

2024 SPLASH & DASH MEET INFORMATION SHEET

June 21-23, 2024

Meet Location: LOMA VERDE POOL 1420 Loma Lane Chula Vista CA 91911

Meet Contact: Mary Redmond 760-716-7678

Meet Referee: Sean Redmond 760-716-7679

Teams/athletes: All teams and athletes are required to know and understand what the rules are and all information listed in the meet announcement. Please go over the information with your team before the meet. No equipment will be allowed during warm up in either pool. Swimmers not in good standing will not be allowed to check in.

Officials check-in: Officials will need to check in with the Admin office the first day they work.

Coaches checkin: All coaches will be required to show that they are in good standing when checking in and turn in their signed Waiver Form. Included in the waiver form is a statement that No food or drink is allowed on deck except water in plastic bottles. Coaches are responsibility for all their team actions.

Check In: All swimmers must check in each day for their prelim events.

Check in will close at 8:30 for the first 8 events each day. The remaining events for the day will close at 9:00 am. Swimmers will be allowed to check in for Sat events on Friday during finals & Sun events Sat during finals.

Only coaches and swimmers will be allowed at the check in area.

Scratches: Swimmers qualifying for finals in their event and wanting to scratch the event must do so within 30 minutes of the announcement being read. The Scratch book will be located in the Admin Office.

Top 8/16 swimmers will be seeded in finals unless they scratch their event in the Admin Office.

TARP SET UP: Coaches may set up tarps for themselves on the scoreboard side of the pool. The tarps cannot block the guard chairs or interfere with the guards.

All 50's will start from the turn end of the pool.

TIMELINE: PRELIMS BEGIN AT 9 AM **FINALS FRIDAY & SATURDAY: BEGIN AT 4:30 PM**

FINALS SUNDAY: BEGIN AT 4:00 PM

Each final session will begin with the heats of the Splash & Dash Top 8 swimmers in the events for that day.

COACHES MEETING: The meeting will be held at 8:45 am on Friday morning in the hospitality room. Please make sure a representative from your team attends.

WARM-UP INFORMATION & ASSIGNMENTS – due to the number of swimmers in the meet, warm up lanes will be assigned. The warm up pool will also be used but no assignments will be used. There will be 3- 35 min warmup times. This gives all teams LC warm up time. If you are a small team and want to use the warm up pool at a time of your choosing, you are welcome to do so. You will be able to join a team to do some starts in the main pool. Please work together to give all athletes good opportunities.

Group 1: AZTC / MRA / MSDY / NCA / SBA / SDSA / WIND

Group 2: CAST / CSTE / RSD / RST / RYAN / SOL / SWMX / UN

Group 3: BAAC / BAY / CALI / FAST / ICAC / JBST / PS / RAQ

Teams not listed may come in and share lanes at the time of your choice.

The groups will use the same lanes for each day's warm up.

<u>Lane</u>	<u>GROUP 1</u>	<u>GROUP 2</u>	<u>GROUP 3</u>
<u>1</u>	NCA	RSD	PS
<u>2</u>	NCA	RSD	PS
<u>3</u>	NCA	RSD	PS
<u>4</u>	NCA	RSD	PS
<u>5</u>	SBA	RSD	PS
<u>6</u>	SBA	RSD	JBST
<u>7</u>	SBA	SWMX	BAAC
<u>8</u>	SDSA	SWMX / RYAN / SOL / UN	BAAC
<u>9</u>	SDSA / MRA	CSTE	BAY / CALI
<u>10</u>	WIND / AZTC	CAST / RST	FAST / RAQ/ICAC

Warmup times

<u>GROUP</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>Group 1</u>	<u>7:00 – 7:35</u>	<u>7:40 – 8:05</u>	<u>8:10 – 8:45</u>
<u>Group 2</u>	<u>7:40 – 8:05</u>	<u>8:10 – 8:45</u>	<u>7:00 – 7:35</u>
<u>Group 3</u>	<u>8:10 – 8:45</u>	<u>7:00 – 7:35</u>	<u>7:40 – 8:05</u>

MEET JOB ASSIGNMENTS

<u>JOB</u>	<u>FRI PRELIMS</u>	<u>FRI FINALS</u>	<u>SAT PRELIMS</u>	<u>SAT FINALS</u>	<u>SUN PRELIMS</u>	<u>SUN FINALS</u>
Head Timer	SDSA	PS	SBA	PS	SDSA	SDSA
Runner	JBST	JBST	JBST	SDSA	SBA	SWMX
Meet Marshal-1 female & 1 male at all times	MRA / CAST	SBA / SWMX	BAY / CAST	SWMX / SBA	NCA/NCA	RSD/RSD
Athlete Check In	SBA (6)		SBA (6)		SBA (6)	
Coaches Check In	SBA (2)		SBA (2)			

TIMING ASSIGNMENTS for Prelims and Finals: Need 2 per lane

Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FRI	CSTE	RSD	RSD	PS	PS	NCA	SDSA	SBA
SAT	CSTE	RSD	RSD	PS	PS	NCA	SWMX	SBA
SUN	CSTE	RSD	RSD	PS	PS	NCA	NCA	SBA

SNACK BAR: There will be NO snack bar. Make sure teams have drinks and snacks for their athletes in the athlete hospitality area or in a tarp you set up outside the deck. All food must be kept & consumed OUTSIDE THE POOL DECK AND GRASS AREA.

HOSPITALITY: Hospitality will be provided for the coaches and officials and will be located in the Admin Office.

Restrooms: There are locker rooms for both female and male athletes on the deck. All stalls including shower and changing stalls have a door on them. Adults will be allowed to use the restrooms but you must leave your phone outside the restroom. Have a relative or friend hold it. Athletes are not allowed to take their phones in the restrooms.

There are 2 restrooms located on the deck- these are for coaches, officials and Administrative staff.

Any parent working as a volunteer (Meet Marshal, Head Timer, Timer, Runner) is expected to be doing their job while on deck and not interacting with their swimmer, using a recording device or using their phone while their swimmer is racing or while they are timing. There is no photography or cell phone usage (this includes timers & volunteers) behind the blocks.

Reminder: Meet Mobile times are not official.

VERY IMPORTANT TO READ AND PASS ON TO EACH FAMILY: FOOD CRITERIA

The information below is also posted on the SI Website under NEWS.

This year Splash and Dash will be at Loma Verde's **newly renovated facility**. As such they have issued the following rules:

No food or drinks are allowed anywhere on the deck except for water in plastic bottles. This includes in the bleachers and grass area adjacent to the pool. There will be facility staff checking as athletes and families come into the facility each day to make sure no food is brought in.

Because of the food requirements we will be designating a team/athlete hospitality food area where teams can setup their own table with food for their swimmers. If a team decides to man a table they will need to assign a parent volunteer to monitor their own table throughout the meet. Only athletes will be allowed in the room to get their food and take it outside the pool deck to consume the items. If teams would like to decorate their table with their name and other decorations they are welcome to do so. You never know, there may be prizes for the best decorated table or canopy.

If a team does not want to man a table in the hospitality area they can setup canopies with food/drinks outside of the pool deck on the east side of the pool. There is a sidewalk that runs from the eastern front of the building around the side with an open area in the back. Teams may use the grassy area on the right side of the building. The canopies will need to be taken down each evening and they can use the athlete hospitality room to store their food overnight. Teams will not be allowed to cook anything in their area. Teams cannot block any fire lanes or a driveway.

The LSC appreciates in advance everyone being good guests of Loma Verde and adhering to the rules of the pool.

In addition **all** coaches will be required to sign the Policies and Rules for Facility Use form. These will be collected at the entrance.