



CULLMAN SWIM TEAM

2025 HANDBOOK

NOTICE

In addition to the Cullman Swim Team Handbook, information will be emailed, and posted on the website at **Cullman Swim Team Home**, posted at the pool, and/or announced at practice. Swim season is a busy two months, so be sure to maintain communication about all that is happening with Cullman Swim.

ORGANIZATION

The Cullman Swim Team (CST) organization, has been in existence for more than 45 years. We are currently operating as a summer recreational league team in District II of the Alabama Recreation and Parks Association. While Cullman Park and Rec provide the primary funding, along with the use of facilities, the CST parent organization provides volunteer personnel necessary for resource management, organizational planning, and coaching support. In addition, parents are responsible for all duties required in conducting local swim meets at the Cullman Wellness and Aquatic Center (Timers, Officials, Bullpen, etc.). Plus, at the end of the season, it is the parents who celebrate our swimmers' successes by hosting the team party and the Awards Banquet. It is the cooperation between Cullman Park & Rec and CST parents that provides the swimmers with the many benefits that would otherwise be unavailable.

2025 CST Board of Directors

President - Will Dowdy

Secretary - Sara Hughes

Treasurer - Stephanie Amuso

Board Members

Adriann Basch, Natalie Caffey, Kayla Corliss, Matt Davis, Erin Tidwell, and SaVann Trimble

Coaching Staff

Head Coach – Charis Peek

Assistant Coaches – Anna Hilb, Troy Mann and Anna Page

Junior Coaches – Madeline Dowdy and Mika Lackey

FEES

CST fees cover Park and Rec charges, the general expense of conducting swim meets, team equipment, trophies, website fees, office supplies, directories, and entry fees (excluding the Madison Medal Meet). In addition to swimmer fees, we also rely on the annual t-shirt and website sponsorships. As for attending meets in the summer, there is no charge for entries, admission, or parking until the District and State meet. You should expect additional expenses for goggles, swimsuits*, fins, team pictures (if desired), state shirt (if desired/make time requirements), and possibly the cost of your meal at the Awards Banquet in August. Personalized swim caps must be ordered during the registration process. Anyone who registers after May 6th will receive a non-personalized swim cap.

**Solid black suits are preferred at swim meets. If your swimmer wears a cap for racing, a CST cap is required.*

ELIGIBILITY

The 2025 ARPA Recreational Sports Manual continues to list this rule of eligibility for Park and Rec swimming.

A swimmer cannot compete on two (2) swim teams at the same time during the ARPA swimming season. This season begins June 1 and ends with the completion of the State Swim Meet. A swimmer may compete in ARPA Competition and U. S. Swimming Open Competition if the swimmer is representing the same ARPA team in both competitions. A swimmer may compete in ARPA Competition and U. S. Open Competition if the swimmer is independently registered with U. S. Swimming and is swimming in U. S. Swimming Open Competition unattached.

Translation: USA/AAU swimmers may participate in their respective meets if they are signed up “unattached.” If you disregard this rule between June 1 and the State meet, you are no longer eligible for ARPA swimming for the season.

*The age of the swimmer on June 1 will determine the age group in which that swimmer will compete for the duration of the summer. Age groups are 6 and under, 7-8, 9-10, 11-12, 13-14, and 15-18.

PARENTS

Your priority is to help your swimmer by getting them to practice and meets on time and encouraging them to do their best at both. Please leave the coaching to the coaches. Although it is hard not to notice in what place a swimmer finishes, it is much more important to recognize when they drop time in a race.

Remember that the #1 reason kids join the swim team is that it is FUN! By combining “doing our best” with “having fun,” swim team not only teaches children to push for excellence in the sport, but it also carries over to other aspects of life.

If you need to discuss something with a coach, please do so before or after practice, as their attention needs to be on the swimmers during practice. Please do not have any negative discussions or comments in front of the swimmers. Please do not discuss negative thoughts or opinions on social media.

