# SAQ-NSSC 2024 Season Ending Championship Meet <br> August 2 - 4, 2024 <br> University of Connecticut - Wolff-Zackin Natatorium <br> 2095 Hillside Road, Storrs, CT 06269 

Held under sanction of USA Swimming and Connecticut Swimming, Inc. \#L24-50. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

|  | Name | Email | Phone |
| :--- | :--- | :--- | :--- |
| Meet Director: | Tim Wise | tim.wise@uconn.edu | 2036687616 |
| Meet Referee: | Manny Martines |  |  |
| Lead Admin Official: | Tim Wise | $\underline{\text { tim.wise@uconn.edu }}$ | $\mathbf{2 0 3 6 6 8 7 6 1 6}$ |
| Entry Chair: | Tim Wise | tim.wise@uconn.edu | $\mathbf{2 0 3 6 6 8 7 6 1 6}$ |
| Safety Chair: | Hayley Masi | $\underline{\text { havley.masi@uconn.edu }}$ |  |
| Officials Contact: | Tim Wise | $\underline{\text { tim.wise@uconn.edu }}$ | $\mathbf{2 0 3 6 6 8 7 6 1 6}$ |

MEET HOST: Storrs Aquatic Club-SAQ
WEBSITE: http://www.storrsaquatics.com
POOL EMERGENCY NUMBER: 860 - 486 - 9193
COURSE: LCM

| SESSION TIMES: Subject to Change | 13/over prelims | 7:30 warm up | 8:30 start |
| :--- | :--- | :--- | :--- |
|  | 12/under prelims | 12:00 warm up | 1:00 start |
|  | Finals | 5:00 warm up | 5:45 start |

ENTRY OPENING DATE: Entries will be accepted no earlier than 7:00p April 25, 2024.
CONNECTICUT-ONLY DEADLINE: CT deadline is April 28, 2024. CT clubs meeting this deadline will be entered before out of state clubs.

DEADLINES: Deadline is July 23, 2024 @ 7:00 pm.
PAYMENT INSTRUCTIONS: Please make checks payable to Storrs Aquatic Club
Mail to:
Tim Wise
34 Dudley Road
Wethersfield, CT 06109
Payment must be received by 08/01/24
LC 2024 SEASON ONLY (4/1-8/31): Teams that are charged pool rental for running a regularly scheduled non CSI Championship meets, can charge a per swimmer facility fee not to exceed $\$ 10$. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: $\$ 15.00$ for individual 11/over events, $\$ 10.00$ for $10 /$ under individual events. $\$ 20.00$ for relays. Per Swimmer Facility Fee: $\$ 10.00$. Manual entries: $\$ 20.00$ for individual events, $\$ 30.00$ for relays. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: Sanctioned
MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.
MEET FORMAT: The meet will be swum as Prelims/Finals for $11 \&$ over $50 / 100$ events with 200 stroke events being mixed and timed final. 10 \& under events are timed final. $13 \&$ over finals will have $\mathrm{A} / \mathrm{B} / \mathrm{C}$ finals, with the C final being 13-14 only. 11-12 will have an A and B final. The 400 FR and 400 IM prelims will have the top 2 heats of boys and girls swim first, then remaining heats will be swum fastest to slowest alternating girls/boys. The mixed 800 and 1500 FR on Sunday will have 3 heats only each and the top heat of each will swim in finals.

FACILITY: The Wolff-Zackin Natatorium is a 6 -lane, 50 meter pool. Water depth at start end is 6 feet. Water depth at turn end is 14 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Brundage Pool, a 6 lane 25 yard pool, adjacent to Wolff Zackin will be available for continuous warm up - warm down. Colorado electronic timing will be used. Ample spectator seating exists.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

## WIFI ACCESS: Wifi is available

MEDICAL SUPERVISION: A certified lifeguard will be on duty for each session. In the case of an emergency UConn Police and Fire will be called.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 13/over sessions will be general warm up if numbers permit. If the meet is fully subscribed, then $2 \times 25$ minute general warm up sessions with assigned lanes will be offered. The $12 /$ under sessions may have structured warm up sessions with lanes assigned if the meet is fully subscribed. The last 10 minutes of all warm up sessions will be reserved for one way - dive sprint.

