

## **Sanger Seals 2011 Meet Requirements**

Location: Sanger High School Pool (see map on back of this page)

Warm-ups: Sanger: 5:45 pm to 6:00pm  
Visitors: 6:00pm to 6:15pm (must be coach supervised)

Meet start: 6:30pm – Cut off is negotiable

Lanes: Sanger: Lanes 2, 4, 6, 8  
Visitors: Lanes 1, 3, 5, and 7

Heats: Relays: 2 Heats  
Freestyle & Backstroke: Unlimited  
All Other Events: 3 Heats

Visiting Team: Be sure an updated team roster has been uploaded to the CVRSL website 2 days before the meet or email team roster on "Meet Manager" one week before the meet to: [msلمgreen@unwiredbb.com](mailto:mسلمgreen@unwiredbb.com).

Please provide 4 recorders and 12 timers for your lanes.

- You will be responsible to line up your own swimmers.
- Please provide at least one stroke and turn official.
- You will be responsible to clean up your "camping" area at the end of the meet.

Awards: Ribbons will be available at the end of the meet  
Ribbons through 8th place in Individual Events  
Ribbons through 3<sup>rd</sup> place in relay events.

Sanger Seals: 243 swimmers during the 2010 swim season

Snack Bar: We will continue our tradition of having a "magnificent" selection of food. Plan on eating at the pool! Sign up to time and enjoy the awesome hospitality that Sanger has to offer.

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