

## Note from the Meet Director-

Howdy Folks,

CDOG is excited to be able to host the 2023 CDOG SC Regional Championship Friday distance session at the Cheshire Community Pool this Friday, 2/24.

Please make your teams aware of the following information:

Warm-up will start at 5:00p, the meet will start at 6:00p

### **Spectators**

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

\*\*Swimmers competing in the 1650 must provide their own timers and heats will be swum fastest to slowest

### **Scratches**

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

### **Warm-down/Warm-up Lanes During the Meet:**

Swimmer will be able to warm-up and warm-down in the extra lanes during the meet

- The first lane in the diving well (next to the computer console) and lane 9 will not be available for warm-up/warm-down during the meet