



# TS Distance at CW Post Saturday, January 8th

**We have taken enhanced health and safety measures – for you, our guests, volunteers and employees. Everyone must follow all posted instructions while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this event, you voluntarily assume all risks related to exposure to COVID-19.**

Any swimmers swimming the 1650 Free needs to arrive on deck at 7:40am, warmup beginning at 7:45am. **SUITS ARE TO ALREADY BE ON. LOCKER ROOMS WILL NOT BE AVAILABLE FOR CHANGING**

Only swimmers swimming the 1650 event, and assigned timer for each swimmer, will be allowed on deck. Viewing of the event may be done via the glass wall of the adjacent atrium to the pool.

Once the swimmer swims their event, they will be allowed to leave the aquatic facility suits are to be on

## Schedule of Meet

### **Session I - 1650 Freestyle**

7:30AM Arrival (NO EARLIER) Remain in car until given OK to Enter  
7:45AM Warmup Session  
8:20 AM Start Event

### **Session II - 500 Freestyle**

9:30AM Arrival  
9:45AM Warm-Up Session  
10:45AM - Start 500 Freestyle

### **Session III - 400IM**

10:30AM Arrival  
10:45AM Warm-Up Session  
11:45AM - Start 400IM

**\*\*It is mandatory you time your own child's events\*\***