

FAST IMX Kickoff
October 4-5, 2008
Sanction # OZ 5119

Technical Bulletin

I would like to start by thanking all of you for participating in the 2008 FAST IMX Kickoff. Please note the items below as you and your swimmers prepare for the meet.

- The meet will be pre-seeded (all events, all sessions). We will have relay cards in the coaches packets for the Saturday AM session. They should be turned in to the computer desk at least 20 minutes prior to the start of the session as indicated in the meet information.
- We will be running 10 lanes in the morning sessions (10&under, 11-12) and 8 lanes in the afternoon sessions (Open). Continuous warm-up and warm-down will be provided during the afternoon sessions in lane 10.
- The Sunday PM session will begin at 3:00pm instead of 2:30pm. This is due to the fact that the morning 500's are scheduled to run 15-20 minutes over the 4 hour mark. The Sunday PM warm-up sessions will be adjusted accordingly (see warm-up assignments on page 2 of this bulletin).
- I will be sending you the psyche sheet and session reports in a separate email. If you plan on distributing the information to your team, please emphasize that the session reports indicate "estimated timelines" and should NOT be considered official timelines for the meet. Heat Sheets will be available for purchase at the meet.
- We will be running a bullpen for the AM sessions. It will be located in the staging area (gym).
- Please remind your parents to bring their own chairs, blankets, etc... for the staging area in the gym.

Warm-up session and lane assignments are listed on the next page. I'll look forward to seeing each of you on Saturday. Please don't hesitate to call **(314) 270-3548** or email jcravens@fast-swimming.com if you have any questions prior to the meet.

Best Regards,
Jason Cravens
Head Coach
Flyers Aquatic Swim Team

FAST IMX Kickoff

Warm-up Assignments

Saturday AM

Session 1 (7:00-7:40am)

FAST (Lanes 1-7)

STLS/Unattached (Lane 8)

SCCY/LOV2 (Lane 9)

GATR (Lane 10)

Session 2 (7:40-8:20am)

SEAL (Lane 1)

PKWY (Lanes 2-6)

CSC (Lanes 7-10)

Saturday PM

Session 1 (1:00-1:40pm)

FAST (Lanes 1-7)

CSC (Lanes 8-10)

Session 2 (1:40-2:20pm)

RSCA (Lanes 1-2)

BGCD (Lane 3)

SEAL (Lane 4)

SCCY (Lane 5)

STLS (Lane 6)

GATR (Lane 7)

PKWY (Lane 8)

LOVE (Lane 9)

Unattached (Lane 10)

Sunday AM

Session 1 (7:00-7:40am)

FAST (Lanes 1-7)

CSC (Lanes 8-10)

Session 2 (7:40-8:20am)

PKWY (Lanes 1-5)

SEAL (Lane 6)

LOV2 (Lane 7)

STLS (Lane 8)

GATR (Lane 9)

SCCY/Unattached (Lane 10)

Sunday PM

Session 1 (1:20-2:00pm)

FAST (Lanes 1-7)

CSC (Lanes 8-10)

Session 2 (2:00-2:40pm)

RSCA (Lanes 1-3)

SEAL (Lane 4)

BGCD (Lane 5)

SCCY (Lane 6)

STLS (Lane 7)

GATR (Lane 8)

PKWY (Lane 9)

LOVE/Unattached (Lane 10)