.





**Heat Sheets**- Printed only for Key Meet personnel. Spectators, Use your cell phone to....

- Scan QR Code for digital copy. Click Session#. Posted just at start of each session.
- Screen shot the posted paper copy in lobby.

**Staging Area**- Send your swimmers to the designated Staging Area to be lined-up for their heats. The fastest heat of each event will **Parade** to the starting blocks with pomp and circumstance.

**Meet Mobile**- Heat Sheets and Results available at no additional charge. App info. [HERE](#). Search "MA 2024 10&U Championships @BLUE".

**Award Ceremony** on Pool Deck immediately following last event of each session. Top 3 announced on podium. Coaches, come present awards to your swimmers. Sunday includes **High Point Awards**. Parents will have clear photo ops from spectator stands. Please do not leave Sunday without taking your award bags. We'll have your bags ready a.s.a.p. FUN Prizes for every heat winner.

**Public Rest Rooms** for **Volunteers & Spectators** in hall across from pool.  
**Coach/Official** restrooms in each coach office off pool deck. No adults permitted in swimmer LR.

**Concessions** available throughout the meet. Tables provided in hallway for seating & eating. Please NO FOOD/DRINK in pool spectator stands.

**Hospitality** provided to Coaches & Officials. Snacks provided to volunteers.

**Nazareth Middle School:** Map [HERE](#)

**Assistance:** Please contact Meet Director if you have any attendees with special needs. We're happy to accommodate him/her.

Thank you, [meetdirector@blueeagleswimteam.org](mailto:meetdirector@blueeagleswimteam.org)



**Middle Atlantic Swimming**  
**10yr&Under CHAMPIONSHIPS @ Blue Eagle Swim Team**  
**Warm Up Assignments**

**SATURDAY 3/9/24**

**ENTER from BLOCK END. FEET FIRST ONLY.**

**Session #1: 9-10yr**

	Lane 1	2	3	4	5	6	7	8
9:00 to 9:25am (56)	BLUE(10) NRG(3)		FSA(8) LMOR(5)		KIDS(5) PACE(10)		PSC(10) TRA(5)	
Start & Sprints 9:20 to 9:25am ALL Lanes								

Meet Start @ 9:35am

**Session #2: 8yr&U**

	Lanes 1	2	3	4	5	6	7	8
12:30-12:55pm (51)	BLUE(15) LMOR(4)			FSA(6)	NRG(4) PSC(9)		PACE(8) TRA(5)	
Start & Sprints 12:50 to 12:55am ALL Lanes								

Meet start @ 1:05pm



**SUNDAY 3/10/24**

**ENTER from BLOCK END. FEET FIRST ONLY.**

**Session #3: 9-10yr**

	Lane 1	2	3	4	5	6	7	8
9:00 to 9:25am (65)	KIDS(5) PSC(11)		PACE(10) TRA(6)		BDA(1) LMOR(6)	FSA(9)	BLUE(13) NRG(4)	
Start & Sprints 9:20 to 9:25am ALL Lanes								

Meet Start @ 9:35am

**Session #4: 8yr&U**

	Lane 1	2	3	4	5	6	7	8
12:30 to 12:55pm (52)	LMOR(4) PACE(8)		NRG(4) PSC(9)		BDA(1) TRA(5)	BLUE(16) FSA(5)		
Start & Sprints 12:50 to 12:55pm ALL Lanes								

Meet Start @ 1:05pm