



Meet of Champions

MORNING SESSION – 10 & UNDER

6:40am	Open for coaches
6:50am	Open for swimmers – go directly to deck for warm ups.
7:00am	Warm Up for 6 & Unders (*see coaches)
7:10am	Open for spectators – Enter thru Lobby Doors
7:10am	Warm Ups for 7-8's (*see coaches)
7:15am	Stroke Judge Meeting in Weight Room
7:40am	Timer/Scribe Meeting (D1 by MM room, D2 by Diving Boards)
7:40am	Coaches Meeting – Coaches' Room
7:50am	Clear Pool / First Event Report to Heating Area / National Anthem
8:00am	Meet Start

*Warm Up/Cool Down Pool will NOT be open.

*Facility must be **cleared completely** at the conclusion of the morning session.

AFTERNOON SESSION – 11 & UP

1:30pm	Open for coaches
1:50pm	Open for swimmers
2:00pm	Warm Ups – All Teams
2:10pm	Open for spectators – Enter thru Lobby Doors
2:15pm	Stroke Judge Meeting in Weight Room
2:40pm	Timer/Scribe Meeting (D1 by MM room, D2 by Diving Boards)
2:45pm	Head Coach Meeting – Weight Room(if needed)
2:50pm	Clear Pool / First Event Report to Heating Areas / National Anthem
3:00pm	Meet Start

GENERAL COMMENTS:

- Swimmers will sit OUTSIDE in Team Tent City between Frankie Field & Nat.
- All spectators will enter through main lobby doors.
- Coaches ONLY on the bulkhead during the 8U (no other events).
- No tripods or flash photography – at all.
- Heating:
 - Division One: Lobby Hallway
 - Division Two: Scoreboard End of Pool
- All Swimmers MUST REPORT to heating area Including Open Swimmers.
- Absolutely NO STANDING at railing – please be considerate of others.
- Results will be posted in the Lobby approximately 15 min post-event conclusion.
- Awards should be picked up in Lobby before the conclusion of meet.

GENERAL DON COOK NAT RULES:

- No coolers. No food or colored drinks on deck. Food will be confiscated.
- Absolutely no noise-makers or throwing things from the stands.
- Wet swimmers may not enter the stands OR foyer.
- **ABSOLUTELY NO PARENTS ON DECK!**