

Rock

the

Blocks

**Sunday, May 29, 2016**

**Seahawk Natatorium – Yokosuka Naval Base**

**Yokosuka, Japan**

**Pool:** 50 meters x 7 lanes

**Entries:** Swimmers can enter up to 4 Individual Events.

Mixed Relay teams may consist of: 4 females

4 males

2 females/2 males

**Entry Deadline:** Sunday, May 15th

**Visiting Teams** - Send via email to: [yokosukaswimmeet@gmail.com](mailto:yokosukaswimmeet@gmail.com)

**YJSST Members** - Enter through TeamUnify site.

**Fee:** Individual events $4 or ¥400

Relay events $8 or ¥800

**Warm-up Time:** 07:30-08:00 YJSST

08:00-08:30 All other Teams – Lane assignments will be sent at later date.

08:30-08:45 Starts – All 7 lanes, for all teams.

08:40 **-** Coaches Meeting

09:00 **-** Opening Ceremony

**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 07:30 sharp. If you need any assistance upon arrival, please call Guy Sanchez at 080 5511 4449.

**Parking and Pool Entry:** Ample parking is available in the Purdy Gym parking lot. Please use the stairs on front side of building. You will be entering the facility between the gymnasium and pool.

**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, Jess Chandler, the day of the meet. Payment can be made in USD, Yen or by check payable to: YJSST.