H2O Log

2010 Long Course Season

St. Charles Swim Team

06/17/2010

Proud Sponsors Of the St. Charles Swim Team

1. PRACTICE INFORMATION

PRACTICE CHANGE, THURSDAY, JUNE 24TH for the **SENIOR TEAM** Swimmers who are not attending the Nashville Meet practice will be 6:30-8:30 am at Pottawatomie and 3:30-5:00pm at Norris Rec. Center

PRACTICE CHANGE, THURSDAY, JUNE 24TH for the **PRE NATIONAL TEAM** practice will be 9:00-10:30am with the **WHITE** and **BLACK TEAMS** at the Norris Rec. Center.

PRACTICE CANCELLATION, THURSDAY, JUNE 24TH for the **SENIOR TEAM** there will be No 5:00-6:30pm Practice at St. Charles North High School

PRACTICE CANCELLATION, FRIDAY, JUNE 25TH for the **BLUE TEAM**

PRACTICE CHANGE, FRIDAY, JUNE 25TH for the **WHITE**, **BLACK,** and **PRE NATIONAL TEAMS** practice will be 9:00-11:00am at the Norris Rec. Center

PRACTICE CHANGE, FRIDAY, JUNE 25TH for the **SENIOR TEAM** All Swimmers not attending the Nashville practice will be at Pottawatomie 6:30-8:30am

PRACTICE CHANGE, FRIDAY, JUNE 25TH for the **ORANGE TEAM**, Practice has been moved to the Norris Rec. Center 5:00-6:00pm

PRACTICE CANCELLATION, SATURDAY, JUNE 26TH for the **WHITE, BLACK, PRE NATIONAL** and **SENIOR TEAMS** due to Meets

PRACTICE CHANGE, MONDAY, JUNE 28TH for the **SENIOR TEAM 1, 2 & 3** Not Attending the Nashville Meet practice will be at the Norris Rec. Center 6:00-9:00am

PRACTICE CANCELLATION, MONDAY, JUNE 28TH for **SENIOR TEAM** Swimmers attending the Nashville Meet; NO Morning and Afternoon

2. 2010 SCST / TYR SUMMER CLASSIC

The Summer Classic was a Good Meet for the St. Charles Swim Team! Not only did our swimmers have good times but the St. Charles Swim Team Volunteers ran an outstanding competition. One of the visiting Coaches said *"We enjoyed the meet very much. You ran a great weekend and we appreciate the attention to keeping the meet running smoothly and looking out for the best interests of all. Please let your parents, coaches know we appreciate their efforts. It is rare these days to go to a meet that is run efficiently and correctly."* Thank you SCST Volunteers!

How Did SCST Do with our TEAM GOALS for the Weekend?

- **Be Early to Warm-Ups**; we had swimmers arriving late it is important that you are early to Warm-Ups.
- **Swimmers will not miss events**; 11 events were missed over the weekend. If you are not swimming you are not racing! And that is why we attend meets.
- **SCST will have less than 1% of our swims Disqualifications**; SCST had 56 DQ's over the weekend that is 4%
- **SCST will have an uniform appearance**; A lot of SCST Swimmers did not wear Team Shirts over the weekend. Be

2010 Spring / Summer Long Course Meet Schedule

Follow Meet Link to Meet Information

June 25, 26 & 27
ENTRY CLOSED
NASHVILLE AQUTIC CLUB SUMMER SIZZLER (Team Travel Meet) @ Centennial Sportsplex & Williamson Co. Indoor Sports Complex

June 25, 26 & 27
ENTRY CLOSED
WEST CHICAGO SHARKS SUMMER SPLASH (Team Meet) @ University of Illinois Chicago

July 9, 10 & 11
ENTRY CLOSED
PALATINE SWIM TEAM SUMMER SPLASH (Team Meet) @ Birchwood Pool Palatine Park District

July 15, 16, 17 & 18
ISI SENIOR CHAMPIONSHIPS (Qualifier) @ Northwestern University

July 17 & 18
Sign Up Deadline July 9th
ENDLESS SUMMER QUALIFIER (Team Meet) @ Norris Rec. Center

July 21, 22, 23, 24 & 25
CENTRAL ZONE SECTION 1 SECTIONAL (Qualifier) @ Minneapolis, MN

