

## **Super Teams 2009**

**Thank you to all teams that have made this look like one of the best and fastest meets we have had in a while. With that said, most of the sessions look fine in terms of making the 4 hour timeline instituted by ISI except Saturday AM. For those of you that were at NASA last weekend, they experienced them same issue. As of now, there will NOT be relays Saturday AM swum. We may have to look at cutting the 200 frees as well. I AM ASKING FOR TIME UPDATED FILES FROM YOU ALL AS WELL AS CHANGING NT'S TO THE GUESSTIMATE YOU CAN DO!** Please get those files to me by **Monday, December 29<sup>th</sup>**, I will then decide if we need to limit the 200 frees.

**SATURDAY PM WARM-UPS WILL BE AT 12:30 PM/ 1:30 PM MEET START!** Please get this information out to your swimmers and their families! We can avoid the craziness of too many athletes on deck in the finishing of the morning and starting the afternoon.

The 1650 will be set a separate session and we will have a separate positive check-in for that event. Please remember that all your swimmers are responsible for their own timers and counters!

**WE WILL CONDUCT FLY-OVER STARTS ALL WEEKEND, PLEASE ADVISE YOUR SWIMMERS!**

**There is no Bull-Pen area for any age-group! Coaches will be responsible for getting swimmers lined up for their events! We will stage teams around the East (6 lane) pool with bleacher seating there. We will be pretty stern about the warm-down pool, for cooling down only. Any swimmers caught goofing around will be warned and**

**then asked to leave if it continues. We have so many swimmers in this meet; it is a necessity for safety!**

**We will need timers from each team throughout the weekend. I have listed the timer assignments on the second page of this information, please be sure to have your timers ready to go at the timers meetings (times reflected on the second page as well). Thanks for your help with this in advance!**

**Keifer, Bag-Tag, Fine Design T-shirts, Maui Wauai and Little Louies concessions will be available throughout the weekend. Most are located in the gym area (with TV's for sporting events) and hallways! The stands will be really packed, so there will be relief for families.**

**If you have not submitted your entry fees, please submit with the Saturday AM relays taken out of your fees due to ease the refund process. If you have submitted your fees already we will do refund checks after the meet and you will receive those after the meet in the mail.**

**Hospitality will be located in the pool office for all coaches and officials. Please help us to keep parents off the deck unless they are timing the meet. We will give them name tags by team if they are timing to help identify who should and should not be on deck**

**Timers Needs by Team (2 Per Lane/If two teams listed then one per lane):**

<b>Friday Night (1/9/09) Timer Meeting Approx. 5:30 PM on Pool Deck</b>
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<b>Lane 1-GA</b>	<b>Lane 2-GA</b>	<b>Lane 3-CATS</b>	<b>Lane 4-COHO</b>
<b>Lane 5-BDSC</b>	<b>Lane 6-PAC</b>	<b>Lane 7-LEAN/AA</b>	<b>Lane 8-WSO/BSC</b>

**Saturday AM (1/10/09) Timer Meeting Approx. 7:30 AM on Pool Deck**

<b>Lane 1-GA</b>	<b>Lane 2-GA</b>	<b>Lane 3-CATS</b>	<b>Lane 4-BSC</b>
<b>Lane 5-COHO</b>	<b>Lane 6-PAC/BDSC</b>	<b>Lane 7-LEAN/AA</b>	<b>Lane 8-CLSC/MMSC</b>

**Saturday PM (1/10/09) Timer Meeting Approx. 1:00 PM on Pool Deck**

<b>Lane 1-GA</b>	<b>Lane 2-CATS</b>	<b>Lane 3-BSC</b>	<b>Lane 4-PAC</b>
<b>Lane 5-BDSC</b>	<b>Lane 6-COHO</b>	<b>Lane 7-MMSC/AA</b>	<b>Lane 8-WSO/LEAN</b>

**Sunday AM (1/11/09) Timer Meeting Approx. 7:30 AM on Pool Deck**

<b>Lane 1-GA</b>	<b>Lane 2-CATS</b>	<b>Lane 3-BSC</b>	<b>Lane 4-PAC</b>
<b>Lane 5-BDSC</b>	<b>Lane 6-AA/WSO</b>	<b>Lane 7-CLSC</b>	<b>Lane 8-MMSC/LEAN</b>

**Sunday PM (1/11/09) Timer Meeting Approx. 12:30 PM on Pool Deck**

<b>Lane 1-GA</b>	<b>Lane 2-CATS</b>	<b>Lane 3-PAC</b>	<b>Lane 4-COHO</b>
<b>Lane 5-BSC</b>	<b>Lane 6-AA/CLSC</b>	<b>Lane 7-BDSC/WSO</b>	<b>Lane 8-MMSC/LEAN</b>