

When: Saturday October 19th Warm up will be 7:30am-8:15am

Parent meeting at 7:45am Meet will start at 8:30am

Where: Saratoga High School: 20300 Herriman Ave, Saratoga, CA 95070

For: ONLY competitive swimmers currently enrolled in the TURBO, SPRINTER, or VARSITY levels.

Entry Fee: \$10.00 per student

Entries are due by: Tuesday October 15th. NO LATE ENTREIES WILL BE ACCEPTED.

Events:

| Event # Girls | Event | Event # Boys |
|---------------|-----------------|--------------|
| 1 | 50 Freestyle | 2 |
| 3 | 50 Backstroke | 4 |
| 5 | 50 Breaststroke | 6 |
| 7 | 50 Butterfly | 8 |

What to know:

This introductory event is designed especially for our beginning level students to help them gain experience and familiarize themselves with the swim meet process. Swimmers will learn about proper meet warm up entry, whistles, how to read a heat sheet, find their lanes and more!

Parents will also learn at the parent meeting what to expect at a Swim Meet, certain swim meet rules, how they can best assist their child, and more!

Note: this is not an officially sanctioned meet so no disqualifications will be issued.

Rules:

- No glass in or around pool area
- No photographs are allowed to be taken behind the blocks or in any locker rooms-THIS IS A USA SWIMMING RULE
- Only coaches, swimmers, and volunteers are allowed on deck.
- Athletes may choose up to two events
- Deck changing is prohibited
- All events are timed finals
- Only working service animals are allowed in pool area
- No weapons of any kind are allowed
- Any drones or flying apparatus are prohibited over meet area and locker rooms

[&]quot;Do the hard things until they become easy things."