July 23, 24 & 25
ISI REGIONAL CHAMPIONSHIPS (Qualifier) @ University of Illinois Chicago

July 30, 31 & August 1
ISI AGE GROUP CHAMPIONSHIPS (Qualifier) @ Stevenson High School

August 3, 4, 5, 6 & 7
USA NATIONAL CHAMPIONSHIPS (Qualifier) @ Irvine, CA

August 5, 6, 7 & 8
CENTRAL ZONE SENIOR CHAMPIONSHIPS (Qualifier) @ Bismarck, SD

August 6, 7 & 8
CENTRAL ZONE 14 & UNDER CHAMPIONSHIPS (Qualifier) @ Pleasant Prairie, WI

August 9, 10, 11, 12 &13
USA JUNIOR NATIONAL CHAMPIONSHIPS (Qualifier) @ Irvine, CA

proud to be a part of SCST!

2. 2010 SCST / TYR SUMMER CLASSIC (continued)

* **Parent Volunteering**; Great Job!
- **SCST Swimmers will display Team Spirit**; SCST needs to be louder!
- **Everyone have fun & swim fast**; SCST Swimmers need to have more fun at the meet

SCST has a new goal for future Meets, the SCST TEAM AREA will be completely picked up of ALL Trash. Over the weekend SCST had the worst area of any Team in attendance. This will not occur at the remaining meets of the Season. How swimmers leave the Team Area is a direct reflection of our Team, Swimmers and your Family. You are much better than what happened at the Summer Classic.

We have a few meets left in the season, there is much work to be done, if you are to reach your goals.

SCST Swimmers who achieved a Life Time Best in every event they swum; **KATHERINE BENJAMIN, MARGARET BRONEC, KATIE CANTRELL, FRANCESCA CARRAVETTA, ALEX DUFFY, NIK EBELING, JACKIE FISHER, SPENCE GRAY, MAYRA KIRL, KALIE KOCH, MARISSA KURAL, MARISSA LAWRENCE, HARRISON, LAUREN McCORMACK, JOHN ORTLUND, MATT ORTLUND, SOFIE PELTIER, LESLIE POZEZINSKI, SARAH ROWLAND, HANNAH SAUNDERS, SAM SAUNDERS, ANNIKA SCHMIDTAUSTIN STAPELLA, THAD THOMPSON, KATIE TOROSIAN, HAILEY TREVINO, CHOLE TYKAL, MARGARET WHITHURST, CALVIN WINDLE, NICK WOLFF** and **GRACE YOUNG**.

The St. Charles Swimmer who dropped the most time in one event did it in the 800 Free, this swimmer dropped 1:30.45. Congratulations **MEAGAN POPP** on a huge time drop!

Swimmers who achieved **NEW** **National "B" Times**; **SYDNEY ANDERSEN, COLLIN BAWOLEK, KATHERINE BENJAMIN, ANDREW BORSE, SARAH BORSE, MARGARET BRONEC, KATIE CANTRELL, ALEC CARNELL, DOMINIQUE CARRAVETTA, JOE CHOKRAN, JOHN CRANFILL, CRISMELLE, HALEY DAESCHLER, JACKSON DAVIS, NATALIE DRURY, ANNA DUFRESNE, KYLE DUNLAP, JACKIE FISHER, PATRICK GERKIN, BRITTA GESELL, HANNAH GURSKY, ISABEL HERB, JOE HOLLMAN, HEATHER HOUSE, KIRSTEN HUTCHINSON, NATHAN JESKO, KAITLYN JOHNSEN, SYDNEY JOHNSON, CASSIDY JOYCE, ZACH KANGAS, ALEX KICHKA, MYRA KIRL, KALIE KOCH, ETHAN KOS-DONDLINGER, NICK KOWALESKI, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, AUSTIN LAMP, MARISSA LAWRENCE, EMILY LEHMAN, ANDREW LEWARCHICK, JAMES LICARI, STEPHEN MASON, PAYTON MITCHELL, KATIE NAGLER, GIA NAVARRO, DEVIN NEISES, ANTHONY NOLAZCO, TAYLOR NUNNERY, ANNA O'MALLEY, KYLE PAZZINI, DIVYA PATEL, AMY PEARSON, SOFIE PELTIER, HANNAH POZEZINSKI, JOEY QUAN, LAUREN REYNOLDS, RILEY ROONEY, SARAH ROWLAND, HANNAH SAUNDERS, CLAIRE SEBASTIAN, GIANNA SHAW, ALLIE SMITH, DELANEY SOULE, AUSTIN STAPELLA, MATT STAUDACHER, KATIE STEELE, JOHNNY TARPEY, THAD THOMPSON, KATIE TOROSIAN, JOSTIN TRINIDAD, OWEN TYKAL, ALEX WASKELO, SOPHIE WATTS, NICK WELLMAN, MARAGARET WHITEHURST, NICK WOLFF, CHARLIE YOUNG** and **HANNAH ZIMMER**

