

Hello YCF STAR meet swimmers!

Lots of information from the meet host to share!

There will be limited **warm up / warm down** space for the duration of this meet. Please be on time for all warm up sessions to properly prepare for your races and get the last minutes instructions and advice from the coaches!

- **Friday night warm up has been moved to 4:00-5:00pm for YCF**, (please arrive on deck as close to 3:50pm as possible).
- The Saturday & Sunday morning sessions remain 7:00-9:00am BUT specific times may be assigned upon arrival, (please arrive on deck as close to 6:50am as possible).
- **Saturday afternoon warm up has been moved to 12:00-12:30pm for YCF**, (please arrive on deck no later than 11:50am).
- **Sunday afternoon warm up has been moved to 12:50-1:20pm for YCF**, (please arrive on deck no later than 12:40pm).

Parking will be an issue at this meet... the grass field on the south of the facility should hold most vehicles but the soccer field parking lot and the treeline to the north of the facility will be used for overflow parking. Please come prepared to need extra time and/or walking to get to the facility.

The meet host has instructed that all teams receive only ONE (1) **team tent** on the pool deck due to space issues... all others should be on the paved parking lot Saturday and Sunday... I saw some discussion about this on the facebook page so FYI on placement if we have multiple tents show up.

The **psych sheet** has been posted to our webpage, (ycfswimming.org) and all **heat sheets** have been attached to this email, (and are also available on the Southwest STARS website). **NOTE – they will NOT be selling heat sheets at the meet so please print them now.** Also note the 400 IM, 500 Free and 1650 Free are deck seeded events and are not included in the heat sheet.

Coach Mike H and Coach Martha will be our two YCF coaches in attendance, so look for them on pool deck when you arrive. Have fun and swim fast!