

NCAC Quad Meet

13 and Over Swimmers

Saturday, May 2, 2009

Apparel:

2008 GSC Team Shirt

Timetable:

6:30 AM – Arrive at the pool (if you do not have your suit on, put it on)

6:35 AM – Team Stretch (Team Shirt)

6:50 AM – Come back in to the pool for warm-ups

6:55 AM – Caps on ready to go for warm-ups

8:30 AM – Meet Begins

Swimmers: Please expect a long warm-up. We are going to utilize the Long Course water as much as we can.

Saturday Events:

400 FR, 100 BR, 100 FL, 100 FR, 200 IM, 100 BK, 200 FR-R

12 and Under Swimmers

Saturday, May 2, 2009

Apparel:

2008 GSC Team Shirt

Timetable:

Noon – Arrive at the pool (if you do not have your suit on, put it on)

12:05 PM – Team Stretch (Team Shirt)

12:20 PM – Come back in to the pool for warm-ups

12:25 PM – Caps on ready to go for warm-ups

1:30 PM – Meet Begins

Swimmers: Please expect a long warm-up. We are going to utilize the Long Course water as much as we can.

Saturday Events:

10 and under: 50 FL, 50 BK, 50 BR, 50 FR, 200 FR-R

11-12: 100 FL, 100 BR, 100 FR, 100 BK, 200 FR-R

12 and under: 200 FR