



2018 LFSC JO INFORMATION

15-18 MARCH 2018

NOTE: We always put our best plan in place but will make changes at the meet as necessary Championship rule #1 ... be ready for the unexpected!

- SITE:** RecPlex Aqua Arena, 9900 Terwall Terrace, Pleasant Prairie, WI 53158
- EVENTS:** Swimmers can swim a maximum of 7 individual events. 11/12 and 13/14 swimmers can swim 3 events per day; 10 & under swimmers can swim 4 individual events per day.
- All 10 & under events are timed final events. 11/12 and 13/14 events are heats/finals with a few exceptions.
- The 11/12 500 free, 13/14 500 & 1000 free and the 400 IM are timed final events with the fastest seeded heat swum in the finals session. All remaining heats will be swum in the preliminary session.
- All heats of the 11/12 1000 free and the 13/14 1650 free will swim in the Thursday evening session swum fastest seeded heats to slowest seeded heats.
- RELAYS:** All relays are timed final events. The 10 fastest seeded relays of the 11/12 and 13/14 relay events will swim in the finals.
- SCRATCHES:** All scratches must be made by 1:00 p.m. the day prior to the event. Please send a note to coachmdl@swimlfsc.org by 12:00pm, Wednesday, March 14th, with any questions. Penalties for failing to swim once an event is seeded are harsh so make sure your event list is clear prior to the meet and **PAY ATTENTION DURING THE MEET.**
- WARM-UP:** Warm-up at this meet is extremely challenging. Please be on time for warm-up at each session. Any changes to our warm-up schedule will be announced in practice or at the meet.

	THURSDAY, 13/14 1650, 11/12 1000 Free
Warm-up	3:30pm
Start	5:30pm
	FRIDAY, SATURDAY, SUNDAY
	11/12, 13/14 Events
Heats Warm-up	6:30am
Start	9:00am
	10 & Under Events
Heats Warm-up	12:00pm
Start	1:00pm
	11/12, 13/14 Finals
Finals Warm-up	3:30pm
Start	5:00pm

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Relay events: The top 10 seeded relays in the 13/14 and 11/12 age groups swim in the finals session. We do not have relay assignments at this time. Exact relay assignments will be made during the meet.

THURSDAY	FRIDAY	SATURDAY	SUNDAY
	13/14 - 4 x 200 Free No Relay	11/12 - 4x100 Medley MaryGrace, Audrey Delaney, Cassidy	11/12 - 4x100 Free MaryGrace, Audrey, Delaney, Cassidy
		13/14 - 4x100 Medley No Relay	13/14 - 4x100 Free No Relay
		10 & un 4x50 Medley No Relay	10 & un 4x50 Free No Relay

The following swimmers are entered in timed final distance events at the meet.

THURSDAY	FRIDAY	SATURDAY	SUNDAY
13/14 1650 Free	13/14 - 400 IM	11/12 - 500 Free Mary Grace King Ben Longway	13/14 - 500 Free
11/12 - 1000 Free MaryGrace King Ben Longway		13/14 - 1000 Free	

EVENT SCHEDULE

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Heats</i>	<i>Heats</i>	<i>Heats</i>	<i>Heats</i>
13/14 1650 Free 11/12 1000 Free	11/12 200 Back 13/14 200 Breast 11/12 100 Breast 13/14 200 Free 11/12 200 Free 13/14 400 IM 11/12 100 IM 13/14 100 Fly 11/12 100 Fly	11/12 100 Back 13/14 100 Back 11/12 500 Free 13/14 200 IM 11/12 100 Free 13/14 100 Free 11/12 50 Fly 13/14 200 Fly 11/12 200 Breast 13/14 1000 Free	11/12 50 Back 13/14 200 Back 11/12 200 IM 13/14 500 Free 11/12 50 Breast 13/14 100 Breast 11/12 50 Free 13/14 50 Free 11/12 200 Fly
	<i>30 minute Break</i>	<i>30 minute Break</i>	<i>30 minute Break</i>
	<i>10&un Timed Finals</i>	<i>10&un Timed Finals</i>	<i>13/14 800 Free</i>
	100 Back	4x50 Medley Relay	4x50 Free Relay
	<i>Awards</i>	<i>Awards</i>	<i>Awards</i>
	200 IM	100 Fly	200 Free
	<i>Awards</i>	<i>Awards</i>	<i>Awards</i>
	50 Free	100 Free	100 IM
	<i>Awards</i>	<i>Awards</i>	<i>Awards</i>
	500 Free	50 Breast	50 Fly
	<i>Awards</i>	<i>Awards</i>	<i>Awards</i>
		50 Back	100 Breast
		<i>Awards</i>	<i>Awards</i>

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Awards: On the medal podium all LFSC swimmers are required to wear LFSC Team apparel; preferred attire for the awards presentation is our *NEW Championship Meet T-shirt*, Arena team warm-up suit, shoes . . . and neatly combed hair.

Team Uniforms: Team caps and apparel are required for the entire meet. Be sure to wear your LFSC team T's throughout the meet! **Here's a few of our current LFSC Team T-shirts:** LFSC "Impossible Is Nothing" (2016), "It's All Been Warm up! (LC 2015) "Like" T-shirt (SC 2012), "Inner Piece" T, yellow "Winner's Circle" T (SC 2011), "Dancing Duck" T (summer 2009), "Kung fu Panda" T (SC 2009), white "Long Sleeve Ribbon" T, white or Yellow "Duck Tracks" T. We have a few LFSC Team t-shirts sitting on the shelf waiting for a new loving home. Limited quantities and sizes are available in the office, check with a coach if you would like one (cheap, too).

Things to Bring to the Meet: Most of you are very experienced swimmers and may not need this list. Championship meets require a bit more preparation and attention to detail. Remember: you will be at the pool in a very crowded and charged environment. It is important that you bring what you need to be comfortable, relaxed, and ready to race hard several times each session.

Swimmers participating in heats/finals sessions (11/12 and 13/14 age groups) may be at the pool up to 6 hours in the prelims and 3 hours during the finals. Planning for this and thinking through possible problems in advance will go a long way toward making your championship meet more successful.

DON'T FORGET TO BRING YOUR LFSC WINNING IN THE WATER TEAM SPIRIT!!!

Bring : racing suit, extra suit for warm-ups, team cap, towels, extra towels (expect them to get wet!), sox and shoes, sweatshirt/fleece, team warm-up (nothing saps your energy like shivering while you are cold and wet), goggles/extra goggles. (**PRO TIP:** put an extra suit, gap and goggles in a Ziploc baggie and carry this with you to the block). Other tips and stuff to bring:

- avoid the temptation to use new goggles at the meet. Goggles are like a good catcher's mitt: they need to be broken in a bit; try them in practice first. If your goggles need adjusting behind the blocks or at the last minute you may not have time to find a coach or parent.
- bring books or quiet games, you will have lots of sitting around time.
- bring a water bottle to avoid dehydration and its effects on performance.
- bring light healthy snacks (fruit, crackers) packed the night before in baggies. Don't bring chips, cookies, and candy; these are performance killers. Eating a quarter to half of a Power Bar (with water or Gatorade) within 20 minutes of a race is the best way to replenish muscle energy stores.

Be Flexible: no swim meet is ever perfect and you must be ready and able to adapt. Weather conditions and pool/air quality problems are 2 common problems at meets. Championship meets are emotional, stressful and chaotic and it is important that swimmers stay tuned in with Coach Michael throughout the meet and listen closely at team meetings.