



East County Swim League Championships

We are excited to hold a 2022 championship meet between ADS, AK, BEST, BDSC, and our guest SSSM on **Saturday July 23rd at Antioch High School starting at 8 am**. We'll be running 8 lanes, and there is a 3 Individual/2 relay entries limit per swimmer. Entries due date: 7/16 @ 7pm.

Contact Information

League website: ecsl.swimtopia.com

League Email: EastCountySwimLeague@gmail.com

ADS President: ADSPresident@hotmail.com

AK President: friddle.ray@gmail.com

BDSC President: BDSCTeamPresident@gmail.com

BEST Meet Director: tcollins2726@gmail.com

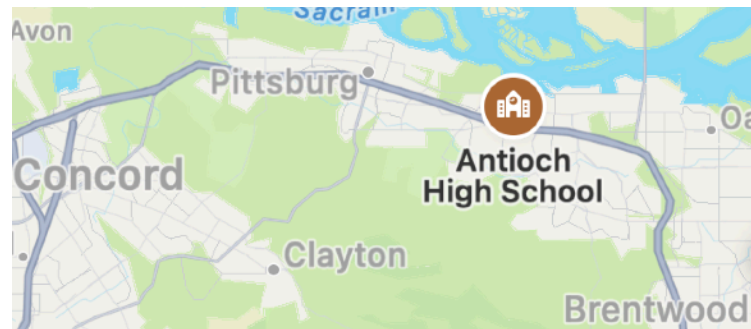
Location & Directions

ANTIOCH HIGH SCHOOL POOL

700 W 18th St, Antioch, CA 94509

FROM HWY 4

- Eastbound from Concord, Westbound from Oakley & Brentwood
- Exit onto L Street (exit 27)
- From eastbound turn Left (north), from westbound turn right (north) onto L St.
- Turn right on W 18th St (0.5 mi).
- Turn right at first right into parking lot under solar panels



Health and Safety Guidelines

Currently, masks are not required, and social distancing has been lifted. Please continue to respect the health and safety of everyone involved.

Files Due

Meet Entries

Spreadsheet of entered swimmers name (first and last)

List of Coaches and Stroke and Turn officials (name, email, and phone)

Championship Meet Details

Start Times & Flow

8AM-6PM

Setup starts: 6:00 am

Deck Opens: 6:55 am

Warmups 7:00-7:50 am:

ADS & AK: @7:00 am

BDSC & BEST & SSSM @7:25 am

Diving #1-4, Swim #5-10

(Lane assignments may change)

Official Meeting: 7:15 am

Coaches Meeting: 7:30 am

Parents to job assignments: 7:45 am

Timer system prep test: 7:55 am

Clerk of Course opens: 7:55 am

Meet Starts: 8:00 am

Meet Ends by: 6:00 pm

Fees

Splash and/or Entry fees determined by your own team. See your respective meet directors for more details.

Programs - free via Meet Mobile.

Entries

BDSC and AK may enter each swimmer into 3 Individual events and 2 relays

ADS, BEST, and SSSM, due to their limited roster, may exceed this.

Each team may have up to two relays for each relay event.

Check-in

Each team will handle check-in separately.

Scratches/no shows must be reported to ADS Computer Team by 7:30 am.

No Changes will be accepted after 7:30 am.

Clerk of Course

Because this is a pre-seeded timed finals meet, we will utilize a Clerk of Course to organize swimmers for each event.

AK will be running CoC from the east side of the facility in the fenced pen.

Order of Events & Heats

Each individual event will be circle seeded by slowest to fastest heat and organized into two flights.

Kickboard Relay - no heat limit

50yd Freestyle 15-18 - no heat limit

Medley Relay - 1 heat

Individual Medley - no heat limit

Freestyle - no heat limit

Breaststroke - no heat limit

Butterfly - no heat limit

Backstroke - no heat limit

Freestyle Relay (15-18 Men 400yd) - 1 heat

Parents & Coaches Relays - no heat limits

A Warm-up and warm-down lane will be available for 15-18's only.

Awards & Scoring

Swimmers of ECSL member teams race to earn place and points.

Individual event results will be divided into two flights -Upper and Lower Division- based on quantity of swimmers. Each flight will award up to 8 places.

- 1st-8th place medals will be awarded to all ages for each flight of an individual event. Relays will also be awarded 1st-4th and any relay team can place.

- 9th-16th ribbons for awarded to all ages for each flight of an individual event.

- Heat winners ribbons.

This meet will be scored in a balanced manner giving every team a chance for their four best swimmers to score in each event. For individual events, the top 16 places in the first flight will be scored on a 20 point scale. A team can score up to four times in any given individual event.

