



Dear Coaches,

It is with great honor that we welcome you to the **Rainbow Classic RUHS Swim Invitational**, hosted by the combined *Riverside University High School / Milwaukee High School of the Arts / Gold Meir Swim team*. This meet was founded in 1990 and has a long tradition of being a fun meet. I myself swam at Riverside and loved this meet the most!

This meet is about harmony, fun and celebration of creativity - so have the girls bring their costumes and hats and fun things to showcase who they are!

Please find information below and kindly fill out and complete and send in your Meet Entry Form ([click this link](#)) and send to me and Shalana Cassel (casselshalana@yahoo.com) by **Tuesday, September 28th at noon**. *No late entries will be accepted. We will have Heat Sheets ready for you when you arrive.

Some important things to note:

- **Safety Precautions:** Spectators **are** allowed but it is first come, first serve for capacity reasons. We request that audience members maintain at least 3 feet in between others in the stands and wear a mask during the meet. Coaches and swimmers must also wear masks while on the deck and in the locker rooms.
- **Spectators** and parents are NOT allowed on the pool deck and must stay in the stands or the Pool Commons area directly outside of the pool
- **Address:** Riverside is located at 1615 E Locust St, Milwaukee, WI 53211
- **Parking Lot** is to the west of the front entrance where it says "Gymnasium." There is a stop light on Locust and you will enter through the open gate to park cars and drop off swimmers. Buses, for pick up please do not block the parking lot and pull up outside of the gate on Locust.
- **Lock Room Assignments** will be given upon entry with half of the teams in one locker room and half in the other to follow safety protocol.
- **Exhibition Races** - We want to give our newer swimmers an opportunity to swim. We have added a 25 freestyle, 50 backstroke and a 100 free relay in the meet as exhibition races - please join us!
- **Race Changes** - Coaches will be given scratch and replacement sheets on site. No swimmers are allowed to be added after next Tuesday.
- **Rainbow Relay** - We will be doing a 200 freestyle relay (8 x 25) combined (exhibition) at the end of the meet (exhibition) while scores are being tallied

that will combine teams on each relay. 2 x 9th graders, 2 x 10 th graders, 2 x 11th graders, 2 x 12th graders. Select 2 swimmers from each grade who might want to participate in a 25 swim with other schools and we will place them in one of the six relays (Red, Orange, Yellow, Green, Blue, Purple). Deep end swimmers will go off the blocks, shallow end swimmers will start in the pool on the wall.

- **Break** - We will have a 15-20 minute break after the 50 free. Our break serves 2 purposes - 1) to give swimmers a rest after the 50 free and 2) to showcase some of our talent with a few performances to enjoy!
- **Warm-ups** start at 9am and will be held in three segments.
 - Warm-up 1 (9:00-9:20) - Will assign teams once we receive your meet entry forms
 - Warm-up 2 (9:20-9:40)- Will assign teams once we receive your meet entry forms
 - One-way sprints from 9:40-9:50am