

2019 New Year Stretch Warm Up and Meet Info

General Info –

- The gym will not be open for swimmers to set their stuff up in during the morning session. Clerk of course and additional space to set stuff will be in the hallways right outside the pool.
- There will be a vendor selling apparel and swim equipment along with a concession stand.
- Morning sessions are pre-seeded except for the 500. Swimmers entered in the 500 will need to circle in at the timer table.
- Parking and entrance to the pool is on the Wagar of the side building. Overflow parking is available off of Detroit Road.
- Deck entries will be accepted

Warm Up Information –

- Saturday and Sunday Morning Warm Ups will be run in 2 sessions –
 - 7:30-8:00am – Lake Shore, Swim United, CWW, CLE
 - 8:00-8:30am – All other teams
- Saturday Afternoon –
 - Not before 11:30am, split into 40 min sessions.
 - Session 1 – Lake Shore, LRST, CWW, Solon
 - Session 2 – All other teams
- Sunday Afternoon –
 - Not before 10:40am, split into 40 min sessions.
 - Session 1 – Lake Shore, Swim United, CSI, Shaker
 - Session 2 – All other teams