Relay points will be scored on a 40 point scale. A team can score only once in a relay event.

Swimmers from guest teams will be marked as exhibition. Times achieved are official times and can be used towards qualifying for County Meet.

Swim Meet Entries Info

The meet is run with HY-TEK Meet Manager.

An Events file will be provided with welcome letter to help create an Entries files. We request that each team provide the ADS Computer Team with a roster and entries files at least 7 days prior to the championship meet (no later than 7 pm on Saturday, 7/16).

A Meet Program and a list of combined races will be provided as soon as possible. To make sure that everyone who's entered gets the chance to swim, some events may be combined. If a swimmer is marked with an "X" next to their entry time, they are an extra swimmer in that event (age-up, guest, etc). Their resulting time is an official time, but they will not place or score in the event.

The Meet program and results will also be available from Meet Mobile.

Food Trucks and Vendors

Wanna Waffle, Boondoggies, Golden Gate Gyro, Villas Tacos, Sip & Scoop, and Kona Ice food trucks will be located along the entrance way to west side of the pool with breakfast burritos, pancakes, lunch menu items, coffee, ice cream, and drinks. We also plan to have GIC T-Shirts with the meet logo. Cash and cards accepted.

For the CIG t-shirts, provide a spreadsheet of swimmer names to include on the back of the shirts.

Hospitality

All workers will be provided snacks and water.

All Coaches and Officials (Starter, Head Ref, S&T) will receive a voucher for lunch.

Support from each Team

- **Team Role:** each team has a role at the meet and parents from each team will help with those roles.
- **General Jobs:** Some general roles such as Timers and Stroke & Turn will be provided by all teams and assigned by your teams meet directors. Most jobs will be divided into two shifts.

Stroke & Turn Configuration

All Teams will provide a set of S&T officials for the meet.

Aquaknights will provide a Starter. BDSC will providing the Head Referees. BEST will organize a Stroke & Turn rotation.

All Officials must attend Stroke and Turn meeting at 7:30am. Meeting will cover rotation, rules of the meet, and more.

Swimming standards to meet. We will be judging the meet based on the standard US Swimming rules:

- 6 & under swimmers must swim at least 80% of their event properly.
- 7 & overs must swim 100% of their event correctly.

Team Responsibilities

ANTIOCH DELTA SKIMMERS

- Host
- Computers
- T-shirt Vendor
- Announcer
- Setup and Take Down
- Head Timer

AQUAKNIGHTS

- Clerk of Course
- Video Feed
- Starter(s)

BRENTWOOD DOLPHIN SWIM CLUB

- Concessions: Food Trucks
- Hospitality
- Starter BU
- Referee(s)
- Spirit Coordinator

