



Welcome to the first Lightning Fast Race Day of the 2023-24 season!

Please arrive at SCP at 1:00pm, and have your swimmer meet up with their coach on deck. Swimmers will be on deck for the duration of the meet, and parents are welcome to cheer them on from the stands. With close to 200 swimmers in attendance, the deck space gets crowded very quickly, so we are requesting that parents remain in the stands to cheer on their teams!

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

- Swimsuit
- Goggles (and a spare just in case)
- Two towels (Towels get wet pretty quickly, and its no fun trying to dry off with a cold & wet towel)
- T-shirt and pool shoes (cros work great!) to wear in between races
- Water bottle
- Healthy snack (no chips, pop, or candy please!)

Warmups will begin at 1:30 sharp, and we are scheduled to begin racing at 2:00pm. Please inform your Coach if you will be running late, otherwise your swimmer may be scratched 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 or space that is both “open” and “observable” to others.

Session Times: **Sunday, December 17th**
Warm Up: 1:30pm
Events Begin: 2:00pm
Projected Finish: 4:00pm

Meet Manager: Ian Mattock

Location: Sannich Commonwealth Place

Pool Set Up and Facilities:

- SCM
- 8 x 25m lanes
- Quantum-Omega electronic timing, hand actuated plungers & scoreboard
- Coffee shop available on site

Eligibility: All swimmers are required to be registered with the Pacific Coast Swimming School F.A.S.T. program

Max Number of Participants:

The meet will be limited to 200 swimmers; the Coach entering the 200th swimmer will be accepted. (Or the meet will be limited to 1000 number of individual entries)

Entry Deadline:

Entries will be accepted until Friday, December 15th. Late entries/scratches, please email imattock@pacificcoastswimming.com by 8am, on Dec 17th

Entry Fees:

\$20 per swimmer

Meet Format:

- Timed finals

Meet Events:

The event order will be as follows

Event 1: 25 fr

Event 2: 25 bk

Event 3: 25 kk

Event 4: 25 br

Event 5: 25 fly

Event 6: 50 fr

Event 7: 50 bk

Event 8: 50 br

Scoring

Individual scoring

