

- 1 - SWAC time trials will be held at CB South on Tuesday, October 27th for boys and Thursday, October 29th for girls. **Note that there will not be regular practice on those dates at CB East or CB South – just time trials for the specified gender. Whether you are a club (SWAC) swimmer or a US swimmer - there are NO PRACTICES on these dates.**
- 2 - The schedule will be as follows:
 - Set-up (assigned volunteers): 5pm
 - Swimmer check-in in the cafeteria: 5pm
 - Warm-ups: 5:30pm
 - Start: 5:45pm (or as soon thereafter as possible)
- 3 - All SWAC swimmers (including US swimmers who also plan to swim SWAC meets) aged 14 and under as of October 31, 2009 should attend time trials. One exception - high school swimmers need not attend.
- 4 - **Swimmers must be signed in or out of time trials online. The online sign-in/out feature will be available as soon.** An additional message detailing the sign-in/out procedure and providing the deadline will be emailed once this feature is available.
- 5 - If your swimmer(s) cannot attend on the assigned date, s/he may come on the other date. When you sign your child in to time trials online make a note if you are arriving late or if you are attending on the day for the opposite gender. Following these guidelines will make the event go faster for everyone. If your swimmer is attending on the opposite gender's night, you must e-mail BOTH volunteer coordinators and let them know so you can be staffed on the day you'll be there. (See the volunteering button on the website –www.cbswim.org – to email the reps.) Each swimmer is expected to provide a parent volunteer for time trials so email a rep if you absolutely cannot provide a parent volunteer to avoid being staffed.
- 6 - If it is not possible for your swimmer to attend either day and you have a list of their times, you may email it to the coaches.
- 7 - The volunteer schedule for time trials will be posted online (again see the volunteering button) during the week of October 20th. Please watch for a volunteering message to come out soon with volunteering instructions.
- 8 - Training Zone will be at time trials for team suit sales. They will also have swim accessories for sale. If you plan to purchase a suit and need your swimmer to do so (sizing issues) please be sure to check your swimmer in FIRST in the cafeteria and have your swimmer ready to be on deck warming up by 5:30pm.

As a reminder:

Time Trials are held in order for the coaches to get a base-line time for each swimmer in each event. Time trials are run like a meet in that the event order of a meet is followed. Each swimmer swims each event for his/her age group. While there is no other team, time trials is a good way for first-time swimmers to get an idea of what a meet is like. The times from time trials will also be used as base times in the determination of personal best times for distribution of personal best ribbons. Attendance at time trials is expected.