

2018 AD LC Champs Meet Times and Notes

	Warm up	Meet Start	End Time	Duration
Fri am	7:00 am	8:00 am	12:00	4
Fri afternoon	12:00	1:00	4:30	3.5
Fri pm	4:30	5:15	7:30	2.25
Sat am	7:00 am	8:00 am	11:45	3.75
Sat afternoon	11:45	12:45	4:00	3.25
Sat pm	4:00	4:45	7:45	3
Sun am	7:00 am	8:00 am	1:00	4.5 (3.25 w/o 1500)
Sun afternoon	1:00	2:00	5:30	3.5 (3 w/o 400)
Sun pm	5:30	6:15	7:45	1.75

There will be 3 sessions per day, but all events will be swum as timed finals. The 13 and over swimmers will swim in “flighted” sessions:

- Session 1 (AM) each day will be the first heats of the 13-over events. The fastest 3 heats of 13-14 and 4 heats of 15&O will swim at Session 3 each day. For the 400 IM and 400 Free, the fastest 1 heat of 13-14 and 2 heats of 15&O will swim in Session 3. 13-14 and Senior Relays will be swum at this session.
- Session 2 (Afternoon) each day will be the 10-U and 11-12 events - including relays.
- Session 3 (PM) each day will be the fastest 3 heats of each 13-14 and fastest 4 heats of each 15&O event (Not including the 1500). For the 400 free and 400 IM the fastest 1 heat of 13-14 and fastest 2 heats of 15-over will swim in this session. All other swimmers will swim in the am session.

Psyche sheets will be posted at 6:30 the night before each morning session at www.clintoncudas.org to see if a swimmer is in the am or pm flight.

To save time, heats for all 400 Free, 400 IM, and all relays may be combined (this includes combining heats for 12 and under 400s).

1500 Free will have the fastest 6 swimmers from each gender and age group. Then the next highest scoring power point swimmers will be seeded regardless of gender or age to reach a total of 6 heats. All 1500s will be swum in Session 7. Currently there are 46 swimmers entered in 1500, only 36 will be able to swim.

Scratch sheets for Friday’s events will be emailed to coaches by Thursday morning. Scratch sheets for other days will be handed out at the pool. Scratch sheets will be for all events (13 & O and 12 & U) for the following day and must be turned in by 5:00 pm the day before the events.

*****If a swimmer fails to show up for their event, they will be removed from their next event*****

In the event of forecasted thunder, relays will immediately be eliminated from a session. Other plans for weather will be worked out as needed.