

2017 Eastern Express
Summer Send-Off

Revised Schedule of Events

Saturday Distance 1:00pm Warm-Up, 1:35pm Start
One open warm-up

All Saturday Events 2:00pm Warm-Up, 2:35pm Start
One open warm-up. Estimated finish: 4:00-4:30pm.
We will run the session at a comfortable pace and take breaks if necessary

There will be three sessions on Sunday

Sunday Open 8:00am Warm-Up, 8:45am Start
One open warm-up

Sunday Mid Session Will not start before 10:45am
Warm-up in diving well + 10 minutes in main pool

Sunday 14 & Under 11:30am Warm-Up, 12:15pm start
One open warm-up
Estimated finish: 2:00pm-2:30pm

Each session will have a general warm-up for all swimmers. Lanes will be assigned later.

All teams should have timers; distance swimmers need their own timers and counters.

We are still accepting swimmers into this meet!