

Hello everyone. We are very excited to welcome you to our meet this weekend! This discusses some important information to thoroughly read, understand and share with all of your coaches, swimmers, families and officials.

Please click [HERE](#) to go to the 2024 Winter Invitational and Mini Meet Page on our website, which is where we will be publishing and sharing meet information. Here are some of the documents that are currently available, or they will be soon. Please read them thoroughly:

- Warm-Up Assignments (UNattached and single swimmers can warm-up in any group – See Meet Director if you need assistance)
- Session Timeline (timeline/breaks will be finalized after scratching/seeding)
- PSYCH Sheets (please check for incorrect entry times)

Deck Access

Swimmers should enter the pool deck either through the locker rooms or they may enter the spectator area and proceed to the staircase at the scoreboard end of the pool.

Meet officials, coaches, and on-deck volunteers must check-in at the admission tables located at the spectator entrance in the lobby. Any USA Swimming non-athlete member, including visitor members, must present their USA registration and a photo ID. Upon receiving a wrist band or lanyard, they can only access the pool using the staircase in the spectator area at the scoreboard end of the pool. They may not enter the locker rooms.

Seeding and Scratching/Check-in

All of the sessions will be seeded on the deck during warm-ups for the current session. Friday night's distance session will have a positive check-in sheet located at the check-in desk by the scorers' desk. The Saturday and Sunday sessions will have check-in reports by team located at the check-in desk for the coaches to pick up and complete. We will not be enforcing penalties for not scratching. The process will reduce empty lanes and the session timelines.

Friday Distance Session

Both the 500 Free and 400 IM events will be swum fast to slow alternating a heat of girls and a heat of boys. Swimmers must provide their own timer for both events and a counter for the 500 Free. With 120+ combined athletes in the both events, we will run the warm-ups and session as follows:

- **Pre-session warm-up:** 4:30 PM-5:25 PM – open warm-up with no assigned lanes for the **500 Free swimmers only.**
Please check-in for the 500 Free by 4:50 PM
- **500 Free Events:** 5:30 PM-~7:00 PM, depending on scratches
- **400 IM warm-up:** will start at the conclusion of the last 500 Free heat. It will not start before 6:30 PM and it will last 30 minutes. It is also an open warm-up with no assigned lanes.
Please check-in for the 400 IM by 6:30 PM
- **400 IM Events:** will start following warm-up.

Saturday

We are running a meet mini meet session in between AM Session #2 12 & Unders and PM Session #3 13 & Overs.

With how long the sessions are tentatively scheduled, we are moving the start time of PM Session #3 13 & Overs back 15 minutes.

- Warm-ups: 3:25 PM-4:40 PM
- Session starts at 4:45 PM

There are single benches around most of the pool perimeter and metal benches. Deck chairs are allowed on the locker room end of deck.

We will be publishing the meet on Meet Mobile later this week - search for EMAC. Heat sheets will not be printed and they will be free on Meet Mobile.

If you have any questions, please email me at meetdirector@emacswim.org.

We are looking forward to a great meet and seeing everyone! Please be safe while traveling!

Thanks again!

John