

***Pleasant Hill Dolphins
Battle of the Ages Invitational
June 25 & 26, 2022
Supplemental Meet Information***

Welcome to the 30th Annual Battle of the Ages - Hawaiian Theme 2022

VIP PARKING: We will be offering VIP parking passes for our parking lot behind the pool. These parking passes will be \$25 advanced purchase per day and \$30 cash only onsite, however, the passes usually sell out prior to the meet. These passes will allow you unlimited access to the parking lot throughout the meet. Order your pass online at the Square market: <https://square.link/u/qv3fPSO2> You will be sent an email confirming your order that you will bring to the meet to check in at the VIP parking lot.

GENERAL PARKING: There is general parking in the main school lot, on the street at the front of the school and in Pleasant Oaks Park across the street from the school.

OFFICIAL PARKING: Officials will be able to park in the reserved lot by the Basketball and Tennis Courts. These names must be submitted by team meet directors.

TEAM AREAS AND SET UP: A map of Pleasant Hill Middle School will be available on Weds at: <http://pleasanthilldolphins.com>. Every participating team is assigned a team area in the hallways. Families are also welcome to set up on the field next to the VIP parking area. Please respect that Summer School is taking place on this site and we cannot allow early setup. The campus will be open for set-up at 5pm on Friday. **NOTE: If tents, chairs or other personal belongings are left overnight, Pleasant Hill Dolphins Swim Team and other affiliated agencies are not responsible for lost or stolen items.** Summer school starts again early on Monday morning so please be a good neighbor by picking up your trash and placing it in the appropriate receptacle locations.

PETS, ALCOHOL AND CONTROLLED SUBSTANCES: We are on a school campus. Pets, alcohol and controlled substances are not permitted.

WARM UPS: No swimmer will be permitted to participate in pre-meet warm-ups without the presence of a coach from their team to supervise. **Note: NO WARM UPS FOR 8 & Under swimmers on Sunday morning.** There are 20 events occurring before any 8 & under events on Sunday.

Saturday, June 25, 2022 - Warm-up Assignments:

No swimmer will be permitted to participate in pre-meet warm-ups without the presence of a coach from their team to supervise.

7:00-7:15 am PHD 9 & Up - No 8 & under warm ups

7:15-7:30 am Group 1 *Ages 11-Up open format

7:30-7:45 am	Group 2 *Ages 11-Up open format
7:45-8:00 am	Group 1 *Ages 9-12 open format
8:00-8:15 am	Group 2 *Ages 9-12 open format
8:15-8:30 am	Group 1 Ages 8 and under with the following lane assignments
8:30-8:45 am	Group 2 Ages 8 and under with the following lane assignments

Sunday, June 26, 2022- Warm-up Assignments:

7:30-7:45 am	PHD 9 & Up - No 8 & Under warm ups
7:45-8:00 am	Group 1 *Ages 11-Up open format
8:00-8:15 am	Group 2 *Ages 11-Up open format
8:15-8:30 am	Group 1 *Ages 9-12 open format
8:30-8:45 am	Group 2 *Ages 9-12 open format

*No 8 & Under Warm Ups on Sunday

Group 1 Warm-Up:

Lane 1 Starts only - Please swim in 1 direction
Lane 2 Springbrook (SPBK)
Lane 3 Springbrook (SPBK)
Lane 4 Del Amigo (DEL)
Lane 5 Del Amigo (DEL)
Lane 6 Blackhawk (HOX)
Lane 7 Blackhawk (HOX)
Lane 8 Roundhill (RHCC)
Lane 9 Roundhill (RHCC)
Lane 10 Oakhurst (OCC)

Group 2 Warm-Up:

Lane 1 Starts only - Please swim in 1 direction
Lane 2 LMYA
Lane 3 LMYA
Lane 4 Las Trampas (LTST)
Lane 5 San Ramon (SRAC)
Lane 6 Brentwood (BDSC)
Lane 7 Ahi
Lane 8 Benicia (BSR)
Lane 9 Forest Park (FPST)
Lane 10 Hercules (HPST)

During Competition, lane 10 is for warm-ups and cool-downs for 13 – 18 year old swimmers throughout the meet. Swimmers must follow the directions of the lifeguards and meet officials at all times during warm-ups and while in the warm-up/cool-down lane.

CLERK OF THE COURSE: All swimmers must check-in at Clerk of the Course before their race. Be sure to follow our twitter feed for Clerk calls. The area in Clerk of the Course and immediately around the pool is a secure area – only competing swimmers, coaches and officials will be allowed in this area.

COMMUNICATIONS: Results will be posted outside the North entrance to the pool. They will also be posted on Meet Mobile. For up-to-the-minute announcements and calls to the clerk of the course, follow us on twitter @phdolfins. Go to Battle Headquarters on the grass next to the Snack Shack, if you would like to purchase a meet program (\$8), or if you have any general questions.

VENDOR FAIR: Visit our vendors on the grass next to the snack shack and next to the Clerk of the Course. Jolyn & Sports Basement swimwear will be on site for a trunk sale on Sunday only. Visit our PHD Candy Station with Hawaiian themed Candy Lei's!

SNACK SHACK: Our snack shack offers a delicious menu with many healthy choices the menu will be available at <http://pleasanthilldolfins.com>

POP UP AWARDS: All swimmers who pop their time can visit Battle HQ for a treat!

RAFFLE: Be sure to visit our Raffle table next to Battle HQ. Tickets are \$2, 6 for \$10, or \$20 for one arms length and will be available at Battle HQ.

T-SHIRTS: Available at the meet outside the entrance closest to Clerk of the Course provided by GIC Graphics will be doing custom screen-printed shirts, tanks and more.

SHOUT-OUTS: Give a "Shout Out" to your swimmer right before their big race!
Click this link to purchase your "Shout Out" <https://square.link/u/arWufsPE>