

SPA Families,
Here are the details for the meet this weekend:

The meet is being held at Galena Park ISD Natatorium 15027 Wallisville Rd. Houston TX, 77049

Meet Notes:

- Swimmers should bring extra towels, two caps, two pairs of goggles, snacks, water, and something to have on their feet while on the pool deck.
- Snacks may not be eaten on deck.
- Spectator seating will open 15 minutes prior to the start of every session. Only coaches, swimmers, officials, and meet personnel will be allowed in the pool area before the meet.
- There is no inside setup for spectators, it is a come-watch-and-go. There will be NO PERMANENT SET-UP INSIDE THE POOL, NO COOLERS ARE ALLOWED IN THE SPECTATOR AREA, NO CHAIRS ALLOWED IN THE SPECTATOR AREA. Also, parents are not allowed on deck unless they are timing. Safety marshals will be patrolling this the whole meet.
- The parking lot directly in front of the natatorium will be for setup only. Parking will be in front of the stadium.
- Swimmers in the 1000 and 500 freestyle must provide a lap counter and two timers.
- **SPA Swimmers who are late for warm up will not be guaranteed their spot on a relay and swimmers who miss warm up will be replaced on relays. Relay cards are due 45 minutes before the start of each session. Coaches will make decisions based on allowing all entered relays to participate.**

Session 1 Saturday, November 15 AM (13 & Over Girls and Boys). Red Shirt Warm-up 8:15-8:45 am. Swimmers need to be at the pool at 8:00 am. We will warm up in lanes 7 and 8 of the competition pool and lane 10 of the Shallow End. The meet starts at 9:00 am and will end around 11:00 am.

Session 2 Saturday, November 15 PM (12 & Under Girls and Boys). Red Shirt Warm-up 12:00-12:25 pm. Swimmers need to be at the pool at 11:45 am. We will be warming up in lanes 7 and 8 of the competition pool. The meet starts at 1:00 pm and will end around 3:40 pm.

Session 3 Sunday, November 16 AM (13 & Over Girls and Boys). Black Shirt Warm-up 8:15-8:45 am. Swimmers need to be at the pool at 8:00 am. We will warm up in lanes 7 and 8 of the competition pool and lane 10 of the Shallow End. The meet starts at 9:00 am and will end around 10:40 am for those not swimming the 500. If you are swimming the 500 the meet will end around 11:20 am.

Session 4 Sunday, November 16 PM (12 & Under Girls and Boys). Black Shirt Warm-up 11:30-11:55 am. Swimmers need to be at the pool at 11:15 am. We will be warming up in lanes 7 and 8 of the competition pool. The meet starts at 12:30 pm and will end around 2:40 pm for those not swimming the 500. If you are swimming the 500 the meet will end around 3:20 pm.

Timing Assignments:

- Saturday AM (Session 1): Lanes 7 and 8 (two chairs each lane).
- Saturday PM (Session 2): Lane 5 (one chair) and Lane 6 (two chairs).
- Sunday AM (Session 3): Lanes 7 (one chair) and Lane 8 (two chairs).
- Sunday PM (Session 4): Lane 1 (one chair).