

MLAC Last Splash - March 25-26, 2023

Sanction #AM-011423-02

Thanks for attending our meet this coming weekend. We are looking forward to hosting your team. Please read through the below information as it pertains to times, locations, and more. As always, we are planning that everything will go fantastically and we can beat the timeline, so if you are electing to share with your parents, please stress that it is an estimated timeline.

SAT AM	<u>ESTIMATED TIMELINE</u>	PSYCH SHEET	Heat Sheet - Sat AM	FINAL RESULTS
SAT DIST (500)			-----	
SAT PM			Heat Sheet - Sat PM	
SUN AM			Heat Sheet - Sun AM	
SUN DIST (400IM)			-----	
SUN PM			Heat Sheet - Sun PM	

Concessions & Raffles

We will have an array of concessions available for purchase. Please note that we are CASHLESS and will accept credit cards and mobile payments via Square.

Deck Seating

We kindly ask that you please share space nicely with each other. We also kindly ask you to do your best to ensure that there are no bags or bodies or whatnot blocking the air vents along the pool deck.

Heat Sheets

There will be heat sheets posted along the walls and available for coaches and officials.

We will not be selling heat sheets yet instead will be publishing them digitally for parents. Heat sheets for the AM & PM sessions are posted above. Heat sheets for the Distance sessions will be posted along the walls once scratches are processed.

Spectators

Our balcony is open for spectators. You may utilize either staircase to the second floor - an elevator is usable for individuals needing it.

The alcove along the stadium windows that is nestled behind the blocks is restricted for all individuals.

Only coaches, officials, athletes, and MLAC Meet Staff are permitted beyond the lobby entrance to the pool hallway. To rephrase and reemphasize, parents are not permitted to enter the hallway leading to the pool deck.

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Restrooms & Locker Rooms

Locker rooms are limited to restroom use only. Locker rooms will only be accessible from the deck as part of our efforts to ensure Safe Sport compliant. Showering is not permitted.

There are restrooms specifically available for spectators, accessible from the lobby.

The Gender-Neutral Restroom is located in the hallway from lobby to the pool deck.

Warm-Up Schedule

Swimmers will enter the pool feet first at the start end of the pool and shall be under the direct supervision of a certified coach.

SATURDAY & SUNDAY AM		
Warm-Up #1 8-8.20AM	Warm-Up #2 8.20-8.40AM	Warm-Up #3 8.40-9AM
MLAC, SHAQ	BPR, PTSC, WHAT	PEAQ

DISTANCE SESSIONS	
SATURDAY DISTANCE (500) 25-minute open warm-up starts no earlier than 12.25PM	SUNDAY DISTANCE (400IM) 25-minute open warm-up starts no earlier than 12.25PM
<i>POSITIVE CHECK-IN DUE BY 12.30PM</i>	<i>POSITIVE CHECK-IN DUE BY 12.30PM</i>
session starts no earlier than 12.50PM	session starts no earlier than 12.50PM
LANE 1 = RESERVED FOR 10&U LANES 2, 7, & 8 = PACE LANES ONLY	

SATURDAY & SUNDAY PM	
SATURDAY PM 30-minute open warm-up starts no earlier than 1.50PM	SUNDAY PM 30-minute open warm-up starts no earlier than 1.15PM
session starts no earlier than 2.25PM	session starts no earlier than 1.50PM

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Results & Awards

Awards for this meet will be split as such (taken from the Meet Announcement):

INDIVIDUALS, 10&U, 11-12, 13&O - ribbons 1st through 8th place