

**Section IX 2019 Boys' Swimming & Diving Championships
Hosted at Valley Central High School**

Thursday, February 14, 2019 (Swim Prelims) – Snow Date is Fri. 15, 2019

Doors Open:		2:00 pm
Warm Up:	Circle Swim, all lanes	2:30 pm – 3:50 pm
	Lanes 1, 5, 8 Remain Circle Swim	3:50 pm – 4:20 pm
	Lanes 2, 3, 4 Relay Take offs	
	Lanes 6 & 7 One way sprints	
Pool Cleared:		4:20 pm
Coaches Meeting:		4:20 pm
Start:		4:30 pm

Friday, February 15, 2019 (Dive Prelims, Semi-finals, Finals) – Snow Date, Sat. 16, 2019 Prior to the swimming events.

Doors Open:	1:30 pm
Warm Up:	2:00 pm
Boards Close:	3:50 pm
Coaches Meeting:	3:50 pm
Start:	4:00 pm

Saturday, February 16, 2019 (Swim Finals) – Snow Date Sun. 17, 2019

Swimmers Warm up:	Circle Swim, all lanes	10 am– 11:20 am
	Lanes 1, 5, 8 Remain Circle Swim	11:20 am – 11:50 am
	Lanes 2, 3, 4 Relay Take offs	
	Lanes 6 & 7 One way sprints	
Pool Cleared:		11:50 am
Coaches Meeting:		11:50 am
Start:		12:00 pm (noon)

Coaches:

- Enter pool from the deck door
- If you plan on warming up at your own facility, please notify Scott Warner of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock and lock it up.
- Remember there is no shaving on site – if caught you will be taken out of the meet.
- Please limit any extra items on the pool deck – such as swim bags, book bags – leave it in the locker room or on the bus or home.

