



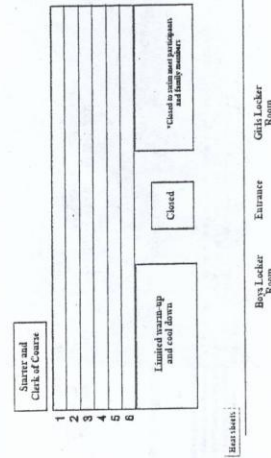
submitting your team entries, please include the names and phone numbers of the officials from your team that will be available to officials, on your Team Information Sheet AND the sessions that they will be available.

**Time Trials:**  
Time trials will be hosted by HAST and offered at the end of each session of the BIC Meet at the discretion of the meet referee, time permitting. Please refer to the Time Trials information sheet for further information. A \$10.00 fee will be charged for each trial. Keep in mind that a swimmer can only compete in five events total (including time trials) per day, as per USA Swimming rules.

**Concessions:**  
Concessions will be available during the meet. A Red, White & Blue BBQ of pulled pork sandwiches and hotdogs will be sold on Friday evening @ 5:30 p.m.

**Facility Use:**  
The pool will be used for all other Fitness Center facilities other than the locker rooms, restrooms and reception area are off limits to everyone except paying Fitness Center participants. The shallow end of the pool is closed during the meet. The Leisure pool will be open to all paying patrons, and will open to the public at 10:00 a.m. each day of the meet.

AF Fitness Center Long Course Diagram



Leisure Pool open to paying patrons only.  
Swim meet participants and pay admission and get a wristband to the Leisure Pool. The Leisure Pool will be open to the public at 10:00 a.m.

# HAST Red, White & Blue "B/C Medals Meet"

\*Please make sure you DO NOT have a "BB" time or faster as listed below to enter this meet  
NO-TIMES ARE ACCEPTED -- EXCEPT IN THE 400 EVENTS

Warm-ups: 7:30 a.m. Meet: 8:30 a.m.

Thursday, July 7th			
Session #1	Boys	Girls	Meet Time
1	10 & under 100 Fly	2	1:53.19
2	11-12 100 Fly	4	1:39.40
3	13-14 200 Fly	6	2:51.99
4	Senior 200 Fly	8	2:53.19
5	10 & under 50 Free	10	40.15
6	11-12 50 Free	12	35.25
7	13-14 50 Free	14	32.75
8	Senior 50 Free	16	31.19
9	10 & under 100 Breast	18	1:29.72
10	11-12 100 Breast	20	1:40.89
11	13-14 200 Breast	22	3:17.19
12	Senior 200 Breast	24	3:08.79
13	10 & under 200 IM	26	3:41.72
14	11-12 200 IM	28	3:13.89
15	*13-14 400 Free	30	5:27.99
16	*Senior 400 Free	32	5:14.35

(cannot be used as Bonus Events & will need to provide own times)

Friday, July 8th			
Session #2	Boys	Girls	Meet Time
33	10 & under 100 Free	34	1:31.09
34	11-12 100 Free	36	1:27.29
35	13-14 100 Free	38	1:11.49
36	Senior 100 Free	40	1:09.39
37	10 & under 50 Breast	42	35.09
38	11-12 50 Breast	44	47.09
39	13-14 100 Breast	46	1:28.09
40	Senior 100 Breast	48	1:26.39

Friday, July 8th - cont			
Session #2	Boys	Girls	Meet Time
49	10 & under 100 Back	50	1:45.69
51	11-12 100 Back	52	1:31.39
53	13-14 200 Back	54	2:54.09
55	Senior 200 Back	56	2:43.89
57	13-14 200 IM	58	2:55.99
59	Senior 200 IM	60	2:48.89

Saturday, July 9th			
Session #3	Boys	Girls	Meet Time
61	10 & under 50 Back	62	50.09
63	11-12 50 Back	64	42.19
65	13-14 100 Back	66	1:20.59
67	Senior 100 Back	68	1:16.49
69	10 & under 50 Fly	70	46.89
71	11-12 50 Fly	72	39.59
73	13-14 100 Fly	74	1:16.29
75	Senior 100 Fly	76	1:13.39
77	10 & under 200 Free	78	3:13.99
79	11-12 200 Free	80	2:47.79
81	13-14 200 Free	82	2:33.19
83	Senior 200 Free	84	2:28.59
85	*13-14 400 IM	86	6:13.19
87	*Senior 400 IM	88	5:54.39

(cannot be used as Bonus Events & will need to provide own times)

