

Warm up announcement

Rock and Roll Invitational

Age Group and High Point Challenge

Great Lakes Sailfish Swimming, Inc.
Saturday & Sunday May 23 & 24, 2015

Saturday & Sunday Morning warm-ups will begin at 7:45am and will end at 8:30am. The meet start time will be 8:35 am.

Note: *GLSS* will not participate in the general warm-up and should instead report for an early-morning practice from 7:15 - 7:45am. *GLSS* swimmers will join the scheduled warm-up for sprint starts during the last 15 minutes, 8:15 - 8:30am

Saturday Afternoon session warm-ups will not begin before 12:45pm and will last for 45 minutes. We will not close out any swimmers entered in the 1500 freestyle.

Sunday Afternoon session warm-ups will not begin before 12:35pm and will last for 45 minutes. We will not close out any swimmers entered in the 800 freestyle.

All sessions of the meet are **deck - seeded** and all swimmers must check in on the posted sheet for their team no later than 30 minutes before the start of their session (preferably prior to warm-up) or they will be scratched.

Deck Entries will be taken to fill empty lanes after scratches. Deck entrants for the morning session should sign up at the deck entry table before 8:00am. Deck entrants for the afternoon session should sign up at the deck entry table at least 35 minutes prior to the start of the session.

All Sessions will be conducted using **dive - over starts**; swimmers should remain in the water at the conclusion of their heats and exit the pool after the start of the next heat.

Timers needed: Anyone wishing to time during any session of the meet will be greatly appreciated. Please check in at admissions and you will get into the meet for free.

Free discount vouchers to the **Rock & Roll Hall of Fame Museum** can be picked up at the admission table. Vouchers are good through December 2015. Many thanks to our sponsor for providing this discount.