



# Meet of Champions 2025

## FRIDAY, JUNE 27<sup>TH</sup> | DIV 1 & 2

### **MORNING SESSION – 10 & UNDER**

6:40am	Open for coaches
6:50am	Open for swimmers – go directly to deck for warm ups.
7:00am	Warm Ups 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
7:30am	Warm Ups for 9-10's
7:40am	Timer/Scribe Meeting (D1 by Lobby, D2 by Scoreboard)
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**

12:30pm	Open for coaches
12:40pm	Open for swimmers
12:50pm	Warm Ups – for 11-12's
1:10pm	Warm Ups – for 13-14's
1:10pm	Open for spectators – Enter thru Lobby Doors
1:15pm	Stroke Judge Meeting in Weight Room
1:30pm	Warm Ups – Open Swimmers
1:40pm	Timer/Scribe Meeting (D1 by Lobby, D2 by Scoreboard)
1:50pm	Clear Pool / First Event Report to Heating Areas / National Anthem
2:00pm	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 End of Pool
  - 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 throughout the meet by team rep or coach only.

### **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!**