**Coaches:**

Welcome to the start of Regional Championships for SC 2025!

Included in this email you will find:

* Warm up schedule
* Warmup Assignments
* Work Assignments
* Session reports

Information is also posted on CT Swim on the Regionals Championship page.

**REMINDER*-*** *our afternoon sessions changed from the meet announcement*

* Warmup starts at 12:45 pm and the meet starts at 2:00

**PARKING:**

Most of you have been here this season, so you know the parking rules

* Parking attendants will be on site, so please follow rules!
* ***Parents are to park across the street at the High School***
* Coaches and officials may park at the Y
* There are programs going on at the Y so please pay attention to parking, drop offs etc.
* 50-meter locker rooms are off limits for coaches and parents
* There are facilities off the lobby as well as in the 25 yd pool locker room

Coach hospitality will be in the lobby and will have breakfast for the am session and lunch for the pm session. There will be snacks and drinks available on deck also.

The back pool will be open for warmup/warm down. It will be coach responsibility to keep an eye on your swimmers.

* If there are too many complaints from lifeguards, we will have to change that.

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**Swimmers/parents**

* No chairs on deck~ There will be plenty of seating for swimmers

LIVESTREAM:

* ***You will be able to view on all TV’s in the Y and a viewing area will be set up in the area off the boys locker room . There will be limited seating on deck and the T shirt vendor will be located in the lobby area.***

Livestream links:

* Saturday Morning: 12/Under Girls, 13/Older Boys
* <https://youtube.com/live/TyLWlxfO3zY?feature=share>
* Saturday Afternoon; 12/Under Boys, 13/Older Girls
* <https://youtube.com/live/asPGfvq2bpI?feature=share>
* Saturday Morning: 12/Under Girls, 13/Older Boys
* <https://youtube.com/live/ZmuGsy9vaEg?feature=share>
* Saturday Afternoon; 12/Under Boys, 13/Older Girls
* <https://youtube.com/live/x6pS9rDVaOU?feature=share>

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**Other important information:**

* 50 meter locker rooms are off limits for coaches and parents
* There are facilities off the lobby as well as in the 25 yd pool locker room
* There will be a **concession stand** in the lobby as well as the **T shirt Vendor** for Championship shirts
* There will be seating on deck for parents in the area near the scoreboard as well as in the lobby or the other livestreaming that are located in the area near the boys locker rooms
* Heat sheets will NOT BE SOLD, they will be available on Meet Mobile and posted around the pool and lobby

***Swimmers/ parents are to remain in the lobby, viewing areas and on deck. THEY ARE NOT ALLOWED ANY WHERE ELSE IN THE BUILDING!***

***Have a great meet!***