

Good afternoon,

We are looking forward to a fun weekend of fast swimming at our Single Age High Point meet. I have a few updates before our meet gets underway.

1. Warm Up Schedule:

Sessions 1 and 3:

7:30 – 7:50 am – ANSC

7:50 – 8:10 am – Hampton, PRA, West Allegheny

8:10 – 8:30 am – NHA, Steel City, Norwin, Hopewell, Butler Y, Elizabeth Forward

Sessions 2 and 4:

12:30 – 12:50 – ANSC, Norwin

12:50 – 1:10 – Hampton, NHA, PRA

1:10 – 1:30 – Steel City, Butler Y, Elizabeth Forward, Hopewell and West Allegheny

2. We are recommending that athletes have one spectator accompany each athlete at our meet. We have full sessions each day, so the stands are expected to be crowded. Spectators will need to be masked inside of the facilities; athletes will remain masked unless they are in the pool.

3. This meet will be streamed via our secure USA Swimming Zoom account. I will send the link later in the week when I send the Heat Sheet.

I think this is all that I have for now; if you have any questions, please don't hesitate to reach out.

Thank you,

Brittany Glass