



Meet of Champions 2025

THURSDAY, JUNE 26TH | DIV 3&4

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 (D3 by Scoreboard, D4 by Lobby)
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 (D3 by Scoreboard, D4 by Lobby)
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 3: Scoreboard End of Pool
 - Division 4: Lobby Back Hallway
- 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!**