## Blair YMCA League Meet

Brent Olson Memorial Meet
December 4th, 2021
$\left.\begin{array}{ll}\text { Approval } & \begin{array}{l}\text { Blair Family YMCA has agreed to comply and to enforce all health and safety } \\ \text { mandates and guidelines of USA Swimming, Midwestern Swimming, the State } \\ \text { of Nebraska, and City of Blair. }\end{array} \\ \text { In granting this approval it is understood and agreed that USA Swimming and } \\ \text { Midwestern Swimming Inc. shall be free from any liabilities or claims for } \\ \text { damages arising by reason of injuries to anyone during the conduct of the } \\ \text { event. }\end{array}\right\}$

Note: Although age groups may be swam together, placement \& ribbons will always be awarded separately according to age group and gender.

| Warm-up Procedures | The "sit and slide" entry will be enforced. The first 15 minutes will be a general <br> warmup. During the last $5-10$ minutes, coaches may practice race starts with <br> one direction swimming in their warm-up lanes. |
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| Lane Assignments | 9am - 9:25am <br> Lanes 1-3 Blair <br> Lanes 4-6 Fremont |
|  | 9:25am -9:55am <br> Lanes 1-3 Norfolk <br> Lanes 4-6 Columbus |
| Meet Procedure | This meet will be pre-seeded. The meet will run according to the program. |
| There will be NO staging for this meet. It will be the coaches' and swimmers' |  |
| responsibility to be in the ready area behind the block for their events. |  |

