

Coaches-

First we would like to thank you all for your interest in our meet. We enjoy hosting it and hope you all enjoy coming. There is a large volume of entries this year, over 975 athletes. Because of this, we will be running two 7 lane pools for Thursday, Friday Prelims/Time Trials and Saturday Prelims/Time Trials. The other sessions will be run in a 9 lane format.

**The start times for ALL prelims sessions have been changed: Warm ups will be 6:10-7:45am, Meet Start at 8:00am for prelims on Friday, Saturday and Sunday.**

Also, we are asking you to provide timers to help us during prelims. Your help in providing us with timers will allow us to run the meet in the most efficient manner, given the large number of athletes. Timers can be parents, friends, siblings of swimmers (must be over age of 11), or even swimmers who aren't swimming that session. We ask that the timers you provide arrive at the timing meeting before the start of the session and remain for the entire session. There is an online signup available, details are below.

Any spectators that sign up to time 1 full session will be given free admission to the entire meet. Volunteer documentation of hours worked is also available as needed. Only volunteers that sign up using the [signup.com](http://signup.com) will receive free admission for the meet.

We're using [SignUp.com](http://signup.com) to organize our volunteers. Here's how it works in 3 easy steps:

- 1) Click this link: <http://signup.com/go/rGfYkS>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on [SignUp.com](http://signup.com).

*Note: [SignUp.com](http://signup.com) does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.*

We appreciate your help on this and are looking forward to a great meet. Please do not hesitate to contact our Volunteer Coordinator with timing/volunteering questions.

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