

Note from the Meet Director-

Howdy Folks,

CDOG is excited to be able to host the 2023 CDOG SC Regional Championship at the Cheshire Community Pool this weekend, 2/24 - 2/26.

Please make your teams aware of the following information:

Session 1 & 3: Warm-up will start at 8:00a, the meet will start at 9:00a

Session 2 & 4: Warm-up will start at 12:15p, the meet will start at 1:15p

Spectators

Spectators will be allowed to sit in the bleachers.

*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.

****Swimmers competing in the 500 must provide their own timers and heats will be swum fastest to slowest**

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