



The SWIM at Splash-A-Thon

Friday, May 8th @ WCCC

Groups	Times		Distance to Swim
NAT D / ADV 2	Check-in @ 3:10	Swim 3:30-5 PM	5000 yds
Adventure 1 / Pre-ADV	Check-in @ 4:40	Swim 5-6:30 PM	4000 / 5000 yds
Explorers	Check-in @ 6:10	Swim 6:30-8 PM	2000 yards

How THE SWIM works:

- All groups have an assigned time slot for their swim.
- Arrive 20 minutes before you swim so you can register, get your count sheet, find your lane and get ready for your swim. The swim will begin at the designated times.
- You will need a counter (someone at least 12 years young) to keep track of your laps and time. Counters may only count for 2 swimmers.
- Swimmers will have 90 minutes to complete their swim.
- Each group has a specific distance that they will swim.
- Once you complete your swim, please return your count sheet to the registration table to receive credit for possible prizes!

SWAG:

There will be prizes for THE SWIM! The swimmer from each group to complete their assigned distance the fastest* will get a \$20 Amazon GC. **You may not use any gear to eligible for the fastest swimmer prize (swimming only)!*

If you have questions, please don't hesitate to contact a coach before or after practice!

GO STINGRAYS!!

Respectfully,

The SUSA Coaching Staff