

**Spring Sprints PLUS Invitational**  
**Parent Information Sheet**  
**April 28-29, 2018**

<b>FACILITY</b>	<b>South Run Recreation Center</b> 7550 Reservation Dr Springfield, VA 22153 703-866-0566
<b>ENTRY DEADLINE</b>	<b>Tuesday, April 17<sup>th</sup></b>
<b>SCHEDULE</b>	<ul style="list-style-type: none"> <li>• Warm-ups: 12:30-1:10 pm, Events 1:15 pm</li> <li>• Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals</li> <li>• Swimmers may enter no more than three (3) individual events per day.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Events longer than 200 yards may require positive check-in based on the number of entries received for those events.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Please contact the SDS Officials Chair, Jim Mello at <a href="mailto:the.mello.five@gmail.com">the.mello.five@gmail.com</a> to volunteer to officiate.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>• Timer &amp; Volunteer Sign-Up Link: <a href="http://www.signupgenius.com/go/10C0944ACA628A75-spring3">http://www.signupgenius.com/go/10C0944ACA628A75-spring3</a></li> </ul>

**Session 1**  
**Saturday, April 28**  
**Warm up: 12:30-1:10 pm**  
**Events: 1:15 pm**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	11 & Over 100 Fly	2
3	9-10 100 Fly	4
5	11 & Over 100 IM	6
7	9 & 10 100 IM	8
9	11 & Over 50 Back	10
11	9-10 50 Back	12
13	11 & Over 100 Breast	14
15	9-10 100 Breast	16
17	11 Over 50 Fly	18
19	9 & 10 50 Fly	20
21	11 & Over 100 Back	22
23	9-10 100 Back	24
25	11 & Over 50 Breast	26
27	9-10 50 Breast	28
29	11 & Over 100 Free	30
31	9-10 100 Free	32

**Session 2**  
**Sunday, April 29**  
**Warm up: 12:30-1:10 pm**  
**Events: 1:15 pm**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
33	9 & Over 50 Free	34
35	9 & Over 200 Free	36
37	6 & Under 25 Back	38
39	7-8 25 Back	40
41	8 & Under 100 Free	42
43	9 & Over 200 Back	44
45	8 & Under 50 Fly	46
47	7-8 25 Free	48
49	6 & Under 25 Free	50
51	8 & Under 50 Back	52
53	9 & Over 200 Breast	54
55	7-8 25 Breast	56
57	6 & Under 25 Breast	58
59	8 & Under 50 Breast	60
61	9 & Over 200 Fly	62
63	8 & Under 50 Free	64
65	7-8 25 Fly	66
67	6 & Under 25 Fly	68
69	8 & Under 100 IM	70
71	9 & Over 200 IM	72