

# HSA All Ages NTS Meet

## February 25-26, 2023

**Location:** Granite Hills High School. 1719 E. Madison Ave., El Cajon, CA 92019

**Positive check in:** All swimmers must check in. Check in opens at 6:45 and closes at 8:30am.

**Sessions:** The meet will run in 1 session each day with a 10 lane course. No parents will be allowed behind the starting area.

**Relay Cards:** Relay cards are due by 10:30am each day.

**Deck area:** Teams canopies can be set up on Saturday morning on the black top to the west side of the pool or behind the bleachers. Bleachers are for spectators, no canopies are allowed in the bleachers.

**Coach Canopies:** Canopies are allowed on deck.

**Bathrooms:** Bathrooms are located on the East side of the pool deck. There are no separate facilities for adults and athletes. Changing is not allowed in the restrooms, please bring Safe Sport tents for changing.

**Snack Bar:** A full snack bar will be provided.

**Hospitality:** Will be provided for all coaches and officials

### Timing Assignments:

Swimmers will need to provide their own timers for the 500 and 1000 freestyle on Saturday.

Timers will be provided for Sunday morning 500.

1	2	3	4	5	6	7	8	9	10
CAST	CSTE	CSTE	PS	PS	PS	MRA	SBA	SBA	RST
CAST	CSTE	CSTE	SOL	PS	PS	MRA	SBA	SBA	TAQ

### Warm Up Assignments:

7:35-8:10 – SBA, CSTE, SDAC, SDSA, SOL, TAQ

8:10-8:45 – PS, MRA, RST, CAST