ENTRY LIMITATIONS: All Swimmers will be allowed to swim 3 events per day -9 events total. This does not include relays.

SCRATCH PROCEDURES: Scratch sheets will be distributed prior to each prelim session. Scratch sheets are to be returned to the administration table no more than 25 minutes after warm up begins.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

SAFE SPORT POLICIES: Spectators will be allowed in the bleachers, viewing area. Parents are not allowed on deck unless serving as a back up timer.

DISABLED ACCESS: Handicapped parking and pool deck access are available. IF special assistance is required by athletes, coaches or spectators please contact the Safety Chair listed above.

ELIGIBILITY: All USA Swimming clubs and individuals
All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete registration procedures. Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a $\$ 100$ fine per instance, as described in CT Swimming meet policies: https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf
and
https://www.ctswim.org/Customer-
Content/www/CMS/files/policies admin/RegistrationPolicyforMeetHosts.pdf
Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the Connecticut Swimming office.

ENTRY TIMES: Submit entry times in: LCM
ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at tim.wise@uconn.edu Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected before the meet begins. Entries will be accepted on a first come-first serve basis until the meet is fully subscribed.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the Outreach Athlete page on ctswim.org.

## CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 7 and Under will be cut from the meet. [This provision SHOULD not be listed for $8 / \mathrm{U}$ meets]
2. All relays, if planned, will be eliminated.
3. The distance events ( 400 meters or yards or greater) may be heat limited to the first 6 heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. [This provision will always be last] Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: Yes All relay swimmers must be officially entered in the meet.

## SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

## PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 90 minutes after the session begins. The fee for Time Trial entries are $\$ 20.00$ for individual events and $\$ 30.00$ for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Clubs will be asked to provide timers based upon the size of their entry. Certified Officials are invited to volunteer as well. Officials who contact the meet director before July 26 will be given credit towards their teams overall work assignment. Participating clubs must be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.
AWARDS: No awards will be given

## CONCESSIONS: Yes

## HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: The Wolff-Zackin Natatorium is adjacent to Gampel Pavilion. Parking is available in the South Garage as well as surface lots. Parking spaces marked "reserved 24/7" are not to be utilized.

## DIRECTIONS: : Directions to the University of Connecticut (Storrs campus) http://maps.uconn.edu/

From Hartford: The University of Connecticut campus is approximately 30 minutes driving time from the city of Hartford. Take I-84 east to exit 68. Off the exit take a right onto Rte. 195 south and follow signs to the University. Once on campus take a right onto North Eagleville Road. At the second stoplight, take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

From Boston: The University of Connecticut campus is approximately one and one half-hour from Boston. From the Mass Pike, take I-84 west to exit 68. Off the exit take a left on Rte. 195 south and follow signs to the University. Once on campus take a right onto North Eagleville Road. At the second stoplight, take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

From Providence: The University of Connecticut is approximately one and one quarter hour from Providence. From Rte. 295 take exit 5-6, following signs to Hartford. Take Rte. 6 west to Rte. 101 west to Rte. 44 west. Take a left onto Rte. 195 south. Once on campus take a right onto North Eagleville Road. At the second stoplight take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

From New York: The University of Connecticut is approximately one and one-half to two hours from New York. Take 95 north to 91 north to 84 east. From 84 east take exit 68 . Once off the exit take a right onto Rte. 195
south and follow signs to the University. At the first stoplight, take a right onto North Eagleville Road. At the second stoplight, take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

