

Sectional 1 –St. Francis de Sales High School

**The following will not start before the posted time.
Estimated timeline/start times.**

Event	Start time	Event	
#1	11:00	200 Med Rel	
2			Pool Open
3	11:20	200 Free	
4			
5	11:40	200 IM	
6			
7	12:00	50 Free	
8			Pool Open
9	Diving	Held Friday at NV	
10			
11	12:20	100 Fly	
12			Pool Open
13	12:40	100 Free	
14			Pool Open
15	1:00	500 Free	
16			
17	1:20	200 Free Rel	
18			Pool Open
19	1:40	100 Back	
20			Pool Open
21	2:00	100 Breast	
22			Pool Open
23	2:20	400 Free Rel	
			Pool Open after meet

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Coaches Reminders

Relay Cards are available at the coaches hospitality area.

Relay cards- Take cards to the blocks for each event with names and in order.

Relay names- Please write down and turn into the computer table all relay names. The final names on the card are your swimmers on the blocks.

Lunch- Food will be provided in the coaches hospitality area next to the concessions stand.

Please fill out a meet evaluation before leaving. No school signatures are necessary this year.

Please monitor your swimmers in the pool and in the gym.

Police your area in the gym after the meet.

Timeline- An estimated timeline is attached. This is only an estimate. We will open the pool when possible for the swimmers to warm down.

The diving well will be open for limited use and will be closed if the ref/meet director decides.

Results will be posted in the hall.

Pool doors open at 9:15. Please use main gym doors. Warm-ups will be from 9:30-10:45 am. Open Warm-ups.

Spectators entrance will not open until 10:30 am. No bags, blankets, etc. will be allowed in the pool area.