Practice is in a group setting, so if you feel that your swimmer would benefit from private lessons, please see one of the coaches for recommendations.

Practice and meets continue even with light rain. Lightning, however, will cause a delay or postponement of 30 minutes of the meet until it is safe to resume.

VOLUNTEERS NEEDED

The swim meets could not happen without the help of parents. The home meets **require** around 50 workers, while the away meets need approximately 25 workers. The jobs include setting up, timing, placing judges, ribbons, runners, bullpen workers, and volunteers to take down equipment/supplies. Some additional training is required for meet starter, meet referee, timing console, scoring, and stroke/turn judge.

While each family should plan to commit to helping in some way, no one has to work every meet. **Each year, once new swimmers have registered, families will be notified of a predetermined number of meets that each family must volunteer for in order for their swimmers to attend district.** New families are encouraged to initially start out as

timers, runners, ribbons, and other positions which do not require additional training. All new families are encouraged to jump in and get started. If you have preschool children at the meet, attending to them is your first priority. You can sign-up for volunteer positions at www.cullmanswimteam.com, so please visit the website, sign-up, and help us run a smooth meet for the swimmers. At times, we will be short of volunteers and a volunteer coordinator will be asking for help. Please say "Yes" when asked. **Families that do not volunteer the predetermined number of meets will be charged \$300.00 at the end of the season. If issues with meeting volunteer requirements arise, it is the responsibility of the guardian to notify a board member before the end of the season.*

NEW FAMILIES

Please know that it is not unusual to feel confused about how things work. You will probably get the hang of it at the last meet. We mostly have dual meets, which include CST and one other team from the area. We swim in ARPA District II. ARPA (Parks and Rec) District II includes Arab, Albertville, Boaz, Decatur, Guntersville, Ft. Payne, Madison, and Scottsboro. We may also swim against other district teams such as Jasper, Sheffield, Florence, and Oneonta. We will participate in two championship meets. The Area District meet and the State meet. All swimmers are welcomed and encouraged to swim at the District meet. In order to swim at the State meet, each swimmer has to qualify at the District meet.

At the District meet, swimmers can qualify for the state ARPA Championship. Both meets are held in July. Swimmers must finish in the top 4, or the top 16 with qualifying times. The top 9 relay teams of each relay event get to go to State. **If you qualify and cannot go to State, you must let the coaches know before the meet is over since someone may be able to move into your spot.** Those results that qualify are automatically sent to the State meet host.

Throughout the summer, the swimmers are learning the 4 strokes (free, back, breast, fly) and will be entered in the meets by the coaches. The swimmers may have to learn how to do a stroke legally before they will swim it during a meet. They will learn about the different strokes and how to race in practice. Daily practice helps build up stamina, an important part of racing.

PRACTICE

Check the website to see your swimmer's group assignment. Any changes due to schedules or transportation issues should be discussed with the head coach.

MEETS

Participating in meets is **so much fun** for the swimmers and gives them something to work toward in practice. Each meet has a particular order of events and includes both individual and relay events for each age group. The two leagues use a different order of events, and it can be confusing. For home meets, available swimmers will be entered in 2-3 individual events, as well as 1 or 2 relays, for a maximum of 5 events. Generally, the top three swimmers from each team for a given age group will swim the competition heat, and all others are exhibition heats. Relay entries are based on times, legal strokes, and the number of available swimmers. The coaches try to get entries completed the day before the meet and then post the entries at practice the morning of the meet. **For**

away meets, we try not to overwhelm the hosts with all of our swimmers. Exhibition swimmers, therefore, may be slightly more limited in the away meets, especially in our age groups with 15-20 swimmers. The coaches will have a better idea on this as we get into the season.

At the meets, the “bullpen” is used to organize the swimmers getting ready to race. An announcer calls periodically for swimmers in each event to go to the bullpen. You may accompany your child to the bullpen, if necessary, but please step aside after you deliver them. Parents generally do not need to hover here, as it can add to the chaos rather than help. Bullpen workers make sure the swimmers are lined up to go to the correct lane and heat. The veteran CST swimmers are the best resource for the new swimmers. Don't be afraid to ask questions.