Swimmers who achieved **NEW** **National "BB" Times**; **FRANZ ALLENDORFER, SERENA ALLENDORFER, SYDNEY ANDERSEN, COLLIN BAWOLEK, IZZIE BINDSEIL, TJ BINDSEIL, SARAH BORSE, MIKE BURKE, ALEC CARNELL, DOMINIQUE CARRAVETTA, GABBY CESARONE, JOE CHOKRAN, JAMIE CRANFILL, CASEY CRAWFORD, HALEY DAESCHLER, RACHEL DeVRIES, NATALIE DRURY, KYLE DUNLAP, OLIVIA ENGLERT, RYAN FALK, SIBA FILIPOVIC, JACKIE FISHER, BRITTA GESELL, ASHLEY GLADIS, HANNAH GURSKY, ERIN HART, MEEGAN HART, COOPER HAWKINS, KEEGAN HAWKINS, ISABEL HERB, HEATHER HOUSE, ELLIE HUTCHINSON, STEPHEN HUTCHINSON, EMILY JANIA, SYDNEY JESKO, CASSIDY JOYCE, ALEX KICHKA, MARISSA KURAL, BRANDON LACH, AUSTIN LAMP, MARISSA LAWRENCE, EMILY LEHMAN, JAMES LICARI, LAURA LICARI, EMMA McSPADDEN, KATIE NAGER, MATTHEW NAGLER, TAYLOR NUNNERY, MATT ORTLUND, REBECCA PALMQUIST, KYLE PASSINI, AMY PEARSON, GABBI POMPILIO, HANNAH POZEZINSKI, ROXANNE PRIGGE, JOEY QUAN, GRACE QUINN, JOHN QUINN, KATIE QUINN, RILEY ROONEY, GRACE SAMUELSON, HANNAH SAUNDERS, ALEXIA SCOTT, KIMMIE SCOTT, KATIE STEELE, TIM STEELE, SARAH SUMMERS, JOHNNY TARPEY, ANDREA TAUER, JOSTIN TRINIDAD, CHLOE TYKAL, ANDREA VELLA, ALEX WASKELO, JILLIAN WASLAWSKI, NICK WELLMAN, JON WHITEHURST, MARGARET WHITEHURST, KAYLA WIDDOWSON, CALVIN WINDLE** and **NICK WOLFF**

Swimmers who achieved **NEW** **National "A" Times**; **NICK BORYK, ALEC CARNELL, GABBY CESARONE, KYLE CHAPKO, JOE CHOKRAN, JACKSON DAVIS, OLIVIA ENGLERT, RYAN FALK, JACKIE FISHER, ASHLEY GLADIS, ERIN HART, ELLIE HUTCHINSON, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, LUCY JOHNSON, KAYLA JONES, ALEX KICHKA, NICK KOWALESKI, STEPHEN MASON, LAUREN McCORMACK, EMMA McSPADDEN, KATIE NAGLER, RACHEL NAGLER, TAYLOR NUNNERY, AMY PEARSON, MEAGAN POPP, ROXANNE PRIGGE, SHAUN SEUSCHEK, ASHLEY SHANEL, ALLIE SMITH, MARY SNYDER, JOHNNY TARPEY, ANDREA TAUER, MARIA TAVIERNE, CHOLE TYKAL, ALEX WASKELO, JILLIAN WASLAWSKI, NICK WATTS, KAYLA WIDDOWSON, FRANCIS YIP** and **LAUREN ZIMA**

