



2024 Long Course Opt-in Form – Senior

Swimmers Name: _____ Practice Group: _____

Date	Meet	Eligible Swimmers	Opt In/ Opt Out (Circle One)	Notes	Location
April 19-21	FCST April Invite	All FCST Swimmers	Opt In / Opt Out		FBISD Don Cook
May 4-5	Texas Senior Circuit Meet	Senior Elite Swimmers	Opt In / Opt Out		University of Houston
May 17-19	LC Fleet Meet	All SR1, SR 2 and SR3 Swimmers with 3 or More BB Times	Opt In / Opt Out		Cypress, TX
May 18-19	LC KATY/PACE INVITE	All SR1, SR 2 and SR3 Swimmers with 2 or Fewer BB Times	Opt In / Opt Out		Angleton, TX
June 21-23	FCST Summer Splash	All FCST Groups	Opt In / Opt Out		FBISD Training Pool
July 12-14	Gulf Senior Champs	All 15 and over Qualifiers	Opt In / Opt Out		TBD
July 26-28	LC Gulf Summer Champs	All 13-14 with no 2023-2024 Gulf AG Champs Times All 15 and Overs with 1 Southern Senior Champs Time or Less	Opt In / Opt Out		TBD
July 24-27	2024 LC Southern Senior Zones	All 13 and Over Qualifiers	Opt In / Opt Out		University of West Virginia
July 24-27	2024 LC Futures	All 13 and Over Qualifiers	Opt In / Opt Out		UT Austin

The Opt-In Form needs to be turned in to your lead coach no later than Thursday, April 4th.

This form is used by the coach to enter your swimmer in the meets. A few notes about the form:

- A swimmer will not be entered into the meet without the form or an email.



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- Once the form is turned in you can still make changes. If you would like to get entered in or taken out of a meet please email your lead coach.
- For most meets we turn in our *final* entries about 3 weeks out from the meet. Please let your coach know of any changes as soon as possible.
- We will post “preliminary entries” on the meets section of our webpage for you and your swimmer to look at. About a week later the coaches will make any changes and post “final entries”.
- *Once final entries have been posted we cannot make any changes. You will be responsible for the meet fees.*
- Please make a copy of the form for your records.
- Swimmers should be attending 1 meet a month and plan on attending all days of the meet.