

Ladies Warm-up Lane Assignments – Session #1 – 10:00-10:40

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
Wilmington	Wyoming	Badin	Indian Hills	CCD	Clark	Purcell Marian	New Richmond	Mariemont	Norwood	CHCA
Edgewood	Seven Hills	Madiera	Little Miami	Bishop Fenwick	Franklin	Reading	Roger Bacon	McNicholas	Taylor	Clinton Massie
	Ross	Finneytown	Summit Country Day	Bethel Tate	Batavia	Deer Park			Lemon Monroe	

Warm up Session # 2 10:40—10:55

Lanes 9, 10 and 11 General Warm up

Lanes 1, 2, 3, 4, 5, 6, 7, 8 one way dive sprints

Coaches please be aware and considerate of everyone, warm ups will be extremely crowded. Each warm up session has over 250 swimmers in it, with 263 athletes entered in the meet overall.

Lanes 10 and 11 will be available throughout the meet for your swimmers to use for warm-up and cool-down. Lane 9 will be left empty during the swimming competition in order to provide a buffer for those competing in lane 8.

There is a short break scheduled after the 50 Free. Other breaks may be scheduled during the coach's meeting.

Coach's meeting will be held at 10:40 in the hospitality room

Officials meeting will be held immediately after the coach's meeting.

Scratches & relay changes: Please take all information to the computer desk as soon as you arrive at the pool. There will be a scratch sheet at the computer desk that will be given to the referee immediately before the coach's meeting. Deadline for any changes to relays is 10:15AM

Only swimmers competing in the meet should be on deck. So that all swimmers can be in the pool area, the first set of seats in the stands (furthest from the starting blocks) will be held for swim teams in addition to the seating on the pool deck. Overflow seating is also available in the "Commons" area of the high school. Please tell your swimmers to not sit in the other portions of the stands in order to make room for the spectators who have paid for those seats.

Teams should use the locker rooms just outside the pool area and not use the community center changing area. Your swimmers may purchase a day pass if they would like to use the community center, but without that pass they should not be in the community center portion of the facility.

Please have your teams enter the pool area using the Natatorium entrance next to the school and not use the entrance on the Community Center side of the pool.