Swimmers who achieved **NEW** **National "AA" Times;** **IZZIE BINDSEIL, ALEC CARNEL, NICOLE CHAPKO, ALEX DUFFY, RYAN FALK, TAYLOR FALK, STEPHEN HUTCHINSON, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, NICK KOWALESKI, EMMA KUSZYNSKI, KYLE LEWARCHICK, LAUREN McCORMACK, KYLE PASSINI, MEAGAN POPP, HANNAH SAUNDERS, KAYLA SCOTT, KIMMIE SCOTT, WILL SHANEL, ALLIE SMITH, SARAH SYKSTUS** and **FRANCIS YIP**

Swimmers who achieved **NEW** **National "AAA" Times**; **MIKE BURKE, ALEX DUFFY, STEPHANIE GARVIN, SPENCE GRAY, LUCY JOHNSON, EMMA KUSZYNSKI, KYLE LEWARCHICK, MEAGAN POPP, MARY SNYDER, SARAH SYKSTUS** and **FRANCIS YIP**

2. 2010 SCST / TYR SUMMER CLASSIC (continued)

Swimmers who achieved **NEW** **Illinois Swimming Regional Times**; **GABBY CESARONE, JOE CHOKRAN, JAMIE CRANFILL, CASEY CRAWFORD, RACHEL DeVRIES, ALEX DUFFY, KYLE DUNLAP, OLIVIA ENGLERT, RYAN FALK, JACKIE FISHER, BRITTA GESELL, ASHLEY GLADIS, SPENCE GRAY, ERIN HART, MEEGAN HART, COOPER HAWKINS, KEEGAN HAWKINS, ISABEL HERB, JOE HOLLMAN, HEATHER HOUSE, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, ALEX KICHKA, NICK KOWALESKI, BRANDON LACH, AUSTIN LAMP, MARISSA LAWRENCE, EMILY LEHMAN, KYLE LEWARCHICK, JAMES LICARI, LAURA LICARI, LINDA LICARI, LAUREN McCORMACK, EMMA McSPADDEN, KATIE NAGLER, RACHEL NAGLER, TAYLOR NUNNERY, MATT ORTLUND, REBECCA PALMQUIST, KYLE PASSINI, AMY PEARSON, JOEY QUAN, GRACE QUINN, JOHN QUINN, KATIE QUINN, GRACE SAMULESON, HANNAH SAUNDERS, ALEXIA SCOTT, KIMMIE SCOTT, ALLIE SMITH, MARY SNYDER, SARAH SUMMERS, JOHNNY TARPEY, MARIA TAVIERNE, JOSTIN TRINIDAD, CHLOE TYKAL, ANDREA VELLA, ALEX WASKELO, JILLIAN WASLAWSKI, NICK WATTS, NICK WELLMAN, JON WHITEHURST, MARGARET WHITEHURST, KAYLA WIDDOWSON** and **FRANCIS YIP**

Swimmers who achieved **NEW** **Illinois Swimming Age Group Championship Times**; **FRANZ ALLENDORFER, SERENA ALLENDORFER, IZZIE BINDSEIL, NICK BORYK, MIKE BURKE, ALEC CARNELL, KYLE CHAPKO, ALEX DUFFY, RYAN FALK, TAYLOR FALK, STEPHANIE GARVIN, SPENCE GRAY, ERIN HART, KEEGAN HAWKINS, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, EMMA KUSZYNSKI, KYLE LEWARCHICK, RACHEL NAGLER, MEAGAN POPP, KIMMIE SCOTT, MARY SNYDER** , **JILLIAN WASLAWSKI** and **FRANCIS YIP**

Swimmers who achieved **NEW** **Illinois Swimming Senior Championship Times**; **IZZIE BINDSEIL, STEPHANIE GARVIN, SPENCE GRAY, NATHAN JESKO, MEAGAN POPP** and **MARY SNYDER**

