

NBSL CHAMPIONSHIPS – ASHBOURNE SWIM CLUB
SATURDAY, JULY 25th
8U TO 12U (GIRLS AND BOYS)

Pool Schedule

6:45 AM	Gates Open
7:00	1 st warm-up
7:15	2 nd warm-up
7:30	3 rd warm-up
7:45	Pool Closed
7:50	Final call for the first event
8:00	Meet begins

Coaches & Officials

6:45	Officials report and sign in
7:00	Coaches pick up relay cards
7:30	Timers meeting with Head Timer Place Judges and Stroke & Turn meeting with Referee
7:30	Coaches meeting with meet director for final corrections/scratches and any other business. Relay swimmers names presented at scorers table. (Please attend promptly)

Rules

- 1) All league rules in effect. Swimmer age is as of June 1st.
- 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) Relay in-water starts are in place for the shallow end of the pool.
- 4) All swimmers must have competed in at least one dual meet.
- 5) Swimmers may swim up in age, but may not swim the same stroke in different age groups.
- 6) 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!

- 7) 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.
- 8) Only top two swimmers from team will score.
- 9) 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.
- 10) 1 team relay per event
- 11) Respect and appreciate your NBSL representatives!!!
- 12) Have Fun!!!

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Swimmers

- 6:45am - Gates Open
- Swimmer Warm-ups as follows:
 - 7:00am - 7:15am (Lane, Shellcrest, River Road, JCC, Arden, Graylyn Crest)
 - 7:15am - 7:30am (Tatnall, Elks, Silverside, Ashbourne, Green Acres, High Point)
 - 7:30am - 7:45am (Darley, Del Vets, Fair Blue, Timberlane, Crestview, Windybush)

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

- First Call – 7:45am
- Meet Begins - 8:00am
- Recognition and Award Presentations (at the completion of the backstroke events)
- Meet Finish - Approximately 1:30pm
- League Trophy Presentations to Meet Champions (1st, 2nd & 3rd place) – 5 minutes after meet finish

Coaches & Officials

- Officials report and sign-in - 6:45am
- Coaches pick up relay cards – 7:00am
- Timers meeting with head timer - 7:30am
- Starters/Place Judge/Stroke & Turn Meeting with Meet Referee - 7:30am
- Coaches Meeting with Meet Referee & Scoring Table for final corrections/scratches and any questions - 7:30am
- Relay swimmer names on index cards due to Scoring Table - 7:30am