

Glenbrook South

Girl's Swimming & Diving

2018 State Meet Itinerary

Monday Practice 3k+ (Ticket request-2+ per person)
Tuesday Practice 3k--done by 4:45
Banquet @ Glen Club--6pm
Wed/Thu Practice --warm up/sprint done by 4:30

Friday, November 16

9:00 am Diving begins
10:45 am GBS Pool Locker room open
11:00 am Wake-up swim 400/200/200
11:45 am Go to Lunch at Walker Bros.(bring \$--Kiraly Drive)
1:20 pm Arrive at E-TOWN//Go to Gym-bring mats
1:40 pm Entrance to Pool Deck--Team #25
2:00 pm Pool is open for warm-up
2:45 pm Sprint lanes open
3:15 pm Pool closed
3:30 pm Prelims Begin
50 Free: Alexis/Catherine
15 minute break after the 50 free
100 Free: Catherine
500 Free: Kate
200 Free Relay: Catherine/Alexis/Caroline/Emsela
15 minute Break
400 Free Relay Catherine/Alexis/Emsela/Kate
7:30 pm Prelims over

Saturday, November 18

9:00 am Meet at GBS pool
9:15 am Leave for Evanston
10:00 am Warmup
11:00 am Meet Starts

MISC.

- *Two/Three tickets per swimmer--\$10.00 per prelim/Finals-LOTTERY
- *You are Called out of school Friday
- *On Friday we can drop you off at your home or at GBS
- * On Saturday we will leave after our last event