



Mallards Long Course Challenge

Coach Communication

Latest meet information, **REVISED** Schedule, Meet Pkg., Live Results, PsycheSheet & Heat Sheets can be found on Mallards Home Page, by clicking 'Hosted Meets' & 'Mallards Long Course Challenge' or [HERE](#)

The Warm Up Schedule is posted at the end of the document or Click [HERE](#)

Meet Setup:

- All sessions will start from the EAST end with heats running in 10 lanes.
- All 50 m events will start from the WEST end.
- **Finals** will swim A Finals only, **on Saturday, April 15** .

800/1500 m Freestyle:

- 800 Free - Lap counting will **not** be provided by officials. Lap counters will be available for teams to use to lap count for their swimmers. **Please inform the Session Manager prior to session start if you wish to borrow a lap counter during the 800m Freestyle event.**
- 1500 Free - Lap counting will be provided by officials.

Relays:

- Relay cards will be available at the Clerk of Course table during warm up for verification and or name changes.
- If there are no changes to be made, relay cards shall remain with the COC.
- **NOTE**** Deadline for submitting relay cards is 30 min. after the start of the session. Once submitted, no name changes will be permitted.

Backstroke Ledges:

- Will be available for all 13&O Backstroke events.
- Will be available in Lane 1 and 8 during warm up periods for **Sessions #1, #3 and #5**, when Dive/Sprint lanes are opened.

Prelim Results:

- Results will be posted on the EAST wall and at the Clerk of Course table.

Scratch Policy for 13 & Over Final Events:

- **Finals will swim TOP 10 swimmers, A Finals only.**
- **Deadline is 30 minutes following the completion of the last preliminary event results on Saturday, April 15 for Events 25/26, 100 m Fly.**
- Only coaches may scratch swimmer(s) from a Final event.
- Scratches must be made on official scratch forms, and presented to the COC.
- One scratch form required per scratch per event.
- **Failure to scratch before the deadline or failure to participate in a final event will result in a \$30 fine for each offense.**



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Official Split Request Procedure:

- Complete OFFICIAL SPLIT REQUEST form (available from COC desk) and submit to the meet manager or Session Referee before the start of the session.

Awards:

- Final Events: The top three swimmers of each Final event will proceed to the podium, immediately after the race to receive their award.
- Awards for all other events will be available for pick up by coaches after the meet.
- Medals for top three (1st - 3rd) finishes of Individual and Relay events of all age groups.
- Ribbons for 4th - 10th place, for Individual events of 12&U age groups only.

DQ Notification:

- By announcement over the PA system.
- Any queries shall be directed to the Session Referee.

PLEASE NOTIFY US if the following applies to any of your swimmers...

- Taping, for medical reasons.
- Exemption from GR 5 Swimwear rule, for medical or religious reasons.
- Email Meet Manager, Mike Yang @ meetmanager@mallardsswimming.com with the swimmer's name and type of exemption you are requesting for.

FREE GIFT from our sponsor, Talii Towels...

- Drop by Talii Towels booth on the second level to collect your free gift.
- One per team.

Thank you for your patience and understanding as we endeavored to finalize the program and staff the meet. If you have any questions, please feel free to contact us any time.

Looking forward to an exciting weekend of competition!

All the best to your swimmers.

See you on deck soon,

Mallards Meet Management Team



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2023 MLCC Warm Up Schedule

| | SESSION | WARM UP | SPRINT/DIVE OPEN | MEET START | EST. END |
|---|-------------------------------|--|------------------------------------|------------|----------|
| 1 | FRIDAY - 13 & Over | 10:00 - 10:30 AM (G) 10:30 - 11:00 AM (B) | 10:15 AM 10:45 AM | 11:05 AM | ~1:40 PM |
| | FRIDAY - 800 Free | ~1:40 - 1:55 PM | na | 1:55 PM | 3:35 PM |
| 2 | FRIDAY - 12 & Under | 4:00 - 4:50 PM | 4:20 PM | 4:55 PM | 8:20 PM |
| 3 | SATURDAY - 13 & Over | 7:00 - 7:30 AM (G) | 7:15 AM | 8:05 AM | 12:35PM |
| | | 7:30 - 8:00 AM (B) | 7:45 AM | | |
| 4 | SATURDAY - 12 & Under | 1:00 - 1:50 PM | 1:20 PM | 1:55 PM | 6:00 PM |
| 5 | SATURDAY - Finals & 1500 Free | 6:15 - 7:05 PM | 6:35 PM | 7:10 PM | 8:45 PM |
| 6 | SUNDAY - 12 & Under | 7:30 - 8:20 AM | 7:50 AM | 8:25 AM | 12:50 PM |
| 7 | SUNDAY - 13 & Over | 1:30 - 2:00 PM (G) | 1:45 PM | 2:35 PM | 6:55 PM |
| | | 2:00 - 2:30 PM (B) | 2:15 PM | | |

TWO WARM UPS:

- **Session #1 (Friday), Session #3 (Saturday) and Session #7 (Sunday)...**
 - First Warm Up: GIRLS
 - Second Warm Up: BOYS

LANE 9: Para swimmers

LANE 1 and 8: Sprint/Dive...

- One Direction swimming only
- Lane 1... from WEST end
- Lane 8... from EAST end

BACKSTROKE LEDGE:

- Will be available at Lane 1 and Lane 8 when Sprint/Dive lanes are opened.
- During warm up sessions on Friday, Session #1 and Saturday, Session #3 only.