Stroke and Turn Judges are a necessary part of swimming competitions. They report any infractions they may observe to the Meet Referee. It is not appropriate to question a Stroke and Turn Judge during a meet. You need to ask one of our coaches rather than a Stroke and Turn Judge.

Parents may check the ribbon box at practice for ribbons with times for each event from the meet. Missing ribbons may be due to a DQ or an error. We ask that swimmers be dry if they check the ribbon box.

MADISON MEDAL MEET

This is a fun meet and an extra opportunity to get in some good races. Medals and ribbons are awarded in multiple divisions. You are encouraged to participate (some fees are required).

SIGN UP FOR MEETS

It is essential that you indicate if your child is attending each swim meet on the Cullman Swim Team website at www.cullmanswimteam.com. If you do not indicate the attendance of your child, they will not be assigned an event for the meet. Please sign up prior to the deadline. Waiting until the day of the meet is too late. The championships have earlier deadlines and will be listed on the signup sheet.

SWIMMERS

Our team is fortunate to have a great group of swimmers and super coaches. Please remember to pay attention when your coach is talking or demonstrating. Clean up after yourself at the CWAC and at pools we visit. It is YOUR responsibility to make sure your fins, goggles, cap, towels, etc. get packed up and taken home each day. You are expected to follow general safety rules at all pools. Be a good teammate and an encouragement to others. Good sportsmanship conveys respect for others ... even your rivals.

WHAT TO BRING TO MEETS

- Suits, goggles, and CST cap (may want extra goggles and caps as they can break during a meet)
- 2-3 Towels per swimmer
- Water/Sports Drinks

- Snacks - preferably fruit, nutrition bars, and other healthy meals/snacks
- Money for food trucks
- Chairs and/or Blankets - some families bring pop-up tents for shade
- Dry change of clothes

SEASON RESULTS

Results will be posted on the Cullman Swim Team website at the following address:
www.cullmanswimteam.com

PLEASE NOTE

You are not required to join the CWAC in order to participate in practice or swim meets. However, **non-members are not allowed to use the facility** at any other time without the purchase of a daily pass.



FREQUENTLY ASKED QUESTIONS

CST Swim Team FAQ for Swim Families

General Questions

Q: Where can I find general information about CST?

A: We encourage all swim families to go to the website and familiarize themselves with the information. Most questions can be answered on the website.

Q: Do I have to be a member of CWAC to be on the swim or dive team?

A: No, you do not have to be a member of CWAC. If you are not a member of CWAC, you are allowed to use the facility and pools during practice times and meets only.

Q: What swim experience do they need? Do they need to know all the strokes?

A: Most new swim team members generally know how to swim either freestyle or backstroke across the length of the pool (25 yds.) The four strokes: freestyle, backstroke, breast, and butterfly will be taught during practice.

Q: What should we bring to meets?

A: Swimsuit, swim cap, goggles, at least 2 towels per swimmer, chairs, tent, dry clothes for swimmers, sharpie markers to write the swimmers' events, entertainment for children while not swimming & snacks. It is encouraged to bring an extra swimsuit and goggles just in case they get lost or broken during the meet. Please remember to label all towels, shirts, etc. Drink suggestions include water, diluted fruit juice with a pinch of salt, or a sports drink.

Good snack suggestions include:

- Pasta salad
- Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears, fruit pouches
- Dried fruit e.g. raisins, apricots, mango
- Crackers and rice cakes with bananas and/or honey
- Cereal bars, fruit bars, granola bars, fig bars
- Small bags of unsalted nuts e.g. peanuts, cashews, almonds
- Prepared vegetables e.g. carrots, peppers, cucumber, and celery
- Beef Jerky

Q: Will concessions be provided during the meet?

A: You are encouraged to bring plenty of water and snacks for you and your swimmers during the meet. A food truck will be available to purchase food and drinks.

Q: How long will the meet last?

