

SPA Families,

Here are the details for the meet this weekend:

The meet is being held at the Friendswood High School Natatorium, 1115 Falling Leaf Drive, Friendswood, 77546

Meet Notes:

- The meet requires a positive check-in for all events. Coaches will receive forms to circle in all swimmers. Swimmers who are late will not be circled in and removed from the meet.
- This is a prelims / finals meet for 11 and over swimmers. Finals will be for the top 16 swimmers in each event for 11-12, 13-14, and 15 and over. Swimmers who qualify for finals are expected to swim and should not scratch before talking with their coach.
- 1650 Free - alternates girls' and boys' heats. Swimmers must provide their own timers and lap counter.
- 400 IM and 500 Free are timed finals that will be swam immediately after the prelims session for 11 and over swimmers. Both events will alternate girls' and boys' heats, swimmers must provide their own timers and lap counter (500 Free).
- All age groups have mixed relays, boys and girls combined. Relays are subject to change, but all swimmers listed are expected to swim. Relays are posted on the meet page on the SPA website.
- 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.
- Spectators will be allowed in the bleachers to view races. Swimmers cannot set up in the bleachers; this is for spectators only.
- Parents will not be permitted to "camp" or set up chairs within the spectator bleachers.
- No wet swimmers are allowed in the spectator bleachers of the pool area.
- The warm down pool will be available to use, however, no congregating of swimmers at the ends of the lanes.

Session 1, Friday January 16 (11 and Over Girls and Boys swimming the 1650 Free) BLACK Shirt.

Warm-up will be 5:30-6:15 pm. Swimmers should be at the pool at 5:15 pm. This session will be run as an open warm-up. The session starts at 6:30 pm and should be done around 7:20 pm

Session 2, Saturday January 17 (11 and Over Girls and Boys) RED Shirt.

Warm-up will be 7:45-8:15 am. Swimmers should be at the pool at 7:30 am. We will be warming up in lanes 1, 2, and 3 of the competition pool. The session starts at 9:00 am and should be done around 11:30 am for swimmers not in the 400 IM. The 400 IM will be done around 12:20 pm.

Session 3, Saturday January 17 (10 and Under Girls and Boys) RED Shirt.

Warm-up will be 12:25-12:50 pm. Swimmers should be at the pool at 12:10 pm. We will warm up in lanes 1, 2, and 3 of the competition pool. The session starts at 1:30 pm and will be done around 4:00 pm.

Session 4, Saturday January 17 (11 and Over Girls and Boys FINALS) RED Shirt.

Warm-up will be 4:00-4:45 pm. Swimmers should be at the pool at 3:45 pm. This session will be run as an open warm-up. The session starts at 5:00 pm and should be done around 7:20 pm.

Session 5, Sunday January 18 (11 and Over Girls and Boys) BLACK Shirt. Warm-up will be 7:45-8:15 am. Swimmers should be at the pool at 7:30 am. We will be warming up in lanes 1, 2, and 3 of the competition pool. The session starts at 9:00 am and should be done around 11:30 am for swimmers not in the 500 Free. The 500 Free will be done around 12:10 pm.

Session 6, Sunday January 18 (10 and Under Girls and Boys) BLACK Shirt. Warm-up will be 12:25-12:50 pm. Swimmers should be at the pool at 12:10 pm. We will warm up in lanes 1, 2, and 3 of the competition pool. The session starts at 1:30 pm and will be done around 4:00 pm.

Session 7, Sunday January 18 (11 and Over Girls and Boys FINALS) BLACK Shirt. Warm-up will be 4:00-4:45 pm. Swimmers should be at the pool at 3:45 pm. This session will be run as an open warm-up. The session starts at 5:00 pm and should be done around 8:15 pm.

Timing Assignments:

- Friday PM (1650 Free): Swimmers must provide their own timer.
- Saturday AM (11 and over session): Lane 8 (two chairs) and Lane 7 (one chair).
- Saturday PM (10 and under session): Lane 1 (two chairs).
- Saturday Finals (11 and over):
- Sunday AM (11 and over): Lane 8 (two chairs) and Lane 7 (one chair).
- Sunday PM (10 and under): Lane 1 (two chairs).
- Sunday Finals (11 and over):