

Dear Coaches:

Just a few friendly reminders for the weekend.

- Please review the Positive check-in paragraph in the meet announcement
- Scratches for prelims due at 7:30am each morning.
- Coaches' meeting 7:30a Friday and as needed throughout the weekend.
- Preliminaries for the 400 Free and 400 IM will run fastest to slowest alternating women/men.
- Awards will be handed out after each men's event during finals.
- There will be a ten minute warm-up/warm down break after each men's event during prelims and finals.
- Swimmers in the Championship final will be marching to the blocks, please have your swimmers in the "ready" room by the Bonus final of that event.
- All relays swum at night.
- Swimmers are not allowed in faculty locker rooms.
- NO DECK CHANGING!!
- We are guest of Wesleyan University. Please treat the facility as such.

Best of luck!

Henk