A: A swim meet usually lasts approximately 3.5 hours. Again, this is an approximate time and not set in stone.

Swim Gear Questions

Q: Do we have to buy the team swimsuit?

A: CST does not have an "official swimsuit." Swimsuits that are CST colors, such as black, are acceptable for swim meets. Swimsuit needs to fit the swimmer well.

Q: Do they have to wear a swim cap?

A: All NEW swimmers will receive a complimentary swim cap. Returning swimmers will need to purchase personalized swim caps or wear existing CST swim caps.

Q: What swim gear will I need for practice?

A: Swimmers are encouraged to bring a swim cap(s), goggles, fins (labeled with last name) and a kickboard to practice. Kickboards are usually available to use, but fins are not. Fins and kickboards can be purchased at the Parent Meeting through 1st Place Athletics or purchased online.

Q: How do I put a swim cap on my swimmer?

A: There are a few good youtube videos available for you to watch, but the best way is to watch and learn from an experienced swimmer or swim parent. They are always happy to help!

Practice Questions

Q: How do we know which practice our swimmers are assigned to?

A: Your swimmer will be assigned to a particular group (Gold, Silver, Bronze, Black, White, and 6 & unders). You will be notified of your swimmer's group, and you will attend the practices on the assigned day and time. Please arrive early and with swim gear.

Q: Do parents need to stay for practices?

A: Parents/Guardians are allowed to stay on the pool deck to watch practice, however, we ask that parents leave the coaching up to the coaches. Please do not interrupt during practice as your swimmer is the coaches' priority. Parents with swimmers younger than 10 years of age are encouraged to stay for the duration of the practice.

Q: What happens if it's storming during practice? How will we know if it's canceled?

A: If it's bad weather (lightning) practice may be canceled. If it's canceled, an email and/or a message through the Remind app will be sent out to let parents know.

Q: What is dryland practice?

A: Any activity not performed in the pool, with the purpose of improving swim performance is a form of dryland swim training. This can include stretches or running as well as team development games.

Swim Meet Questions

Q: How do we notify you if our child can't be at a swim meet? By when do we need to notify the coach if our swimmer can no longer attend a meet?

A: All swimmers need to declare if they will attend or decline a swim meet 2 days before the swim meet. This can be done on the Cullman Swim Team website site. If your swimmer can't attend the meet after signing up, the coaches may be contacted through the Remind App.

Q: What is the swim stroke order of an IM? (Individual Medley)

A: butterfly (fly), backstroke, breaststroke, freestyle.

Q: What is the swim stroke order for a Medley Relay Team? (4 swimmers on a team)

A: back, breast, butterfly (fly), freestyle.

Q: What do I write on my swimmer's body to help them keep track of their races?

A: With a sharpie or skin marker you will write on the swimmer's arm or leg Event #, Heat #, and Lane #. *Optional* Some swimmers like to include the name of the swim stroke and/or distance.

Example:

E	H	L	S
8	2	4	50 breast
13	1	8	50 fly

Q: Do we have to stay until the end?

A: Normal dual (two teams) meets last from 5:30 – 9 pm. You should stay until your child has completed all their events. Please verify if your child is participating in a relay because all relays are toward the end of the swim meet. **DO NOT LEAVE A MEET WITHOUT NOTIFYING THE COACH.**

Q: Can they swim at a meet if they missed practice that morning?

A: Yes, they can swim at a meet even if they miss practice. Summer is a busy time with vacations, camps, and other activities, but they are always welcome to swim at a meet if they are available.

Q: How far are the away meets?

A: This depends on the location of the away meet. On average, travel time is between 30-90 minutes. Addresses to away meets are posted on the website.

Q: How many events will my child swim in?

A: Swimmer events will be chosen by the team coaches. We try to get them in as many as possible but this depends on the pool size (6 lanes vs. 8 lanes) and the size of the CST team as well as their swimming ability.

Q: How do I know what my child is swimming at the meet?

