

2004 A Meet at Countryside

The meet has 390 swimmers. The split is pretty even. Sessions are very manageable. 3 hours in the morning and two hours in the afternoon.

PLEASE NOTE THAT THE AFTERNOON WARM-UP IS EARLIER THAN IN MEET INFORMATION.

Friday evening warm-ups will be open as there are 44 swimmers in the meet. The session will last about 1 hour. Warm-ups 6:00 PM. Meet 7:00 PM. Meet will last about one hour.

Morning Warm-ups

	1	2	3	4	5	6	7	8
7:00 AM	CY	CY	CY	CY	CY	CFY	CFY	CFY
7:45 AM	FFY	FFY	FFY	LAKY	LAKY	MMR	CLIN	CLIN/HWY

Clear Pool 8:30 AM Meet begins immediately after devotions

Session about 3 hours long

Afternoon Warm-ups

	1	2	3	4	5	6	7	8
12:00 PM	CY	CY	CY	CY	CY	CY	HWY	MMR
12:30 PM	CFY	CFY	CFY	FFY	FFY	LAKY	LAKY	CLIN

Clear pool 1:00 PM Meet begins immediately after devotions

Session about 2 hours long

There is some concern about swimmers not having enough rest.

I looked at 9 – 10 events and they are about 20 minutes apart

I considered seeding in 6 lanes, but we already have officials assigned so I did not want to make changes. We can run at a leisurely pace and still be out mid afternoon.