Swimmer who achieved a **NEW** **Speedo Sectional Time**; **MEAGAN POPP**

Congratulations to Swimmers who won individual events over the weekend; **FRANZ ALLENDORFER, COLLIN BAWOLEK, NICK BORYK, MIKE BURKE, KATIE CANTRELL, NIALL CEASE, GABBY CESARONE, KYLE CHAPKO, ANGIE CHOKRAN, JOHN CRANFILL, ALEX DUFFY, ANNA DUFRESNE, RYAN FALK, TAYLOR FALK, ALEKSEJ FILIPOVIC, SIB FILIPOVIC, STEPHANIE GARVIN, SPENCE GRAY, HANNAH GURSKY, ERIN HART, COOPER HAWKINS, KEEGAN HAWKINS, ELLIE HUTCHINSON, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, SYDNEY JOHNSON, ZACH KANGAS, ETHAN KOS-DONDLINGER, AMANDA KURAL, EMMA KUSZYNSKI, KYLE LEWARCHICK, LINDA LICARI, RYANN MITCHELL, MATTHEW NAGLER, GIA NAVARRO, NILAN PATEL, KALLIE PELTIER, CHRIS PETERSON, MEAGAN POPP, JOEY QUAN, JOEY REITER, RILEY ROONEY, GRACE SAMUELSON, HANNAH SAUNDERS, KAYLA SCOTT, WILL SHANEL, EMMA SMITH, MARY SNYDER, DELANEY SOULE, MATT STAUDACHER, SARAH SUMMERS, JOHNNY TARPEY, KEN TILTGES, KATIE TOROSIAN, OWEN TYKAL, MEGAN VENLOS, NICK WELLMAN, JON WHITEHURST, CALVIN WINDLE, MOLLY YETTER, FRANCIS YIP** and **FRANCIS YIP**

Congratulations St. Charles Swimming on a successful weekend at the SCST Summer Classic, let's take a step forward and swim faster at West Chicago and Nashville.

3. FROM THE SCST MEET DIRECTORS

To ALL the SCST Families we would like to Thank ALL of you for your volunteer time during the 4 days of the Summer Classic and making the meet one of the most successful Summer Classics.

A Big Thank you to the Officials, Coaches, Hospitality, Concessions, Bullpen, Timers, Safety Marshals, Admissions and Awards.

What a Great Meet and we could not have been done without all your help. You made this years Summer Classic a Great Meet for our Swimmers and Visiting Teams.

SCST Meet Directors

4. TEAM GOALS FOR THE WEST CHICAGO SUMMER SPLASH AND NASHVILLE SUMMER SIZZLER

We are at two different Meets this weekend lets work as a Team at both competitions!

- **Be Early to Warm-Ups**; Keep this Up!
- **Swimmers will not miss events**; SCST Swimmer's will not miss any events at either competition.
- **SCST will have less than 1% of our swims Disqualifications**; SCST had 4% of our Swim DQ's, be better this weekend, under 1%
- **SCST will have an uniform appearance**; check the meet information for both competitions to see what to wear.
- **Parent Volunteering**; Be ready to help Time at both meets.
- **SCST Swimmers will display Team Spirit**; SCST needs to be louder!
- **Everyone have fun & swim fast**; Let's have some fun.
- **SCST Team Area will be Clean after every session of the meet!** This is not even a question!

5. WEST CHICAGO SUMMER SPLASH

The West Chicago Summer Splash will be at the University of Illinois Chicago Natatorium (901 West Roosevelt Road, Chicago, IL). There will be traffic so leave early for Warm-Ups of all sessions.

Meet Schedule

Friday Session 1
Warm-Ups 4:00pm
Start 5:00pm

Saturday & Sunday Sessions 2 & 5
Warm-Ups 7:00am
Start 8:00am

Saturday & Sunday Sessions 3 & 6
Warm-Ups Immediately following sessions 2 & 5
Start Not before 1:00pm

Saturday & Sunday Session 4
Warm-Ups Immediately following session 3
Start Not before 4:00pm

Important Information
Sessions 1 & 4 events may be limited to the top 4 heats.
All 800 Swimmers must provide their own timers and lap counters.

SCST is responsible for Timing please do not let the meet be held up because SCST is not ready to help out. SCST on Friday will be responsible for providing 2 Timers. On Saturday and Sunday AM SCST will be responsible for providing 3 Timers. And on Saturday and Sunday PM SCST will be responsible for providing 2 Timers. Do not wait to see if someone else will be timing be ready to help out, Thank You!

Let's look like a Team! On Friday wear your favorite SCST Shirt! On Saturday wear your Blue St. Charles Swim Team Shirt! On Sunday wear a Black SCST Shirt!

SCST always swims well at this meet be ready to race!

