

We are looking forward to the Relays this weekend and as always it will be a highly competitive meet. Here are some reminders to pass on to staff, swimmers and parents:

1. Warmup schedule:

- 8:25-8:45: Las (1-3), Park (4-10)
- 8:45-9:05: Her (1-3), UD(4-10)
- 9:05-9:25: HH(1-3), SW (4-6), NP (7-10)
- 9:25-9:45: MJP (1-3), SF (4-6,) EM(7-10)
- 9:45 All sprint lanes
- 9:55 team spirit cheers
- 9:59 National Anthem
- 10:00 Meet begins.

2. Seating: please have your team sit in your designated area. At the conclusion of the meet, please clean your area on deck and in the locker room.

3. If you have any relay name changes see me at the meet.

4. Awards: Special edition Wilson Relay mugs will be awarded to each member of the first 8 place teams. Awards will be collated in the gym and may be picked up at the conclusion of the meet. Team awards to the top two scoring girls' and boys' team.

5. Special Relays:

- Mixed 400 medley and 400 free relays: 2 boys and 2 girls who may go in any order each doing 100 yards. MR is in MR order. Free relay is any order you choose.
- Mixed 200 (8x25) relay: 4 girls starting at diving end going 1,3,5,7 and 4 boys starting at the shallow end going 2,4,6,8.
- Back relay: first swimmer starts in the water, number 2, 3 and 4 from a dive and first stroke must be rolling onto back.
- IM relay: each swimmer swims a 100 IM in IM Order.

6. Refreshments will be on sale in the lobby throughout the meet.

7. Spectator fee: Adults \$5.00, students and senior citizens \$3.00. No spectators on the pool deck and no swimmers on the balcony.

8. 2026 Tee shirts will be on sale in the lobby, cost \$20.00. Alert your swimmers, they sell out fast.

9. Lanes 9 and 10 are warmup and cool down lanes. Swimmers must enter from the deep end at the steps and keep moving and not interfere with swimmers in lanes 1-8.

10. The meet is scheduled to end around 1:45 pm.

11. There will be no printed program, coaches will be given up to date heat sheets and the meet can be followed on Meet Mobile.