



School F.A.S.T. Meet #3

January 21st 2024

Please arrive at SCP at 9:00am, and have your swimmer check in with the parent/teacher coordinator or swim coach on deck. Swimmers will be on deck for the duration on the meet, and parents are welcome to cheer from the stands. With close to 300 swimmers in attendance, the deck space gets crowded very quickly so we are requesting parents to remain in the stand to cheer on their teams!

Ensure your swimmer comes prepared with the following items in their swim bag:

- Swimsuit
- Goggles, and a spare just in case
- Two towels (towels get wet quickly from multiple swims)
- T-shirt and pool shoes to wear between races
- Water bottle
- Healthy snack (banana, hummus and carrots or cucumbers, apples etc)

Please inform your parent/teacher coordinator if you are running late, otherwise your swimmer may be scratched (withdrawn) from the meet. Late entries will NOT be accepted, so please make sure your swimmer is registered to swim!

Safe Sport: All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

Session Times:

Arrival:	9:00am
Warm Up:	9:30am
Meet start:	10:00am
Projected Finish:	1:00pm

Meet Manager: Ian Mattock

Location: Saanich Commonwealth Place

Pool Set up: SCM
8 x 25m lanes
Quantum-Omega electronic timing, plungers, no touchpads

Entry Deadline: Entries will be accepted until Friday January 19th.
Scratches please email imattock@pacificcoastswimming.com by 8am on Jan 21st.

Meet Events: Event order is as follows

1. 25 Freestyle
2. 25 Backstroke
3. 25 Kick (choice kick, with board)
4. 25 Breaststroke
5. 25 Fly (Middle school swimmers)*
6. 50 Free (Middle school swimmers)*
7. 4x25 Relay

*Some elementary swimmers may be entered by coach recommendation