



All Star Meet 2023

MORNING SESSION – 10 & UNDER

6:40am	Open for coaches – 3 per team with deck pass See Lane Assignments
6:50am	Open for swimmers – go directly to deck
7:00am	6 & Under Warm Up
7:15am	Open for spectators (NO SAVING OF SEATS)
7:10am	7-8 Warm Up
7:20am	Officials Meeting in Coaches' Room
7:30am	9-10 Warm Up
7:40am	Timer Meeting on Deck by Meet Management Room
7:45am	Coaches Meeting – Coaches' Room
7:50am	Clear Pool / National Anthem
8:00am	Meet Start

***** Lane 1 & 8 for starts One Way ONLY Exit at Bulkhead**

***** Lanes 2-7 in both pools are available for warm-up**

AFTERNOON SESSION – 11 & Ups

12:30pm	Open for coaches – 3 per team with deck pass See Lane Assignments
12:40pm	Open for swimmers – go directly to deck
12:50pm	11 & 12 Warm Up
1:15pm	Open for spectators (NO SAVING OF SEATS)
1:05pm	13 & 14 Warm Up
1:15pm	Officials Meeting in Coaches' Room
1:25pm	Open Swimmers Warm Up
1:40pm	Timer Meeting on deck by Meet Management Room
1:50pm	Clear Pool Coaches Meeting – Coaches' Room (if needed)
2:00pm	Meet Start

***Competition in the DIVING WELL pool (Scoreboard side)**

***AM: Lane 1 & 8 for starts One Way ONLY Exit at Scoreboard end.**

***Lanes 2-7 in both pools are available for warm-up**

***Warm Up/Cool Down Pool ONLY open during the PM session.**

***Coaches need to check in for **both sessions** for ID for deck entry.**

***Morning session will end at approximately 11:30 am. The afternoon session will end at approximately 5:00pm.**

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

GENERAL COMMENTS:

- An area is reserved at the end of the stands for RACE VIEWING only.
- Swimmers will sit on deck by division.
- All spectators will enter through lobby doors.
- Coaches ONLY on the bulkhead during the 6 & Under races (no other events).
- No tripods or flash photography – at all.
- Heating will take place on the "scoreboard" end of the pool (by trampoline).
- All Swimmers MUST REPORT to heating area. **Including Open Swimmers.**
- Absolutely NO STANDING at the railing – please be considerate of others.

GENERAL DON COOK NAT RULES:

- 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.
- Touch Pads will be used for PM session only.
- **ABSOLUTELY NO PARENTS ON DECK – best seat in the house - TIMER!**