

GPAC Long Course Derby Meet Notes

May 7-8, 2011

Please read and review the following important notes for the GPAC Long Course Derby Meet. It is the responsibility of each team, coach, swimmer, and parent attending to know this information.

Warm-up and Session Start Times*

Saturday

9-10/11-12

Warm-up 6:30-7:45am

Check in sheets due by 7:10am

Meet will run 8:00am-12:00pm

13 & Over 400 Free (run fastest to slowest alternating Women/Men by heat)

Warm-up 12:00-12:30pm

Check in 9:00am-11:45am

Meet will run 12:30pm-1:40pm

13 & Over Session

Warm-up 1:45-2:45pm

Check in sheets due by 2:00pm

Meet will run 2:50-7:20pm

Sunday

9-10/11-12 Session

Warm-up 6:30-7:45am

Check in sheets due by 7:10am

Meet will run 8:00am-12:00pm

9-12 400 Free Session

Warm-up 12:00-12:20pm

Check in by 11:30am

Meet will run 12:30-1:20pm

13 & Over 400 IM Session

Warm-up 1:20-1:50 pm

Check in by 1:20 pm

Meet will run 1:50-2:15pm

13 & Over Session

warm-up 2:15-3:15pm

Check in sheets due by 2:20pm

Meet will run 2:20pm-6:45pm

*There will not be any warm-up assignments for this meet. All session times are pre-scratch, so they are subject to change. Regardless all warm-up, check in, and session start times will remain unchanged.

1) This meet is being run using the on deck "scratch back" procedure. THE FIRST EVENT OF EACH FULL SESSION WILL BE PRESEDED AND POSTED AROUND THE POOL DECK AND IN THE SPECTATOR BALCONY. This event will run unchanged. The rest of each session will be seeded once check-in sheets have been turned in.

2) Heat sheets will be distributed to coaches and officials first. Heat sheets will then be sold in the spectator balcony for \$2 each. We will do our best to get the heat sheets to spectators as quickly as possible. The overall speed of this process depends on how quickly we get the check-in sheets from all teams.

3) Once check-in sheets are due the meet will be seeded. Any swimmer or any team not checked in will be scratched. Please inform your coaches/teams if you are NOT going to attend a session so they can properly complete the check-in procedure.

4) Entries are set at this time. No additions or subtractions can be made to your entries. Deck entries will be accepted for all events except the 400 Free and 400 IM as long as there is an open lane in the races after it has been seeded. Deck entries are \$10 per event. If the swimmer is not already in the meet database, copy of proof of 2011 USA Swimming registration must be shown to deck enter (either the USA Swimming card or print out of official team roster online from the USA Swimming website, no other form of registration is acceptable).