



## Welcome to Summer Sizzle 2009...

<b>Session Schedule:</b>		<b>Warm-up</b>	<b>Start</b>
400 IM's (FRI); 400 FR's (SAT)	13/Overs, Check-in by 7:30AM; Limited to 1.5 hours	7:15AM	7:50AM
AM Session (Fri. & Sat)	13/Overs, Check-in by 10:00AM	9:20AM	10:30AM
800 FREE	Open, Check-in by 11:00AM in Control Room	PATIO POOL (if necessary)	No early than noon
AM Session - SUNDAY	13/Overs, Check-in by 7:55AM	7:15AM	8:30AM
800/1500 Free	Open, Check-in by 11:00AM in Control Room	PATIO POOL (if necessary)	No earlier than 11:30AM
Afternoon	12/Unders, Check-in by 2:30PM	2:00PM	3: 05PM
Finals/Sat. & Sun.	Finals for 13/14's and Open & Relays	5:55PM	7:00PM

### **Heat Limited Events**

- The 400 Freestyle and the 400 IM for 13/Overs will be limited to sessions of no more than 90 minutes.
- The 800 and 1500 Freestyle events will be limited to no more than 4 heats per gender.
- The 12/U 400 Freestyle and 400 IM will be limited to 4 heats.
- Psych sheets for these events will be posted at [www.besmartinc.com](http://www.besmartinc.com).
- *Swimmers who do not get into these events will get a refund*

**FLY OVER STARTS WILL BE USED FOR PRELIMS AND TIMED FINAL SESSIONS**



*THE USA SWIMMING SCRATCH RULE WILL BE IN EFFECT AT  
FINAL SESSIONS*

