

NBSL PRELIMINARY CHAMPIONSHIPS
GRAYLYN CREST SWIM CLUB
SATURDAY, JULY 19th

Pool Schedule

6:45 AM	Gates Open
6:45 – 7:30	Swimmer Check-In
7:00 – 8:00	Warm Up
8:20	Final call for the first event
8:30 – 9:00	Meet begins

Coaches & Officials

6:45	Officials report and sign in
7:30 – 8:15	Swimmer Seeding
7:50	Timers meeting with Head Timer / Place Judges and Stroke & Turn meeting with Referee
8:00	Coaches meeting with meet director (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 5 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) Swimmer heat and lane assignments will be made on the day of the meet after swimmers have checked in. If a swimmer is not checked in by 7:30, we will do our best to accommodate the swimmer, but due to the nature of this meet, we cannot guarantee the entry. **Therefore, make certain all swimmers arrive for mandatory check-in!**
- 6) Awards for the first ten places.
 - Individual Events: 1 – 6 medals / 7 – 10 ribbons
Only Coaches May Pick Up Awards!
 - Participation ribbons will be awarded to all 6U swimmers.
- 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) Swimmers are limited to **2 individual** events. Swimmers are permitted to swim in both championship events (prelims and championships) provided they meet the qualifying times for that specific event. However, individuals are limited to a combined TOTAL of two individual events for both championship meets.
- 9) Respect and appreciate your NBSL representatives!!!
- 10) Have Fun!!!