A: This is posted on the website before the meet and also posted at practice on the morning of the meet. The app, Meet Mobile, is also available for use.

Q: How many meets do I have to volunteer for? Is it per child or family? How many home vs away?

A: The volunteer requirement is per family not per child. You have to volunteer for 5 job volunteer spots (for example, 3 home and 2 away meets). If you have any questions or concerns regarding volunteer opportunities or difficulties meeting the requirement, please contact a board member. We are happy to help!

Q: Do I volunteer during the 1st and 2nd half of the swim meet?

A: This is up to you! If you volunteer during the 1st half of the meet, then this will count as 1 of the 5 required volunteer requirements. If you decided to volunteer during the 1st and 2nd half, then this will count as 2 out of the 5 volunteer requirements.

Q: What happens if I do not volunteer at swim meets or I do not meet my volunteer requirements?

A: A swim meet can **NOT** take place without parent volunteers. If volunteers are not available, the meet will be delayed, as this sport solely relies on volunteers who graciously give their time and talents. If you are asked to volunteer, please say "YES." The team needs everyone to do their fair share. Let's be an example! *For those who do not complete the requirements, a fee of \$300 will be charged to your account at the end of the season.*

Q: What are the different volunteer job duties that I can sign-up for during the meet?

A: Please see the descriptions listed below:

- **Head Timer:** Organizes and briefs the Lane Timers on their duties prior to the meet and is in charge of the lane timers throughout the meet. They are responsible for attending to the needs of the Lane Timers during the meet. For example, if there is a problem with the stopwatch, then the Head Timer is responsible for replacing it in a timely manner. We need one per half.
- **Lane Timers:** Records the swimmer's time. Each timer is provided a stopwatch and assigned a lane; there are two timers for each lane and both times are recorded. Timers are assigned to work for one-half of the meet. This job gives you the best view of the pool and the swimmers during their races!! This job is great for new swim volunteers! We have to have 8 timers per half (16 total) to conduct a swim meet. The opposing team will provide the other 8 timers per half.
- **Runner:** Responsible for obtaining the documented timed event papers and DQ forms for each race from the timers and judges. The lane timer's paper and DQ forms are delivered to the scoring table. Runners should have good tennis shoes that work well on slippery wet surfaces. Assigned to work for one-half of the meet. This job keeps you moving around at the poolside and the time passes quickly. We need one per half.
- **Bullpen Volunteers:** Supervise and organize swimmers per heat sheet and ensure they make it to the blocks in time for their individual and relay events. We would like every swimmer to make it to the blocks in time for their events, however, it is not your responsibility to track down missing swimmers. This job is perfect for individuals who know how to engage and organize children. Three volunteers per half is preferred.
- **Place Judge:** Judging the order of swimmers as they finish the races. You sit on deck near the start/finish at the end of the pool and monitor and record the order of the swimmers finish. We require one per half. The opposing team will provide another place judge per half.
- **Merchandise/Ribbons:** Will be responsible for giving out already purchased merchandise to appropriate persons. Places labels on ribbons; sorts and files ribbons into swimmer file folder. Assigned to work for one-half of the meet. This job will be appointed and reserved for families with unique needs or unable to volunteer in other areas.
- Please communicate with a board member if you have any questions or concerns about meeting the volunteer requirements.
- For the purpose of running a smooth meet, and if needed, volunteers can be moved and placed in another volunteer position that best fits the needs of the team.

Q: What is a Stroke and Turn Judge? Can I become a S&T Judge?

A: The Stroke and Turn Judge volunteers determine whether the technical aspects of the swimmer's strokes are legal. It requires general knowledge of the USA Swimming Rules and Regulations, and a willingness to fairly disqualify swimmers from both teams when appropriate. The positions require training and willingness to learn during the swim meets.

Q: What does it mean if my swimmer gets DQed?

A: DQed is an abbreviation for disqualified. It means the swimmer did not swim the stroke legally. If you have questions about why your child got disqualified or how to correct their stroke, you should reach out to a coach. All swimmers get DQed at one point or another. Please do **not** get discouraged by this and use it as a learning opportunity.

