



Sunday, December 2, 2018
Seahawk Natatorium – Yokosuka Naval Base
Yokosuka, Japan

Pool: 50 meters x 7 lanes

Entries: Swimmers can enter up to 4 Individual Events and 2 Relays.

Mixed Relay teams may consist of: 4 females
4 males
2 females/2 males

Entry Deadline: Wednesday, November 23nd

Visiting Teams - Send via email to: yokosukaswimmeet@gmail.com

YJSST Members - Enter through Swimtopia site.

Fee: Individual events \$4 or ¥400
Relay events \$8 or ¥800

Warm-up Time: 0730 - 0800 YJSST

0800 - 0830 All other Teams – Lane assignments will be sent at later date.

0830 - 0845 Starts – All 7 lanes, for all teams.

0840 - Coaches Meeting

0855 - Opening Ceremony

0900 - Session 1 Begins

- Session 2 Begins approximately 30 minutes after Session 1 Ends

Continuous Warm-up: Available in Lane 8 during the meet, please no stopping/playing.

Awards: Trophy to High Points winner in each age group.

Medals 1st – 3rd Individual Events

Ribbons 4th – 8th Individual Events

Medals 1st – 3rd Relay Events

Entry: Non-military teams please meet your escort at the Womble Gate at 0730 sharp. If you need any assistance upon arrival, POC information will be sent before meet.

Parking and Pool Entry: Ample parking is available in the Purdy Gym parking lot. Please use the main entrance to the gym and make your way to pool on 2nd floor.

Buses - see separate attachment on parking location for buses.

Concessions: Gatorade, water, fruit, chips, candy and other light snacks will be available for purchase. Yen is accepted on a 1:1 exchange. Swimmers and families may also use CFAY's food court (Subway, Popeye's, Manchu Wok, A&W, Cinnabon/Baskin Robbins/Seattle's Best Coffee).

Payment: Entry fees will be collected by YJSST's Treasurer, Christina Miller, day of the meet. Payment can be made in USD, Yen or by check payable to: YJSST.