

CCSL Championship Meet Updates on the website:

<http://www.crawfishaquatics.com/more/school-swim-leagues/capital-city-swim-league/>

- Psych sheet is posted. Heat Sheets will be published on Thursday.
- No changes/ late entries for individual events are allowed after the psych sheet is posted per meet invitation.
- Warm up / Timing assignments for prelims and finals are posted (1 timer per lane).
- Seating assignments for prelims are posted.
- We will post any adjustments to Finals warm up / timing / and announce Finals seating by Saturday morning.

Meet Fees:

The meet fee per swimmer for the CCSL Championship meet is \$10 per swimmer, as listed in the League Admin Guidelines and the CCSL Champs invoice posted under Coach Resources. Due by the start of the meet. Invoices for teams with outstanding balances for regular season meets were sent this week. If you have a question about a meet fee balance, please email nan@crawfishaquatics.com.

REMINDERS & NOTES:

- 500 Free- Be sure you know when your 500 free swimmer will race (prelims or finals). Top 8 swim at Finals. All others swim in prelims. It is scored as a Timed Finals event.
- Relays- Only the Top 8 / finals heat for the relays will swim at Finals. The 9-16 place finishers from prelims will still score and rank in the positions they finished in prelims.
- Relay cards must be turned in for each relay; if you have changes to what is listed from entries, you can turn this in during warm up (so we can update in the system) and we will return to you. Must use an eligible alternate.
- Scratches during the meet need to be reported to Meet Admin for a DFS (declared false start) prior to the race.
- Scratches for Finals must be made within 30 minutes following the completion of the Prelim Session so that alternates can be notified in a timely manner.
- Results will be posted to the Meet Mobile app throughout the meet:
<https://www.active.com/mobile/meet-mobile-app>
- Banners: there are **NO** spots for hanging banners in the indoor facility, however they can be hung on the white fencing area all in the area next to the pool. Since teams will be sharing bleachers, they cannot be put up in the large bleachers.
- Awards: Pick up awards after boys meet for both girls/boys finals sessions.
- All Academic recipient shirts will be distributed to you during Prelims on Friday. Please give your All Academic team recipients and ask them to wear the shirt when

we recognize these swimmers during the 15 minute break on Saturday.

- Swimmer of the Meet: this will be announced at the end of Finals.
[Selection criteria is on page 2](#)
- Coach of the Year and Swimmer of the Year voting will take place by email, following the State Championship.

Team Seating, Meet Flow and Spectators

- Coaches area will be along the girls locker room side of the competition pool. Athletes can stop in this area for pre/post race talk but will not be able to stand in this area for the duration of the meet. The area between the announcer table and hallway needs to remain open and flowing.
- Only swimmers in the current session, coaches, and meet admin will be permitted on the indoor pool deck during the meet. Male team swimmers cannot be on deck with the female team athletes and vice versa. This will make the pool deck too crowded for swimmers, officials and meet flow.
- Spectator bleachers C, D, E, F and the walk up viewing area is for parents and family of swimmers in the current session. During prelims, the large bleachers in the back will be assigned to schools but during finals it will also open to general spectator seating.
- Please review the team assigned bleachers closely to confirm where you are assigned for Friday.
- Parents and athletes are welcome to set up tents in the areas designated (K, L, M, N).
- If you have school press/yearbook coming to the meet, please inform us prior to the start of the session / check them in with meet admin to review allowed areas and guidelines on the pool deck.

Meet Schedule:

- "Doors open" time is listed for all sessions.
- Warm up- there are Dedicated Dive lanes for diving during the 2nd session for teams that are assigned to the outdoor pool during first warm up.
- Changing on site: Swimmers will be able to use the locker room to change BUT keep in mind the capacity limits and encourage them to arrive in suits when possible.
- **Prelims timeline and assignments:**
 - Warm up / Timing Assignments - on website
 - Boys will finish about 2:15pm and girls about 6:15pm.
 - There will be a 15 minute break following the 50 Free (only break during prelims).

- **Finals Break Schedule:**

There will be breaks scheduled into the session as follows (also listed on the website):

- 5 minute break following the Medley Relay
- 15 minute break after the 50 Free
- 5 minute break after the 500 Free
- 5 minute break after the 200 Free Relay
- 5 minute break after the 100 Breaststroke

- **Finals, Boys- 11:00-11:40am. Meet Begins 12:00pm.**

- Warm up: 11:00-11:40am (open lanes 11:00-11:30am and 1 way dives from 11:30-11:40am in all lanes except for 5-8 on the Record Board end which will remain open for general warm up).
- Captains March, 11:45am. Meet at the record board end of the pool, outside, to line up by school.
- All Academic swimmers will be recognized during the 15 minute break (5 minutes into the break). Swimmers should wear their shirts and meet under the scoreboard to be recognized.

- **Finals, Girls- 2:15-2:55pm. Meet Begins 3:15pm.**

- Warm up: 2:15-2:55pm (open 2:15-2:45pm and 1 way dives from 2:45-2:55pm in all lanes except for 5-8 on the Record Board end which will remain open for general warm up).
- Captains March, 3:00pm. Meet at the record board end of the pool, outside, to line up by school.
- All Academic swimmers will be recognized during the 15 minute break (5 minutes into the break). Swimmers should wear their shirts and meet under the scoreboard to be recognized.

Coaches Hospitality and Concessions

- There will be concessions sold during all sessions from the snowball stand in the center of the Spectator area. In addition to snacks and drinks, there will be pizza on Friday.
- Coaches hospitality will be available in the room off of the back hallway with drinks (self-serve), snacks and lunch. (Friday there will be pizza and Saturday there will be finger sandwiches and snacks).