

Hi Coaches,

Please read all the way through this email as there are several important details and deadlines mentioned in here.

800-1500 EVENTS

Reminder - Warm-ups are 11:30-12:20pm; **Competition** starts at 12:30pm

First of all, we are pleased that we will be able to almost have all swimmers (all but 2 or 4) will be swimming one-per lane.

The Top 8 in each age group will swim in a single heat as stated in the meet package, proceeding from youngest to oldest.

After consulting with and getting agreement from the BCSCA, all other swimmers will be senior-seeded, fastest-to-slowest.

The 11 & under Boys 800m will be swum in the Girls' end of the pool so all distance events can be finished by 4:00pm on Thursday.

Remember: The **initial scratch deadline for the 800/1500m events is noon on Wednesday, March 2. The last chance scratch deadline will be 30 minutes prior to the start of the 800-1500 session.** Any scratches, no-shows, etc. after that time will be subject to the late scratch penalty as per Swim BC's Scratch Policy.

We should have the seeding for the 800/1500m events by mid-afternoon on Wednesday, at which time we will email them to the entry contacts as well as posting them on our website.

PSYCH SHEETS - Please bookmark this link: <http://swimbc.me/SC16AAApsych>

SESSION REPORTS - Please bookmark this link: <http://swimbc.me/SC16AAAsessions>