

Sanger Seals 2024 Meet Requirements

Location: Sanger High School Pool (see map on CVRSL website)

Warm-ups:

Sanger: 5:45 pm to 6:00pm

Visitors: 6:00pm to 6:15pm (must be coach supervised)

NO SWIMMING IN WARM-UP LANES WITHOUT A COACH

Meet start: 6:30pm – Cut off is negotiable

Lanes: 10

Relays: 2 Heats

Freestyle & Backstroke: Unlimited

All Other Events: 3-4 Heats

Visiting Team:

Please send an updated team roster 5 days before the meet to:
sangersealsswimteam@gmail.com

We will be pre-seeding the meet and will email the event file 2-3 days before the meet and will need it returned 24 hours prior to the meet

Please provide 5 recorders and 10 timers for your lanes.

Awards:

Ribbons will be available at the end of the meet.

Ribbons are awarded through 10th place in Individual Events and through 3rd place in relay events. All 8U receive participation ribbons.

Sanger Seals: 200 swimmers

Snack Bar:

We will continue our tradition of having “magnificent” food. Plan on eating at the pool! Sign up to time and enjoy the awesome hospitality Sanger has to offer.

*No glass, running, or horseplay on pool deck.

*Athletes in the warmup lanes before and during the meet must be supervised by their own Coach.

*Diving during pre-meet warm-ups is permitted only if swimming in one direction.

*No diving in the warmup lanes during the meet.

*No alcohol, tobacco, smoking, or vaping is allowed in the facility.

*Please clean up trash prior to leaving the premises.

*There is limited shade; consider bringing canopies to camp under.

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