

**Seton Swimming
Time Trials
November 15, 2019**

What: 2019 Time Trials

Purpose:

- Get baseline times on everyone against which we can measure Personal Records
- Get times to aid in practice lane assignments
- Learn the Seton Swimming routine for swim meets including warm-up, the National Anthem, starting procedures, and fly-over starts
- Get all of our parent volunteers in the right place and make sure we have all of the right supplies for the season

Where: Fitch Warrenton Aquatic and Recreation Facility (WARF) at

Address: 800 Waterloo Road, Warrenton, VA 20186, across from Fauquier High School

Who: Everyone on the Seton Swim Team

How: The Seton Way, parents drive

When:

6:39 p.m.	Be on deck ready to stretch
7:00 p.m.	Learn How Seton Does Warm-up
7:15 p.m.	Practice the National Anthem
7:20 p.m.	Learn Seton's Whistle Start Procedure
7:25 p.m.	Time Trials Begins
9:00 p.m.	Approximate End Time

Entries will be posted separately