



## DFAC Summer Solstice



**When:** Friday June 28, 2024

**Where:** Deforest High School Pool, 815 Jefferson St, Deforest, WI

**Facility:** Indoor 25 yard pool with eight 7' lanes, non-turbulent lane markers, backstroke flags, 29 ½" Keifer starting blocks, gutter pool. Pool depth is 12'6" at the starting block end and 3 ½" at the opposite end. 2nd and 4th swimmers for 100 yard relays will start in the water. The meet host will ensure the required course dimensions.

**Admission:** Individual events: \$6.00  
Relays: \$16.00  
Splash Fee: \$4.00  
Admission Fee: \$12.00

**Times:** ***ARRIVE 15 min. Before the start of your scheduled warm-up time!***  
*Assigned warm-up lanes are below.*

|        | Warm-Ups    | Meet Starts | Est. Finish |
|--------|-------------|-------------|-------------|
| Friday | 5:10-5:30pm | 6:00pm      | 9:00pm      |

### Swimmer's

**Info:** This is a fantastic one-session meet for all swimmers! Please encourage your swimmers to follow up with your coaches after their race, and talk race strategy with them beforehand. ***THERE IS A MEDLEY RELAY AT THIS MEET! PLEASE CHECK IN WITH COACHES IF YOU ARE IN A RELAY!***

### **\*\*NOTE:**

Swimmers Check - list

- ***Friday Shirt-Any Wave Shirt***
- Apparel to wear for the deck (should be prepared for it to be hot as well cold)
- Extra Team Caps/ Extra Pair of goggles
- Towel
- Snacks (no glass containers) Drinks (no glass containers)
- Positive Attitude!! Get ready to cheer!
- Check-in & Check-out with coaches before your races
- Be ready to SWIM FAST !