

Hello YCF FLAGS team!

Just an update on the meet this weekend!

All attending teams have been assigned warm up times/lanes and YCF has been assigned as follows... PLEASE be on deck 10 minutes BEFORE your warm up:

- Thursday Prelims – 7:00-7:40am – competition pool (lane 6)
- Friday Prelims – 7:40-8:20am – diving well (lanes 3-4)
- Friday 10&Under – 12:30-1:15pm – competition pool (lane 7)
- Saturday Prelims – 7:00-7:40am – competition pool (lane 2)
- Saturday 10&Under – 12:45-1:30pm – competition pool (lane 7)
- Sunday Prelims – 7:40-8:20am – competition pool (lane 6)
- Sunday 10&Under – 1:00-1:45pm – competition pool (lane 7)

Heat sheet have been posted (and revised and reposted, so I'm told)... the 'final' version went live after 8:50pm last night on Florida Swimming and is also available on our team website as well. PLEASE note that these will NOT be on sale at the pool, so print before you come to the pool!

Reminder that our team t-shirt colors for the week are Thursday (any), Friday (**black**), Saturday (**blue**) and Sunday (**red**).

Coaches in attendance may be different each session, so please look for the YCF coaches as swimmers should plan to sit on pool deck with the team during the entire meet. This meet will once again use a 'closed' pool deck to swimmers, coaches, officials and volunteers only AND will also be using 'chase starts' during preliminaries, which will require the swimmers are on deck and understand how the meet is operating... the coaches will help explain this each session but FYI.

Once again we are also in need of volunteer timers for every session, so if you are able and willing to help, (and would prefer NOT to be packed in the stands AND get free water), please let me know your intentions and availability ASAP! :)