

George Bare Memorial Meet  
Jan. 26, 2025  
Cleveland State University

Warm up Info

**10 & Under Session:**

8:00 - 8:20 General warmup for all teams  
8:20 - 8:30 Deep end - 9 lanes open for one way sprints.  
Shallow end - general warmups

**11 & 12s Session:**

Warmups will not begin before 10:45 am.

First 30 min - General warmup in all lanes  
Last 10 min - Deep end - 9 lanes open for one way sprints  
Shallow End - General Warmups

**13 & 14s Session:**

Warmups will not begin before 1:45 pm

First 30 min - General warmup in all lanes  
Last 10 min - Deep end - 9 lanes open for one way sprints  
Shallow End - General Warmups

**Additional Meet Information:**

In remembrance of George Bare, purple bandanas will be given to all coaches and officials. Purple bandanas will also be available for purchase at the admissions table with all proceeds benefiting The Dementia Society. Purple represents Dementia awareness, and the bandana represents George's 'hillbilly' style. Additional donations can be made here - <https://www.dementiasociety.org/>.

**PARENTS ARE NOT ALLOWED IN LOCKER ROOMS OR ON DECK.** Please instruct your younger swimmers to enter the locker rooms on B level and follow the signs/blue tape to the pool deck. Parents should coordinate a meeting spot with their swimmer outside the locker room or in the lobby level of the spectator area.

All sessions are pre-seeded for events 200 yards and less. All 400 IMs and 500s must positively check in at least 45 minutes prior to session start.

Backstroke ledges are allowed for 11-12, and 13-14. No ledges will be used for 10u.

25s will start from the turn end. There is no clerk of course.

Fine Designs will be on site in the lobby.

Light concessions (provided by CSU) may be available on the main floor.

CSU charges for parking. The parking garage nearest the pool is \$10 cash for the day. Additional City of Cleveland meter parking is available on Chester Ave.

Meet Admission is \$5 cash at the door. 65+ and over, and children under 3 are free.

Awards will be sent home with Coaches at the conclusion of 13-14 session.

We are in need of a few volunteers, especially for the 13-14s session. If you are willing to help, please [sign up here](#). Thank you!