

Metropolitan Swimming Meet Preparation Packet

Eastern Zone Short Course All Star Championship Meet

March 30 – April 1, 2017 - Webster Aquatic Center, Webster, New York

Day / Session	Pool	Age Groups	Event Numbers	Arrival Time	Meet Start Time	Shirt Color	Cap Color
Thursday AM Session 1 Prelims	Webster Aquatic Center	11 - 12 13 - 14 15 - 18	1-30	7:50 AM	9:00 AM	Red	White
Thursday Mid Session 2 Prelims	Webster Aquatic Center	10 & Under	201-211	12:15 PM	1:30 PM	Red	White
Thursday PM Session 3 Finals	Webster Aquatic Center	11 - 12 13-14 15-18		3:45 PM	5:30 PM	Red	Black
Friday AM Session 4 Prelims	Webster Aquatic Center	11 - 12 13 - 14 15 - 18	43-72	7:15 AM	9:00 AM	White	Red
Friday Mid Session 5 Prelims	Webster Aquatic Center	10 & Under	212-222	12:00 PM	1:20 PM	White	Red
Friday PM Session 6 Finals	Webster Aquatic Center	11 - 12 13-14 15-18		3:45 PM	5:30 PM	White	Black
Saturday AM Session 7 Prelims	Webster Aquatic Center	11 - 12 13 - 14 15 - 18	99-124	7:50 AM	9:00 AM	Black	White
Saturday AM Session 8 Prelims	Webster Aquatic Center	10 & Under	223-230	1:00 PM	2:15 PM	Black	White
Saturday AM Session 9 Prelims	Webster Aquatic Center	11 - 12 13 - 14 15 - 18		3:45 PM	5:30 PM	Black	Black

- 10 & Under please be on Time and Check in with your Coach for each session
- If there are any issues please contact your Coach or Andy Copley at (406) 962 - 6286
Andy.copley@metroswimming.org

Swimmers and Parents

The Eastern Zone All Star Championships is the highest level of Age Group Competition available in USA Swimming, congratulations for making the team, it is a great accomplishment. All the training and preparation you have put in from September till now will culminate in this meet; we should have some great, fast swims. The Metro All Star Team combines swimmers from all the clubs in Metro for this event, and for this weekend we are all one team. Be on time for meals and team meetings and the bus so we are on time for warm-ups, wear the proper team uniform for the day and your metro competition suit only - If we swim and cheer as a team we will do outstanding things!

Best of luck on a great meet!

Coach Andy

Andy Copley
Head Coach / Metro Age Group Chair
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