

# NORTH SWIMMING & DIVING

## 2020 GWINNETT COUNTY HS CHAMPIONSHIPS

### Itinerary

#### **Wednesday Jan. 22<sup>nd</sup>**

1:30pm- Girls DIVERS depart for Mnt. Park – meet in Coach Callis Room  
(3:00pm)- *Swim Team normal practice time- then early bedtime*  
3:00pm- Girls Diving Warm-ups/ Meet begins at 4pm

#### **Thursday Jan. 23<sup>rd</sup> :**

1:30pm- GIRLS TEAM dismissed from class/load BUS  
(3:00pm)- *Boys Team normal practice- then shave down/early bedtime*  
2:30pm- set up team area/eat/stretch/rest and individual warmup tba  
4:15pm- team warm-ups begin – Bulldogs warm-up in lanes 1,2,3  
5:00pm- GIRLS SWIMMING PRELIMS begin  
8:30pm- prelims end/bus departs for North

#### **Friday Jan. 24<sup>th</sup> :**

1:30pm- BOYS TEAM dismissed from class/load BUS  
(3:00pm)- *Girls Finalist normal practice- then early bedtime*  
2:30pm- set up team area/eat/stretch/rest and individual warmup tba  
4:15pm- team warm-ups begin - Bulldogs warm-up in lanes 1,2,3  
5:00pm- BOYS SWIMMING PRELIMS begin  
8:30pm- prelims end/bus departs for North  
11:00pm(or earlier)- bed time for ALL Finalist

#### **Saturday Jan. 25<sup>th</sup> :**

8:00am –Boys DIVERS warm-ups begins at Mnt. Park / meet begins at 9pm  
1:30pm- Pre-meet: Swimmers- eat a big meal at home before heading to bus  
\*2:15pm- \*GIRLS & BOYS FINALIST\*- Bus Departs\*  
4:15pm- warm-ups begin - Bulldog in lanes 1,2,3  
5:00pm- BOYS & GIRLS SWIMMING FINALS begin  
9:30pm- Finals Conclude! Team Awards!

\*All swimmers who place in top 30 (plus alternates) are required to ride bus on Saturday and attend finals on deck. This means all that finished in Top 30 at prelims- even if you are the 5<sup>th</sup>, 6<sup>th</sup>, ect North swimmer. Others that wish to attend must check with coaches to reserve a spot as space will be limited.

### *Venues:*

#### **West Gwinnett Aquatic Center (Swimming only)**

4488 Peachtree Industrial Boulevard, Norcross, GA 30071 (770) 417-2281

#### **Mountain Park Aquatic Center (Diving only)**

1063 Rockbridge Road, Stone Mnt. GA 30087

*"Make no small plan, for it has  
no power to stir the soul..."*

2020 County Goal Sheet

Swim #1: Goal Time: \_\_\_\_\_  
Goal Place: \_\_\_\_\_  
Race Goals: \_\_\_\_\_

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Swim #2 : Goal Time: \_\_\_\_\_  
Goal Place: \_\_\_\_\_  
Race Goals: \_\_\_\_\_

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Swim #3: Goal Time: \_\_\_\_\_  
Goal Place: \_\_\_\_\_  
Race Goals: \_\_\_\_\_

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Swim #4: Goal Time: \_\_\_\_\_  
Goal Place: \_\_\_\_\_  
Race Goals: \_\_\_\_\_

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