

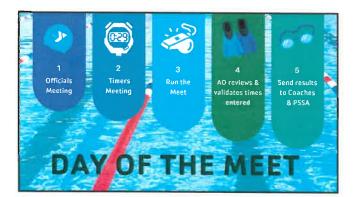




## **WEEK OF THE MEET**

- Entries due to Meet Director 7 days prior
- AO reviews meet entries before seeding
- Send Pysch sheet for final review of coaches within 3-5 days of meet with a Final changes due within 24 hours
- Pending changes send final pysch sheet and heat sheet to coaches
- · Print timer sheets









## Youth Protection & Safe Sport

- NO cameras, cell phones or other recording devices are allowed behind the blocks
- Please do not text or use cell phone while timing
- If you find that you need to make a call or need a break, signal the Head Timer and a relief timer will be provided.
- Please do not help swimmers in or out of the pool.



