



# 2023 SUBURBAN SWIM LEAGUE CHAMPIONSHIPS

SATURDAY, JULY 29, 2023

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## **SESSION 3: 8 & U Girls/Boys, 9-10 Girls/Boys, 11-12 Boys**

- 7:30 AM: Arrival
- 8:00 AM: Warm-Up 1 (15 Minutes General Warm-Up, 10 Minutes Sprints)
- 8:25 AM: Warm-Up 2 (15 Minutes General Warm-Up, 10 Minutes Sprints)
- 8:50 AM: Close Competition Pool
- 9:00 AM: Meet Begins
- 11:25 AM: Meet Ends / Teams Vacate Facility

## **SESSION 4: 11-12 Girls, 13-14 Girls/Boys, 15-18 Girls/Boys**

- 11:30 AM: Arrival
  - 12:00 PM: Warm-Up 1 (15 Minutes General Warm-Up, 10 Minutes Sprints)
  - 12:25 PM: Warm-Up 2 (15 Minutes General Warm-Up, 10 Minutes Sprints)
  - 12:50 PM: Close Competition Pool
  - 1:00 PM: Meet Begins
  - 3:25 PM: Meet Ends / Teams Vacate Facility
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## **GENERAL POINTS OF EMPHASIS FOR COACHES / TEAMS**

- Make sure your team sits in their designated area. If you want more space, you can sit on our lower level
- ASC has plenty of deck seating in each team area; however, if you want to bring your own chairs, feel free to do so.
- If you plan to bring team tents, please know that our main seating area will be on concrete (ASC will not provide options for 'weighing-down' your tents).
- ASC has two main pools on its property - the Main Pool and the Competition Pool. The Main Pool will be open for warm-ups throughout the duration of the meet. The Competition Pool will be open for warm-ups during warm-up sessions, and it will serve as the pool for all races at the meet.
- Warm-Up Sessions are 25 minutes in length each. The first 15 minutes will feature assigned lanes for each team. The final 10 minutes of each warm-up session will feature one-way sprints in the competition pool. The main pool will remain open during that time for general warm-up.
- Relays for 8 & U and 10 & U will require in-water starts for the 2nd and 4th swimmer in those relays; diving is not permitted in the shallow end of the competition pool.
- Make sure your team brings their own set of stopwatches for timing at the meet
- Food will be available for sale on both our main deck and lower-level snack bar
- Make sure your swimmers check-in with the Clerk of Course for all races
- Follow all designated traffic patterns on the pool deck - this will greatly enable our meet to run on schedule.
- All spectators must sit/stand in designated areas; please be considerate of others who want to see their children swim.
- Main pool will also be open for spectators to cool off if needed during some portions of the meet.
- Please clean up your team area when leaving the meet



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## WARM-UP SCHEDULE & LANE ASSIGNMENTS

- Each warm-up session is 25 minutes in length
- Lanes 1 through 6 are in the Competition Pool
- Lanes 7 through 16 are in the Main Pool
- One-way sprints will take place during the last ten (10) minutes of each warm-up session in the competition pool
- Swimmers can warm-up in the main pool when sprint lanes open in the competition pool
- The warm-up section of the main pool will remain open for the duration of the entire swim meet

### MORNING SESSION

8:00 - 8:25 AM			8:25 - 8:50 AM		
COMPETITION POOL	LANE 1	RV/SPL	COMPETITION POOL	LANE 1	SL
	LANE 2	RTW		LANE 2	SL
	LANE 3	RTW		LANE 3	MD
	LANE 4	RTW		LANE 4	MD
	LANE 5	HH		LANE 5	MD
	LANE 6	HH		LANE 6	MD
MAIN POOL	LANE 7	ASC	MAIN POOL	LANE 7	PCC
	LANE 8	ASC		LANE 8	PCC
	LANE 9	SA		LANE 9	PCC
	LANE 10	SA		LANE 10	PM
	LANE 11	SA		LANE 11	PM
	LANE 12	WA		LANE 12	PM
	LANE 13	WA		LANE 13	PSC
	LANE 14	WA		LANE 14	PSC
	LANE 15	SSC		LANE 15	ACAC
	LANE 16	SSC		LANE 16	ACAC

### AFTERNOON SESSION

12:00 - 12:25 PM			12:25 - 12:50 PM		
COMPETITION POOL	LANE 1	SA	COMPETITION POOL	LANE 1	PSC
	LANE 2	SA		LANE 2	PSC
	LANE 3	SA		LANE 3	PSC
	LANE 4	SA		LANE 4	PCC
	LANE 5	WA		LANE 5	PCC
	LANE 6	WA		LANE 6	PCC
MAIN POOL	LANE 7	ASC	MAIN POOL	LANE 7	MD
	LANE 8	ASC		LANE 8	MD
	LANE 9	RTW		LANE 9	MD
	LANE 10	RTW		LANE 10	MD
	LANE 11	HH		LANE 11	PM
	LANE 12	HH		LANE 12	PM
	LANE 13	HH		LANE 13	SL
	LANE 14	SSC		LANE 14	SL
	LANE 15	RV		LANE 15	ACAC
	LANE 16	SPL		LANE 16	ACAC