

Montrose Marlins Time Trials
July 10-11, 2009

As time permits we will be offering time trials after the regular meet concludes on Friday, July 10th, and Saturday, July 11th. These time trials are being offered for swimmers trying to make cuts for the upcoming championship meets, not simply to improve their times.

Heats will be arranged by distance, with 50's first, 100's second, and so on as time permits. We will run the time trials for about 45 minutes each evening, **again, if time allows**. Heats will NOT be segregated by stroke, just by distance.

All persons participating in the time trials will need to register with the clerk of course before the end of the meet for that day. Swimmers competing in the last event of the day will need to come directly to the clerk of course at the conclusion of their heat if they wish to register.

All swimmers participating in the time trials will need to provide their own timers, and, if time permits the 400 meter events to be offered, their own counters as well.

The fee for each entry is \$5.00 which must be paid upon registering for the event.

Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to be able to enter the time trials.

By USA Swimming rules, all swimmers are limited to a total of 5 individual events in one day of swimming.