BISHOP ESTATES SWIM TEAM

- Awards & Ribbon Writers
- Head S&T

SOLAR SWIM SEA MONSTERS

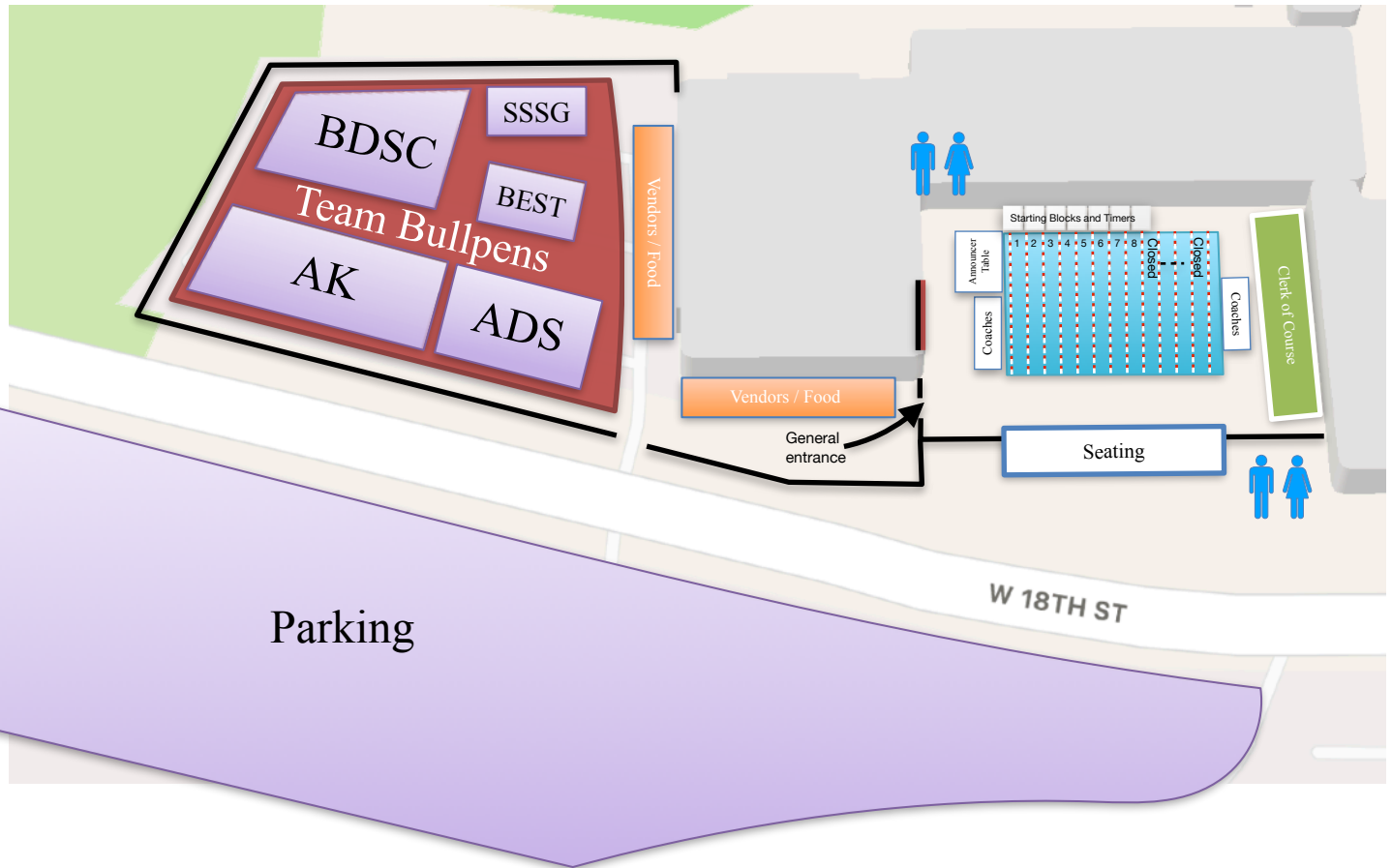
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STANDARD JOBS - TO BE PROVIDED BY ALL TEAMS

- 4 Stroke and Turn Officials (rotation determined by Head S&T)
- Timers to cover 6 chairs (team discretion on how to rotate coverage)

Connect with our meet directors for more details.

ECSL Championship Meet Setup



Team Bullpens

All teams will have separated bullpens in the parking lot to the west of the pool.
Cars will not be allowed in that parking lot

Parking

Parking is available in the parking lot across W 18th St to the south.

Spirit Award

Each team can pick their own theme and are encouraged to show off some spirit. Be creative, be organized, be excited! The team that shows the most spirit gets something cool!

General Pool Rules

We share our facility with the City of Brentwood and Heritage High School. The following are the rules established to ensure the safety and enjoyment of everyone participating.

- Remember, you are responsible for your own safety.
- Children under the age of 9 must be accompanied by a chaperone 15 years of age or older.
- Lifeguards are provided for additional safety. Drowning may still occur. Adult supervision is strongly advised.
- No chalking or dirt writing on concrete or walls.
- No dogs allowed.
- Glass & Styrofoam containers are not permitted.
- No alcohol or smoking permitted.
- No climbing on fencing, structures, or bleachers.
- No running or horseplay allowed.
- No gum, seeds, or shells of any kind are permitted in the pool complex.
- No unauthorized outdoor cooking units permitted.
- No skateboards, roller blades, scooters, or roller skates allowed.
- No portable stereos or radios are permitted in the pool complex.
- No ball playing against facility walls.
- Parking at the curb is only for pick-up and drop-off.
- Adult supervision is strongly advised.

Closing Thoughts

It'll be both cold and hot.

Forecast shows:

-60° at 8 am

-85° by 1 pm

-87° by 4pm with

- around 10mph winds starting in the afternoon.

Please bring water, warm clothes for the morning, shade, extra towels, and sunscreen. Do your best to stay cool and conserve energy. This will be a great meet and you will all do amazing!

We will be having Fun relays at this meet. A “kickboard” relay for our youngest ones, a parents relay, and a coaches relay. Signups for the kickboard rely will be done day of. Teams can determine how they want to handle signups for the parents and coaches relays.

If you have any questions or find any issues with the above information, please feel free to reach out to Nick Wunschel at EastCountySwimLeague@gmail.com so we can update everyone as soon as possible.