

## HAST SS LONG COURSE SEASON START DATE- 4/4- End of July

Full Season	4.4 – 7.17	Need to sign up for full seasons to get SS (Spring Sport) discount &/or multi-family discount.
Late start – May 20 <sup>th</sup>	5.20 – 7.17	65 percent of the full season
Spring Only	4.4 – 6.5	½ price + \$25 or a percentage of dues
Summer Only	6.6- 7.17	½ price + \$25 or a percentage of dues

Additional fees: Purchase team suit through Elsmore Swim website. ([www.elsmoreswim.com](http://www.elsmoreswim.com))

**\$38 MNSI fee, \$20 admin fees, \$98 Pancake Breakfast Tickets (May 1<sup>st</sup>)** – can sell 14 tickets for \$7 ea. to recuperate your cost.

Full season PRICE= 4.4-7.17	65% of full season Late Start = 5.20-7.17	Full season ½ + \$25 Spring = 4.4-6.4	Full season ½ + \$25 Summer = 6.8-7.17
NOVICE \$377.50	\$245.38	\$213.75	\$213.75
AGE GROUP \$520	\$338	\$285	\$285
PRE SENIOR \$630	\$409.50	\$340	\$340
SENIOR \$736	\$478.40	\$393	\$393

**\*\*\*Must register by 4.1 to avoid \$25 late fee.**

### We offer the following discounts:

10% - Spring Sport Discount (SS = Swimmers who participate in a school sponsored sport.)

25% - Multi-swimmer count – taken off the 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> swimmer in the family registered for full season.

5% - Paid up front discount – pay all fees at checkout versus monthly installments.

**Families new to competitive swimming; HAST offers an 8 week trial: Any 8 weeks consecutively for \$200. During this time, swimmers have the opportunity to compete in a couple of swim meets.**

### Spring Practice Schedule (April 4th-June 10th, 2022)

@ Hastings Middle School Pool

#### MON-WED-FRI

3:10—5:10PM S/PS

5:10-6:30 SS/PS/AG

6:30-7:30 Novice

5:25-6:30 Lessons

6:30-7:30 Sharks

#### TUE-THUR

6:10-7:10AM S/PS/M

3:30-5:10 S

3:45-5:10 PS

5:10-6:30 SS/PS/AG

6:30-7:30 Novice

6:30-7:30 Sharks

### Summer Practice Schedule (June 7th-July 13th, 2022) HMS as backup during inclement weather.

@ HFAC AM, HMS PM

S = MWF @ 6-8AM AND 3:30-5PM TUES/THURS @ 7:30-9AM AND 3:30-5PM F @ 6-8AM

PS = MW @ 6-7:30AM TUES/THURS @ 7:30-9AM AND 3:30-5PM F @ 6-8AM  
or 7:30-9AM AND 3:30-5PM

N/AG = MWF @ 8-9A TUES/THURS @ 5:15-6:15PM F @ 8-9AM

HAST Meet Schedule SS Long Course Season 2022				
Date	Meet	Qualifying Times	Location	Deadline to cancel
<b>4/23-24</b>	<b>HAST Invite</b>	<b>All Levels</b>	<b>Hastings MS Pool</b>	<b>4/11</b>
5/21-22	SCSC Invite	All Levels	Bluewater, Apple Valley	5/2
<b>5/12</b>	<b>HAST Bronze Meet</b>	<b>Bronze/Pre-Bronze/NT</b>	<b>Hastings MS Pool</b>	<b>4/29</b>
<b>6/24-26</b>	<b>KAO Memorial Meet</b>	<b>All Levels</b>	<b>Hastings MS Pool</b>	<b>6/11</b>
<b>7/12</b>	<b>HAST Bronze Meet</b>	<b>Bronze/Pre-Bronze/NT</b>	<b>Hastings MS Pool</b>	<b>6/29</b>
7/7-10	Iowa Summer Sizzler	SLVR & Up	The Falls – Cedar Falls, Iowa – Outdoor 50m	6/12
<b>7/14-17</b>	<b>Speedo Sectionals</b>	<b>Speedo Cuts</b>	<b>U of M</b>	<b>6/15</b>
7/14-17	MRC	TBD	TBD	TBD
7/21-24	SENIOR State	Indiv. CH or MRC win, others to fill HAST relays	U of M – Indoor 50m	TBD
7/28-31	14&Under STATE	Indiv. CH or MRC win, others to fill HAST relays	Rochester, MN – Indoor 50m	TBD
8/4-7	ZONES	14&Under: Zone = Nat AA	U of M	