

Welcome to Summer Sizzle 2008...

Session Schedule:		Warm-up	Start
400 IM's (FRI); 400 FR's (SAT)	13/Overs, Check-in by 7:30AM; Limited to 1.5 hours	7:15AM	7:50AM
AM Session (Fri. & Sat)	13/Overs, Check-in by 10:00AM	9:20AM	10:30AM
800 FREE	Open, Check-in by 11:00AM in Control Room	PATIO POOL (if necessary)	No early than noon
AM Session - SUNDAY	13/Overs, Check-in by 7:50AM	7:15AM	8:30AM
800/1500 Free	Open, Check-in by 11:00AM in Control Room	PATIO POOL (if necessary)	No earlier than 11:30AM
Afternoon	12/Unders, Check-in by 2:30PM	1:55PM	3: 00
Finals/Sat. & Sun.	Finals for 13/14's and Open & Relays	5:55PM	7:00PM

<p><u>Heat Limited Events</u></p>	<ul style="list-style-type: none"> • The 400 Freestyle and the 400 IM for 13/Overs will be limited to sessions of no more than 90 minutes. • The 800 and 1500 Freestyle events will be limited to no more than 4 heats per gender. • The 12/U 400 Freestyle and 400 IM will be limited to 4 heats. • Psych sheets are posted at www.besmartinc.com. • <i>Swimmers who do not get into these events will get a refund</i>
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FLY OVER STARTS WILL BE USED FOR PRELIMS AND TIMED FINAL SESSIONS

THE USA SWIMMING SCRATCH RULE WILL BE IN EFFECT AT FINAL SESSIONS