6. NASHVILLE SUMMER SIZZLER

This is going to be a Fun and Fast Meet, be sure to Read the Meet Invitation for All the details. The meet will be ran at two different facilities. 13 & Over and ALL Finals will be at Centennial Sportplex (222 25th Ave. N. Nashville Tennessee 37203). 11 & 12 Prelims and 10 & Under Timed Finals will be at Williamson Co. Indoor Sports Complex (920 Heritage Way Brentwood, Tennessee 37027)

Meet Schedule

Session	Warm-Up	Competition
FRIDAY PRELIMS (13&O)	6:45 a.m.	8:30 a.m.
FRIDAY PRELIMS (12&U)	7:15 a.m.	9:00 a.m.
FRIDAY FINALS	4:00 p.m.	5:30 p.m.
SATURDAY PRELIMS (13&O)	6:45 a.m.	8:30 a.m.
SATURDAY PRELIMS (12&U)	7:15 a.m.	9:00 a.m.
SATURDAY FINALS	4:00 p.m.	5:30 p.m.
SUNDAY PRELIMS (13&O)	6:45 a.m.	8:30 a.m.
SUNDAY PRELIMS (12&U)	7:15 a.m.	9:00 a.m.
SUNDAY FINALS	4:00 p.m.	5:30 p.m.

Meet Format

This will be a Prelim/Final Meet for swimmers ages 11 & Older. All 11-12 & 13-14 events will swim one heat (top 8) at finals with the exception of the 11-12 400 Freestyle (timed finals event). Open events will swim three heats (top 20) for each event 400 meters distance and less in the following format: A Final (Top 4 swimmers from prelims with open lanes between competitors), B Final (Swimmers 5-12 from prelims) C Final (Swimmers 13-20 from prelims).

• The 13 & Over Women's 800 meter Freestyle and 13 & Over Men's 1500 meter Freestyle will be contested as Timed Finals events with the fastest heat (top 8) of each event swimming with finals. Morning heats of the women's 800 meter Freestyle and men's 1500 meter Freestyle will be swum fastest to slowest, alternating women/men. **We reserve the right to swim two swimmers per lane in these events, if needed.**

6. NASHVILLE SUMMER SIZZLER (continued)

Meet Format (continued)

• All 13 & Over individual events with the exception of the 400 meter Freestyle, 400 meter IM, women's 800 meter Freestyle, and men's 1500 meter Freestyle will be preseeded. Swimmers must sign-in with the clerk of course for all deck seeded events. The sign-in deadline will be 8:30 a.m. on each day for these events.

• This will be a Timed Finals Meet for swimmers in the 10 & Under age group.

• All 12 & Under events will be pre-seeded with the exception of the 11-12 400 meter Freestyle. Swimmers in this event must sign in at the clerk of course by 9:00 a.m. Friday.

• ALL Relays will be swum as Timed Finals. Teams will be limited to 2 relay entries per event. All 13&Over relays will be required to positive check in by 8:30 a.m. on the day they are swum.

• After positive check-in for relays, the fastest 8 relays in 13-14 events and the fastest 16 relays in Open events will swim during Finals. All remaining relays will be swum during preliminaries between the "A" Flight and "B" Flight of the 400 IM (Friday) and 400 Freestyle (Saturday).

• **13 & Over Flighted Preliminaries** – Events 17-20 (400 IM) and 55-58 (400 Free) will have two flights of preliminary competition. After positive check-in, the fastest 16 entries in each 13-14 event and the fastest 32 entries in each Open event will swim an "A" Flight of preliminaries in normal event order. All remaining entries will be swum in a "B" Flight. The "B" Flight will be combined as 13 & Over and swum fastest to slowest alternating women/men. The "B" Flight will follow morning relays. All swimmers in the "B" Flight should be prepared to provide a timer for their lane if needed.

• Southeastern Swimming scratch rules will be followed.

• Sunday night finals will be conducted on a positive check-in basis. Swimmers must go to the Clerk of Course to note their intentions to compete in accordance with normal scratch time limits.

Senior Travel Meet Information

The bus to Nashville will leave the Norris Rec. Center 7:00am, Seniors make sure you arrive no later than 6:45am.

An itinerary has been emailed out to the Senior Team if you did not get that information please contact Coach Lewarchick.