

# MARIEMONT AQUATIC CLUB

Thank you for joining us for the 2007 MAC Invitational! Here is some basic information to assist you.

**Safety first.** Please help us ensure that all USA Swimming rules are followed, including proper warm up procedures. We appreciate your assistance in monitoring your swimmers in the pool area, team areas and locker rooms. If you have any safety concerns, please advise the meet director.

**Team areas and locker rooms.** The Mariemont High School is allowing us to utilize the main gym, the cafeteria and the locker rooms adjacent to pool. All other areas of the school are off limits.

**Warm up schedule.** See attached.

**Clerk of Course.** These swimmers are veterans by this time of the season. Clerk of course for 8 & Unders only. No clerk of course for relays.

**Deck entries.** We do have some open lanes. Deck entries accepted at the admin table on the pool deck.

**25 yard events.** Our "shallow end" is deep enough to safely allow for starts. We will start all 25 yard events from the shallow end.

**Awards.** We will either present these to you today or mail them to your club.

**Hospitality.** We have a hospitality area for coaches and officials. Signs will lead you there (as well as the smell of coffee for the morning session)

Thank you again for attending and bringing your talented swimmers. If you have any questions or concerns, please let me know.

Jon Saxton, Meet Director

2007 MAC January Invitational 1/20/07  
Sanction # 2903-OH

Warm up Assignments

FIRST SESSION

<u>Time</u>	<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>
7 am -7:25	MAC	MAC	MAC	MAC	SFF	SFF
7:25-7:50	East Central	East Central	MAST	MAST	MAST	MAST
7:50-8:10	One Way Sprints - all team, all lanes					

SECOND SESSION

<u>Time</u>	<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>
10:50-11:15	MAC	MAC	MAC	MAC	MAC	E.Centr.
11:15-11:40	SFF	SFF	SFF	SFF	SFF	SFF
11:40-12:05	RAYS	RAYS	RAYS	MAST	MAST	MAST