Q: How many meets does my child need to swim at to be able to swim at the ARPA District II and ARPA State Championship meets?

A: The main goal of our CST Coaches is to get our team ready to swim well at the District and State meets! All swimmers are encouraged to swim in 6 out of 9 meets. This is to help your swimmer be the best swimmer they can be!

Q: What is the difference between the ARPA District II & ARPA State Championship meets?

A: The District swim meet is only open to teams within our district. **ALL** swimmers are **HIGHLY ENCOURAGED** to swim in the District swim meet. Only swimmers who meet the ARPA State Qualifying times in a particular race in their particular age group or place in the top 4 for individual races and top 9 for relay races will be able to advance to the State Championship swim meet.

Q: Where can I find the ARPA State Qualifying Times?

A: The qualifying times are listed on the CST website under “documents.”

Common Swimming Terms

Age groups: Swimmers are organized by age in competition. 6 and under swimmers compete against each other. Same goes for 8 and under swimmers, 9-10 year olds, 11-12 years olds, 13-14 year olds, and 15-18 year olds. (Age groups vary by swimming organization, but these are the most common.)

Anchor: The fourth and final swimmer on the freestyle relay team. A position of prestige is often reserved for the fastest swimmer on the relay, as they are competing for a better finish.

Bullpen (or Clerk of Course): The area on the pool deck where swimmers are held in a particular area prior to the race. Rows of chairs will be set-up, with swimmers being assigned to a particular row along with the other swimmers in their heat.

DQ (disqualification): DQ's happen when a swimmer has violated one of the rules. Touching with one hand during breaststroke/butterfly, or dolphin kicking past 15m, false starting, etc.

Dual meet: A competition that is set-up between two different swim teams. Both teams compete for points.

Event: Swim meets typically consist of 80 events. There are equal events for both boys and girls in each age group. They include medley relays, freestyle, breaststroke, individual medley, backstroke, butterfly, freestyle relays and mixed relays. These events are further divided into heats to accommodate large numbers of swimmers. The coaching staff determines who swims each event.

Exhibition (EXH): The swimmer gets to swim and gets an official time for the event, but their swim doesn't count for the purposes of the competition. Most of the time, this simply means the coaches were limited in the number of swimmers they could enter, or there were no-shows that left empty lanes. It doesn't mean anything negative about your swimming.

False start: When a swimmer leaves the starting blocks early. A false start can include a swimmer trying to jump the start or rolling forward before the starter's beep has sounded.

Final results: After a race has been completed, and there have been no disqualifications, results are said to be “final.”

Fins: A piece of equipment used by swimmers on their feet to increase the efficiency and speed of kicking.

Heat: One group of swimmers doing an event. For example, in an 8-lane pool, it would be eight swimmers competing in the same race. An event of a race can have a few or many heats. Slower swimmers race in the first heats, with the swimmers with the fastest seed or entry times swimming in the final heats.

Heat sheet: A list of the day’s events, usually paper-bound, that lists the participants in each lane, their seed time, lane, and the heat they are in. Races are arranged by event number. Swimmers can be seeded from slowest to fastest. (*see example at right*)

IM: Individual Medley; Event of swimming which requires the execution of each of the four strokes in the following order – butterfly, backstroke, breaststroke, freestyle.

Kickboard: A piece of equipment used by swimmers to support their arms and upper body, letting them rest so they can devote focus and energy to training leg technique.

Meet Suit: A swimsuit dedicated specifically to meets; typically fits tighter and comes in one cohesive style and coloring for all members of the team to promote uniformity and team morale.

Mixed Relays: A relay team that consists of two female and two male swimmers for both the freestyle relay and medley relay.

Practice Suit: A swimsuit dedicated specifically to practices; typically fits comfortably and comes in a variety of styles and designs as well as brands.

Qualifying Times (Cuts): Time standards for competitions.

