

**Please note the correction and amendment to the
Delta Meet July 4-6,2008**

Session 2

20 min warm up will start as soon as session 1 is over but not before **1:30**

In the events that are age specific, swimmers must be with in that age group to swim . All senior events are open. No exhibition swimming. The mile will be limited to the **first 36 swimmers** - 11 & older only and will be swum as a mixed race, **fastest to slowest. Heats 1-4 of the mile will be swum on Friday the remaining 2 heats on Saturday after the 1000 free.** Swimmers must provide timers and lap counters for the mile and 1000 y free. **1000 y will also be swum as mixed race.**

Please note that the pool does not open before 12:00 noon on Friday July 4th.

For Coaches and Parents, even so we did not ask for a courtesy time in the mile, we ask you to be aware of your swimmers ability and endurance for long distance events.