

**NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB**  
**FRIDAY, JULY 24th**  
**18 & UNDER / 14 & UNDER (GIRLS & BOYS)**

Pool Schedule

3:30 <b>PM</b>	Gates Open
4:00	1 <sup>st</sup> warm-up
4:15	2 <sup>nd</sup> warm-up
4:30	3 <sup>rd</sup> warm-up
4:45	Pool Closed Recognition
4:50	Final call for the first event
5:00	Meet begins

Coaches & Officials

3:45	Officials report and sign in
4:00	Coaches pick up relay cards
4:30	Timers meeting with Head Timer Place Judges and Stroke & Turn meeting with Referee Relay swimmers names presented at scorers table

Rules

- 1) All league rules in effect. Swimmer age is as of June 1<sup>st</sup>.
- 2) Due to the NBSL pool depth addendum, only 4 lanes will be used for the diving events. 6 lanes will be used for all backstroke events.
- 3) All swimmers must have competed in at least one dual meet.
- 4) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 5) Awards for the first ten places.
  - Individual Events: 1 – 6 medals / 7 – 10 ribbons
  - Relay Events: 1 -3 medals / 4 – 10 ribbons

**Only Coaches May Pick Up Awards!**

- 6) Scoring will be based on the final results as decided by the meet director. Place and time will be determined primarily by the Colorado Timing System.
- 7) Only top two swimmers from team will score.
- 8) Swimmers are limited to **2 individual** events and 2 relays. Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event.
- 9) 1 team relay per event
- 10) Respect and appreciate your NBSL representatives!!!
- 11) Have Fun!!!

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Swimmers

- 3:30pm - Gates Open
- Swimmer Warm-ups as follows:
  - 4:00pm - 4:15pm (Lane, Shellcrest, River Road, JCC, Arden, Graylyn, Crestview)
  - 4:15pm - 4:30pm (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
  - 4:30pm - 4:45pm (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)

\*\*\* Please note lanes 5 and 6 will be designated as sprint lanes for warm ups\*\*\*

- Recognition - 4:45pm
- First Call – 4:45pm
- Meet Begins - 5:00pm
- Award Presentations (at completion of the backstroke events)
- Meet Finish - Approximately 10pm

Coaches & Officials

- Officials report and sign-in - 3:45pm
- Coach pick up relay cards – 4pm
- Timers meeting with head timer - 4:30pm
- Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 4:30pm
- Relay swimmer names on index cards due to Scoring Table - 4:30pm