Scratch: Scratching an event is declaring that, while you are at the meet and intend to race, you will not be participating in a particular race. Scratching should only take place with a coach’s approval.

Seed time (or entry time): The time that a swimmer is entered into an event with. This time, usually the swimmer’s personal best time in the event, is used to seed the swimmers into heats. For example, if a swimmer has a best time of :30 in the 50-yard butterfly, they will be entered with this time, and meet organizers will seed the swimmer alongside other swimmers in the same age group with a similar time.

Starting block: The mounted platform a swimmer uses to dive into the water. When a coach says to “get behind the blocks,” this means the swimmer should get behind their respective starting block in anticipation of their heat.

Timer: A volunteer, usually a swim parent, who times the swimmer in their assigned lane with a stopwatch. Usually, there are 2 timers per lane.

Touchpad: The yellow electronic pad that is affixed underneath the starting block. The clock stops when a swimmer touches it at the end of their race. Although there are 2-3 timers behind the block, this is usually the official time.

Event Number		Event Name		
#77		Girls 8 & Under 100 Yard IM		
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Wathen, Molly F	7	MSA-SE	2:30.00
3	Lynn, Allison P	7	MSA-SE	2:19.51
4	Hayden, Mckinley R	8	MSA-SE	2:12.02
5	Quinn, Emersyn D	8	MVA-SE	1:50.73
6	Casey, Scout	8	MCSC-SE	2:06.11
7	Crowell, Madison	8	MCSC-SE	2:14.12
8	Sprinz, Emily A	7	MSA-SE	2:19.55
Heat 2 of 2 Finals				
1	Blair, Goldie H	7	LIFE-SE	1:47.20
2	Brown, Bailey	8	LIFE-SE	1:44.38
3	Coker, Mallie K	8	LIFE-SE	1:41.93
4	Hughes, Lauren G	8	CSA-SE	1:35.90
5	Muse, Vera V	8	UN-SE	1:31.45
6	Wetta, Claire L	8	BSL-SE	1:31.60
7	Kuang, Hannah S	8	MSA-SE	1:38.38
8	Mayfield, Zoey R	8	BSL-SE	1:42.42
9	Watkins, Tessa K	8	MCSC-SE	1:46.05
10	Lancaster, Grace A	8	MSA-SE	1:49.32

In the Know

Q: Where can I receive up to date information immediately?

A: Text @gocst to 81010 for remind updates.

Q: Where can I see my swimmer's meet results?

A: Simply download the app "Meet Mobile" (in order to see meet results an annual fee will be charged) to track the swimming events and timeline, as well as receive real-time results for your swimmer.

The logo features the letters 'CST' in a large, bold, black font. The bottom half of the 'C' and 'S' is filled with a yellow color. Below the letters, the words 'CULLMAN SWIM TEAM' are written in a bold, black, sans-serif font.

CST

CULLMAN SWIM TEAM

2025 CST MEET SCHEDULE

MAY 27 (Tuesday)

Black and Gold Time Trials @ Cullman

MAY 29 (Thursday) **NO MEET**

JUNE 3 (Tuesday)

Jacksonville vs. Cullman @ Cullman

JUNE 5 (Thursday)

Cullman @ Albertville

JUNE 10 (Tuesday)

Cullman Boys vs. Girls @ Cullman

JUNE 12 (Thursday)

Cullman @ Arab

JUNE 14 (Saturday)

Madison Medal Meet @ Madison (*optional*)

JUNE 17 (Tuesday)

Cullman Challenge @ Cullman

JUNE 19 (Thursday)

Cullman @ Jasper

JUNE 24 (Tuesday)

Boaz vs. Cullman @ Cullman

JUNE 26 (Thursday)

Cullman @ Madison

***JULY 11-12** (Friday & Saturday)

ARPA District II Meet @ Madison

(All swimmers need to attend)

***JULY 25-26** (Friday & Saturday)

ARPA STATE CHAMPIONSHIP MEET @ Albertville

(For swimmers that qualify at ARPA District II Meet)