

Welcome to the second PCS School Meet of the 2023-24 season! Our first meet was a big success, and we were hoping to bring the same energy into meet number 2!

Please arrive at SCP at 9:00am, and have your swimmer meet up with their school and 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 300 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 9:30 sharp, and we are scheduled to begin racing at 10:00am. Please inform your Parent/Teacher coordinator 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:	9:30am
Events Begin:	10:00am
Projected Finish:	1:00pm

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

School F.A.S.T. Meet #2

December 17th 2023

<u>Max Number of Participants:</u>	The meet will be limited to 300 swimmers; the school entering the 300 th swimmer will be accepted. (Or the meet will be limited to 1500 number of individual entries)
<u>Entry Deadline:</u>	Entries will be accepted until Friday, December 15th. Late entries/scratches, please email imattock@pacificcoastswimming.com by 8am, on Dec 17th
<u>Entry Fees:</u>	Free to enter, when registered with the PCS F.A.S.T. program
<u>Meet Format:</u>	<ul style="list-style-type: none">• Timed finals
<u>Meet Events:</u>	<p>The event order will be as follows</p> <p>Event 1: 25 fr Event 2: 25 bk Event 3: 25 kk Event 4: 25 br Event 5: 25 fly [Middle schools only]* Event 6: 50 fr [Middle schools only]* Event 7: Relay (TBA)</p> <p>*Subject to special consideration, email myoung@pacificcoastswimming.com</p>
<u>Scoring</u>	Team Scoring: Based on aggregate individual points

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