

To All Participating Teams,

1. Attached are the Time Line and Warm-up Schedule for the CAC Distance Meet this weekend.

**Please note the that there will be a separate warm-up session for each event.**

2. Each swimmer needs to **provide at least 1 timer** and a counter (if desired). CAC will have timers available to help as the second timer on each lane.
3. We have 2 openings in the combined heat of the 1650 and 3 openings in the Women 500 Free. We will accept late or deck entries at this point only to fill these open spots. If you have a swimmer that needs to scratch at the last minute, let me know as soon as possible so we do not swim an event with open lanes.
4. Parents will be permitted on deck to time and count.
5. There will not be any concession at this meet.
6. Hospitality will be provided for all volunteers.
7. CAC appreciates any assistance from visiting teams with officiating this meet.
8. The Psych Sheets are posted on our Web site.

Check our Web site for last minute announcements – [www.swimcincinnati.org](http://www.swimcincinnati.org) – under the Meet Schedule, CAC Distance. If you have any questions, let me know.

Mike Rice