

Note from the Meet Director-

Greetings all,

CDOG is excited to be able to host the 2022 CDOG LC Regional Championship Friday distance session at the Cheshire Community Pool this Friday, 7/15.

Please make your teams aware of the following information:

All swimmers will be sitting outside

The facilities' garage doors will be open for the meet.

Teams are encouraged to bring tents and swimmers should bring chairs.

While the picnic area has been available to teams when the facilities doors are closed, *that will not be the case on Friday.*

Spectators will be allowed inside the facility.

Spectators will be allowed to sit in the bleachers and the picnic area.

***Reminder: parents and spectators are NOT allowed in the swimmer/coaches areas**

Scratches

Scratches are due 30 minutes prior to the start of the session.

Warm-Up Assignments

5:00pm-5:25pm- All 13 & Over Open warm up in all lanes

5:25pm-5:45pm- All 12 & Under Open warm up in all lanes

Specific warm-up will run from 5:45pm to 6:00pm and will be set up as follows:

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Pace	One Way	One Way	12&U	13&O	One Way	One Way	Pace
Lane	Dive Sprints	Dive Sprints	Circle Swim	Circle Swim	Dive Sprints	Dive Sprints	Lane

Timing Assignments for the 2022 CDOG Regional Friday Only Session

ARAC	1
BULL	2
CDOG	2
FINS	1
GLAS	1
IVY	1
LEHY	1
MJCC	2
NFAF	1
NMBS	1
PAC	1
RST	2
SEAL	2