

TAKE YOUR MARKS...GO!

Hello Single Age State Families! Once again, congratulations on having a swimmer participating in this weekend's meet! Hopefully everyone has had a chance to check out all of the information on our [MEET LANDING PAGE](#) – if not you can click the link to see all sorts of information. And hopefully most of you read the "Participant Welcome Letter" – this is meant as a follow-up to that information.

POSTED DOCUMENTS

Any of the pre-meet information that you might want is posted to the meet landing page. We have a final session report, an updated psych sheet, and HEAT SHEETS! Pay attention to the parking maps as they differ from last year's meet.

HEAT SHEETS, ADMISSIONS, AND SPECTATOR SEATING OPTIONS

- Doors won't open until 30 minutes before the start of warm-up (8:30am Saturday and 7:00am Sunday)
- Remember that the cost of admissions for all sessions was already included in your athlete surcharge fee, so 'on-site' admission this weekend is FREE!
- Heat Sheets are also available at no additional cost. Families can opt to print them now or to view them electronically from either the meet page or on Meet Mobile
- There are LOTS of options for watching the meet this weekend
 - We have a great looking LIVESTREAM once the meet starts – search for BAC on YouTube!
 - PLEASE NO SWIMMERS OR BAGS IN THE STANDS! The Verona Aquatic Center seats about 800 spectators – a bleacher area with about 150 seats will be reserved and marked for 'single event' seating
 - The Atrium is a great (and underutilized in 2023) space to hang out between races. We'll have the livestream playing so swimmers can keep track of the meet while relaxing, this is where we'll have awards, and this is where SIMPLY SWIMMING will be located (a different spot than last year).

AMENITIES & FUN STUFF

- **MEET SPONSORS:** Several of our meet sponsors are area restaurants, so if you're looking for someplace for dinner, check out the ads in the heat sheets or on the meet landing page!
- **"STATE" HATS PROVIDED BY TYR:** Every participant gets a really cool 'Golden Ticket' winter hat provided by TYR
- **AWARDS:** Top 8 Individual and top 3 relays have their awards 'presented' – the timing for each award break is listed in the session report. The rest of the top-16 receive ribbons that can be found in the atrium.
 - With a large meet and packed session report we do NOT have time to delay award presentations for missing swimmers, so please have your athletes pay attention!
- **PODIUM PICS:** Nobody likes jockeying and shoving other parents just to get a low-quality pic of your swimmer on the podium from 100 feet away! We'll have a photographer to take high-quality 'podium pics' for every award presentation and post them on the meet page as the meet progresses!
- **SELFIE STATION:** We'll have a fun 'selfie station' to take pics with friends, with awards, with whatever!
- **SIMPLY SWIMMING:** Saving the best for last! Simply Swimming is on-site for all your state apparel needs! Check them out in the atrium area just down the hall from the pool!

We're thrilled by the rebounded size of this meet, and we can't wait to throw a party for *nearly 800* of our closest friends! Good luck to everyone competing this weekend – **SWIM FAST!**

