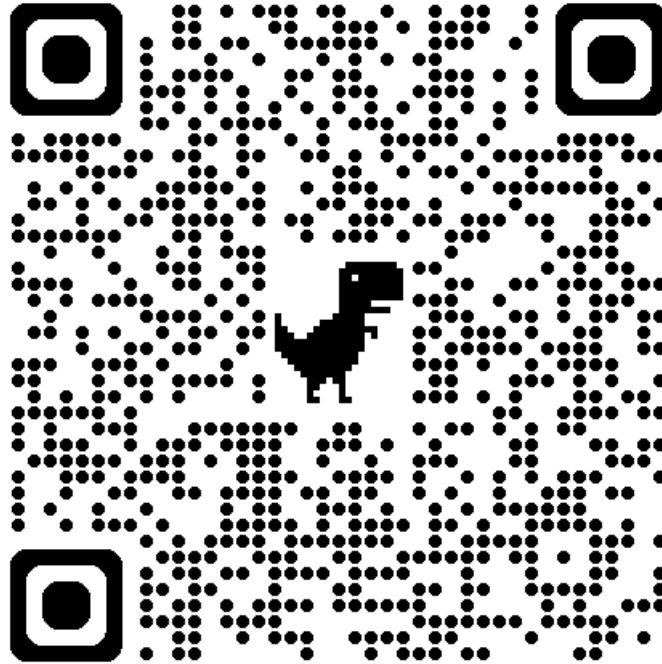


Coach Contact Request Form



<https://forms.gle/tsafZ4v5yTfUuD2L8>

Scratch deadlines for deck seeded events:

Thursday: 11-14 1500: 2:05pm
11-12 & 10&U 400 M Free: 4:00pm
13-14 800 M Free relay: 4:30

Friday: All other relays: 7:30am
11-12 & 13-14 400 M IM: 7:30am

Saturday: 13-14 400 M Freestyle 7:30am

Sunday: 11-14 800 M Freestyle: 7:30am

Scratches for deck seeded events and for advancement to finals will be taken in the admin room.

Please remember that there are penalties for a no-show for both the deck seeded, 400M and longer events and all relays, and for all final events.

Relays cards for Thursday will be available during warmups.

Relays cards for Friday will be available at 8:30 am on Friday.

Relay cards for Saturday and Sunday will be available during the Finals session the evening before.

Please have the athletes report to the block for relay events with the relay cards properly showing the athlete order.