2024 SAQ-NSSC Season Ending Championship Meet - 8/2/2024 to 8/4/2024 Session Report

Session: 1 Fri Prelims 13 \& over
Day of Meet: 1 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |  |
| :--- | :--- | ---: | ---: | ---: | :--- |
| Prelims | 1 | Girls 13 \& Over 100 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ |
| Prelims | 2 | Boys 13 \& Over 100 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ |
| Prelims | 3 Girls 13 \& Over 200 Breaststroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 4 Boys 13 \& Over 200 Breaststroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 5 | Girls 13 \& Over 50 Backstroke | 0 | 0 | $08: 30 \mathrm{AM}$ |
| Prelims | 6 Boys 13 \& Over 50 Backstroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 7 | Girls 13 \& Over 100 Butterfly | 0 | 0 | $08: 30 \mathrm{AM}$ |
| Prelims | 8 Boys 13 \& Over 100 Butterfly | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Finals | 11 | Mixed 13 \& Over 200 Medley Relay | 0 | 0 | $08: 30 \mathrm{AM}$ |
| Prelims | 9 Girls 13 \& Over 400 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 10 | Boys 13 \& Over 400 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ |
|  | $\quad$ Finish Time |  |  | - |  |
|  |  |  |  | $08: 30 \mathrm{AM}$ | - |

Session: 2 Fri Prelims 12 \& under
Day of Meet: 1 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds


2024 SAQ-NSSC Season Ending Championship Meet - 8/2/2024 to 8/4/2024
Session Report
Session: 3 Fri FINALS
Day of Meet: 1 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +15 Seconds


Session: 4 Sat Prelims 13 \& over
Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |  |
| :--- | :--- | ---: | ---: | ---: | :--- |
| Prelims | 27 Girls 13 \& Over 200 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 28 Boys 13 \& Over 200 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 29 Girls 13 \& Over 100 Breaststroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 30 Boys 13 \& Over 100 Breaststroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 31 Boys 13 \& Over 50 Butterfly | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 32 Boys 13 \& Over 50 Butterfly | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 33 Girls 13 \& Over 200 Backstroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 34 Boys 13 \& Over 200 Backstroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Finals | 37 Mixed 13 \& Over 200 Freestyle Relay | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 35 Girls 13 \& Over 400 IM | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 36 Boys 13 \& Over 400 IM | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
|  | Finish Time |  |  | $08: 30 \mathrm{AM}$ | - |

## 2024 SAQ-NSSC Season Ending Championship Meet - 8/2/2024 to 8/4/2024

 Session ReportSession: 5 Sat Prelims 12 \& under
Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds


Session: 6 Sat FINALS
Day of Meet: 2 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +15 Seconds


2024 SAQ-NSSC Season Ending Championship Meet - 8/2/2024 to 8/4/2024
Session Report
Session: 7 Sun Prelims 13 \& over
Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |  |
| :--- | :--- | ---: | ---: | ---: | :--- |
| Prelims | 55 | Girls 13 \& Over 50 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ |
| Prelims | 56 Boys 13 \& Over 50 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 57 Girls 13 \& Over 200 IM | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 58 Boys 13 \& Over 200 IM | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 59 Girls 13 \& Over 50 Breaststroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 60 Boys 13 \& Over 50 Breaststroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 61 Girls 13 \& Over 100 Backstroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 62 Boys 13 \& Over 100 Backstroke | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 63 Girls 13 \& Over 200 Butterfly | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Prelims | 64 Boys 13 \& Over 200 Butterfly | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Finals-S | 65 Mixed 13 \& Over 800 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
| Finals | 66 Mixed 13 \& Over 1500 Freestyle | 0 | 0 | $08: 30 \mathrm{AM}$ | - |
|  | Finish Time |  |  | $08: 30 \mathrm{AM}$ | - |
|  |  |  |  |  |  |

Session: 8 Sun Prelims 12 \& under
Day of Meet: 3 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds


## 2024 SAQ-NSSC Season Ending Championship Meet - 8/2/2024 to 8/4/2024 Session Report

Session: 9 Sun FINALS
Day of Meet: 3 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +15 Seconds


