

2023 SI WAG MEET INFORMATION SHEET

USA Swimming filming at the meet on Saturday

*“We are excited to announce that USA Swimming will have a photographer on site during the meet to capture images for their coaching and officials’ education programs. All meet attendees (parents, swimmers, coaches, officials and spectators) should review the attached media waiver. Should you wish to **opt out** please click the link below to fill out the form.”*

[USA Swimming Media Opt Out Form](#)

See the media waiver form at the end of the meet information sheet.

COACHES AND OFFICIALS: The coaches and officials may enter through the gate by the senior center or the front door and proceed to the coach/official check in table (next to the swimmer check in table) to have their credentials checked on their USA Swimming App. Those not in good standing will not be issued a bag tag and will not be allowed on deck to work/coach and will not receive their breakfast and lunch tickets. It is the individual’s responsibility to make sure they are in good standing and no exceptions will be made. This includes the CANRA for CA residents. They will be issued a bag tag and breakfast and lunch tickets at this time.

THURSDAY NIGHT: Due to scheduling restraints and conflicts there won’t be any warm-up allowed unless your team makes arrangements with the facility. Team tarp set up is allowed beginning at 7:30 pm and all individuals must be out of the facility no later than 8:30 pm.

TARP SETUP: Teams may set up on the small bleachers in front of the warm up pool, in the picnic area outside the gate next to the pool and designated areas on the deck and on the splash pad. Please bring your pop up changing tents for your team area.

FACILITY: The facility will open at 6 am each day. All parents & swimmers must enter through the back gate by the senior center. Teams are NOT allowed to set up on or behind the bleachers. The bleachers are allowed for parents/spectators only.

POOL COURSES: Facing the bleachers: 12/U course will be 8 lanes on the right side, 13-18 course will be on the left side: 10 lanes used for prelims and 8 lanes for finals.

PARKING: There is a \$15 charge for parking on Saturday & Sunday. Friday parking is FREE.

NO RV PARKING ALLOWED IN ANY PARKING LOT

- Lot in front of facility: MEET ADMINISTRATIVE STAFF, SOME OFFICIALS AND FACILITY STAFF ONLY- designated individuals only- names will be given to staff – if your name is not on the list you must park up the hill.
- Parents drop off swimmers and tarps near the gate by the Senior Center Entrance
- Parking Lot in front of Senior Citizen building: Officials and Coaches on Saturday & Sunday

- Large Dirt parking lot up the hill: All parents and guests
- No parking in the lot in front of the Senior Center on Friday as they are open.

PARENTS ARE NOT ALLOWED BEHIND THE BLOCKS UNLESS THEY ARE TIMING AND MUST REMAIN IN THEIR TEAM AREA OR IN THE BLEACHERS

RESTROOMS: Safe Sport Guidelines: The 4 individual restrooms outside are for adults only. Locker rooms are for athletes. If an individual restroom is not available only the Officials and Coaches may use the locker rooms as they are USA Swimming registered non-athletes. There will be additional restrooms near the Senior Center that will be open for Non-athletes only.

POSITIVE CHECK IN IS REQUIRED FOR ALL EVENTS EACH DAY. NO PARENTS WILL BE ALLOWED AT THE CHECK IN AREA- ONLY ATHLETES AND COACHES.

12/U RELAY CARDS DUE: 10:30 AM EACH DAY

13-18 RELAY CARDS DUE BY 11:30 PM EACH DAY

PLEASE SEND THE MEET PROGRAM TO YOUR PARENTS TO PRINT OUT AS THERE WILL NOT BE EXTRA COPIES AVAILABLE AT THE MEET FOR PRELIMS.

