



Coaches Notes

- All coaches and officials must enter the pool deck through the doors by the hospitality room. Coaches and officials should NOT enter the pool deck through the locker rooms
- Entrance to the facility is through the front doors of Sojka Pavilion. Coaches and Officials can then proceed down the hall and enter the pool deck by the hospitality room, Athletes will enter the pool deck through the locker rooms and Spectators will proceed to the gallery
- Coaches/Officials must show their USA Swimming ID and will then get a wristband to access the pool deck.
- Timers should check in at the starting end of the pool (on the pool deck) and will be given a green lanyard. Please be sure you have all of your timers BEFORE the sessions starts
- Athletes in the "B" flights of the 400 free and 400 IM must provide their own timer
- The 400 Free and 400 medley relays will be swum as the last events of finals (swum fast to slow alternating women/men)
- The 800 freestyle relay will swim the fastest heat at finals on Wednesday and all other heats will be at the conclusion of prelims on Wednesday prior to the 800 free heats
- Hospitality is for coaches, meet operations volunteers, timers, and officials.
- The pool deck will open each day at 7:15am. Warm-ups will start at 7:30am. **Coaches/Officials MAY NOT enter pool deck through Locker Rooms**
- Text "LCCHAMP18" to 84483 on your electronic device to receive updates throughout the meet to include Finals heat sheets
- Relays must be checked in by 9:30am each day
- **Time Trials are offered: Wednesday after prelims; Thursday after prelims and after finals; Friday after prelims and after finals; Saturday after finals**