

Hello swimmers! Read on for information from BBST for this weekend!

A note from the meet host:

Welcome to the 2021 BBST November Invitational. We are thrilled to host you in Bellingham, and look forward to a great weekend of racing. I have attached supplemental documents to this email to include a psych sheet and timeline. In addition, all information will be posted on the [Meet Website](#) as well. Heat sheets will be created and distributed on Thursday.

Facility: Arne Hanna Aquatic Center 1114 Potter Street, Bellingham, WA 98229

COVID Information

- All athletes, coaches, officials, and volunteers will be required to wear a face mask at all times when not in the water. If you'd like to bring a plastic or silicone bag and a small towel or washcloth again, that might be a good idea!
- No spectators will be permitted inside the building, including in the lobby or the entryway to the pool.
- Spectators are welcome to view the meet through the exterior windows of the facility, and the meet will also be live streamed via the Bellingham Bay Swim Team Facebook page. There is plenty of field area around the facility that are available for families to set up tents or chairs during the meet.
- There will be no concessions available for athletes.

Warm Ups:

You should be at the pool approximately 10 minutes before the start of your warm-up time.

Sessions 1 & 3 (Saturday and Sunday 13&O)

- 7:00-7:30am:
 - Lanes 1-8 Open General Warm Up
- 7:30-7:55am:
 - Lane 1: Push Pace
 - Lanes 2-3: One Way Start/Sprint
 - Lanes 4-6: General Warm Up
 - Lanes 7-8: One Way Start/Sprint

Sessions 2 & 4 (Saturday and Sunday 12&U)

- 10:00-10:55am
 - Lanes 1-3: BBST
 - Lanes 4-6: WEST
 - Lane 7: Storm & SVYA
 - Lane 8: TAC & MMSC

There will be a small dive tank available for warm up/down during the meet.

Positive Check-In

Deadline for the 400 IM, 500 Free, and 1000 free will be **8:00am on the day of the event.**

Scratches

If you would like to scratch any of your events, please discuss with your coach ASAP!

Apparel

You should **ONLY** be wearing WEST team clothing and a WEST cap, even during warm-up. Please refrain from wearing any clothing from other sports teams (high school, collegiate, professional, etc.)

Attachments

Please see attached for the psych sheets and timelines. We will send out heat sheets when we receive them later this week.

Please contact **your coach** if you have any questions, and **LET'S GO WEST!**