WARM UP: 20 LANES IN THE MAIN POOL AND 8 LANES IN THE WARM UP POOL FOR 13-18 GROUP

10 LANES IN MAIN POOL AND 8 LANES IN THE WARM UP POOL FOR 12/U GROUP

WARM UP ASSIGNMENTS: 13-18 40 MIN WARM UPS

(TEAMS WITH 10 OR LESS SWIMMERS PER SESSION MAY CHOOSE THEIR WARM UP TIME)

6:30 -7:00 AM – OPEN WARM UP

FRI & SUN: 7:00 – 7:40: SAT: 7:40 - 8:20 CCAT, CLSS, NCA, SMST, SBA

FRI & SUN: 7:40 -8: 20: SAT: 7:00 – 7:40 CSTE, PS, RSD, SDSA, SWMX, USAS

WARM UP ASSIGNMENTS: 12/U 30 MIN WARM UPS

(TEAMS WITH 10 OR LESS SWIMMERS MAY CHOOSE THEIR WARM UP TIME)

FRI & SUN: 8:20 – 8:50: SAT: 8:50 – 9:20 CCAT, CLSS, JBST, SMST

FRI & SUN: 8:50 – 9:20: SAT: 8:20 – 8:50 NCA, RSD, SBA

PHONE USAGE: When working a position or job keep your phone in your bag/pocket please.

TIMING ASSIGNMENTS

13-18 PRELIMS HEAD TIMER: PS RUNNER: SBA

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE10
CSTE	NCA	NCA	SWMX	SDSA	RSD	RSD	RSD	PS	PS

12/U PRELIMS HEAD TIMER: NCA RUNNER: JBST

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SMST	NCA	NCA	RSD	RSD	RSD	PS	SBA

FINALS TIMING ASSIGNMENTS: HEAD TIMER - RSD RUNNER: PS

	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	
	NCA	NCA	RSD	RSD	RSD	JBST	PS	SWMX	

PHONE USAGE: When working a position or job keep your phone in your bag/pocket please.

MEET MARSHALS: MONITOR THE WARM UP POOL AND OTHER DUTIES AS STATED ON MEET MARSHAL CARD (TEAMS MAY WORK OUT HOW THEY WANT TO COVER THE POSITION)

PRELIMS: 8:30 – 1:00 RSD – 1, NCA – 1, CSTE – 1

FINALS: 4:30 – FINISH RSD – 1, NCA -1 PS – 1

CHECK-IN: SBA: NEED 4 PEOPLE FOR 12/U AND 4 PEOPLE FOR 13-18 BEGINNING @7 AM EACH DAY

HOSPITALITY: NCA – Monitor food in hospitality room - 1-2 people at all times. This is in the room on the way to the Senior Center restrooms. Make sure your coverage allows everyone to watch their swimmers race.

AWARDS: SDSA – will need people Saturday am, Sunday am and Sunday pm

SCRATCHES FOR FINALS: Scratches for finals must be declared within 30 minutes of the results being announced. There will be a scratch desk at the admin area. Only athletes or coaches are allowed to scratch (no parents)

HOSPITALITY FOR COACHES, OFFICIALS & ADMIN STAFF: There will be hospitality available for the coaches, officials and admin staff in the Event Room. This is also where official’s and coach’s meeting will take place. Lunch for Coaches and Officials will be outside at the food truck. The officials and coaches will be given a ticket for each meal, each day and can receive them at the coaches’ check in table next to the swimmer check in table.

SNACK BAR: There will be a snack bar available.

VENDORS: SwimWest will be on deck Friday and Saturday with swim gear to purchase.

Apparel Republic will be selling meet sweatshirts and t-shirts all 3 days.

START TIME FOR FINALS: The start time for finals will be set by the meet referee but in any event will begin no sooner than 2 hours after the completion of the final heat of the 11-12 preliminary events each day.

CLEAN UP AT END OF MEET: Since this is an LSC hosted meet, all SI teams are responsible to assign a couple of people to help clean up after the meet. We will be taking down tarps, putting away tables and chairs etc- Sean Redmond will assign groups to different tasks which should take us about 45 min total to complete. After prelims, the younger side of the pool will be dismantled and put away so we will need help then also. Thank you all in advance for assisting in making this a quality meet.

