



## East County Swim League Championships

We are excited to hold the 2023 championship meet between ADS, AK, BEST, BDSC, and SSSM on **Saturday July 29th at Liberty Union High School starting at 8 am**. We'll be running 10 lanes, and there is a 4 Individual/2 relay entries limit per swimmer. **Entries due date: 7/23/2023 7pm.**

## Contact Information

League website: [ecsl.swimtopia.com](http://ecsl.swimtopia.com)

League Email: [ADSPresident@hotmail.com](mailto:ADSPresident@hotmail.com)

Antioch Delta Skimmers (ADS) President: [ADSPresident@hotmail.com](mailto:ADSPresident@hotmail.com)

Aquaknights (AK) President: [friddle.ray@gmail.com](mailto:friddle.ray@gmail.com)

Brentwood Dolphins Swim Club (BDSC) President: [BDSCTeamPresident@gmail.com](mailto:BDSCTeamPresident@gmail.com)

Bishop Estates Swim Team (BEST) Meet Director: [tcollins2726@gmail.com](mailto:tcollins2726@gmail.com)

Solar Swim Sea Monsters (SSSM) Head Coach/Manager: [coachniki13@gmail.com](mailto:coachniki13@gmail.com)

## Location & Directions

### LIBERTY HIGH SCHOOL POOL

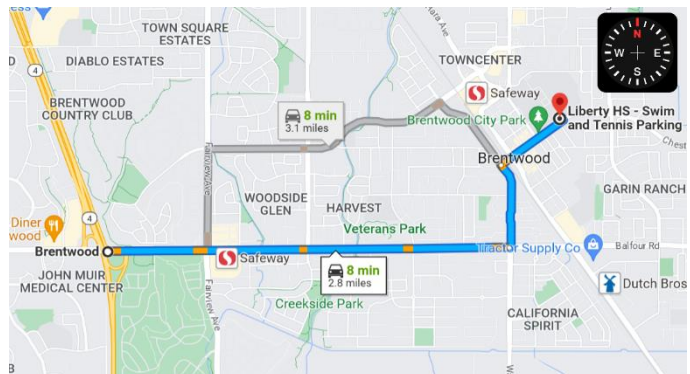
Oak St, Brentwood, CA 94513

### GOOGLE DIRECTIONS SEARCH:

Liberty HS - Swim and Tennis Parking, Brentwood, CA

### FROM HWY 4

- Exit onto Balfour Rd.
- Head East on Balfour.
- Left on Walnut.
- Right on Oak St



## Health and Safety Guidelines

There are no restrictions in place at this time, but please continue to respect the health and safety of everyone involved.

## Files Due

Meet Entries: **Sunday, 7/23 7pm**

Spreadsheet of entered swimmers name (first and last): **Monday, 7/24 7pm**

List of Coaches and Stroke and Turn officials (name, email, and phone): **Monday 7/24 7pm**

# Championship Meet Details

## Start Times & Flow

### 8AM-4PM

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

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: 4:00 pm

## Fees

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

Programs – Available by purchase

## Entries

BDSC and AK may enter each swimmer into 4 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 AK 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.

BDSC will be running CoC from the east side of the facility on the pool deck utilizing the entry ramp.

## 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.
- Heat winners ribbons awarded to 8 & Under.
- High Point trophies and record breaker medals will be awarded

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 with welcome letter to help create an Entries files. We request that each team provide the AK Computer Team with a roster and entries files at least 6 days prior to the championship meet (**no later than 7 pm on Sunday, 7/23**).

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

Strawhat Pizza, Groovy Gorditas, and Sip & Scoop food trucks will be located along the entrance firelane on the east side of the pool. Concessions stand with various food items and drinks will also be located on the west side of the pool. Other vendors include GIC T-Shirts, Unreal Tattoos, Purpose-Built apparel, Jolyn swim suits, Jerici & Co. permanent jewelry, and Crocs Jibbitz.

For the CIG apparel, provide a spreadsheet of your team's participating swimmer names to include on the back **by Monday 7/24**.

## 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.

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

### Aquaknights

- Host
- Computers
- Announcer
- Setup & Take down
- Head Timer
- Head Starter/Ref
- Meet Director
- Deck Marshal

### Brentwood Dolphins

- Clerk of Course
- Facilities Rental
- Setup & Take down
- Team Director

### Antioch Delta Skimmers

- Concessions
- Hospitality
- Starter BU
- Backup Referee
- Spirit Coordinator
- Team Director

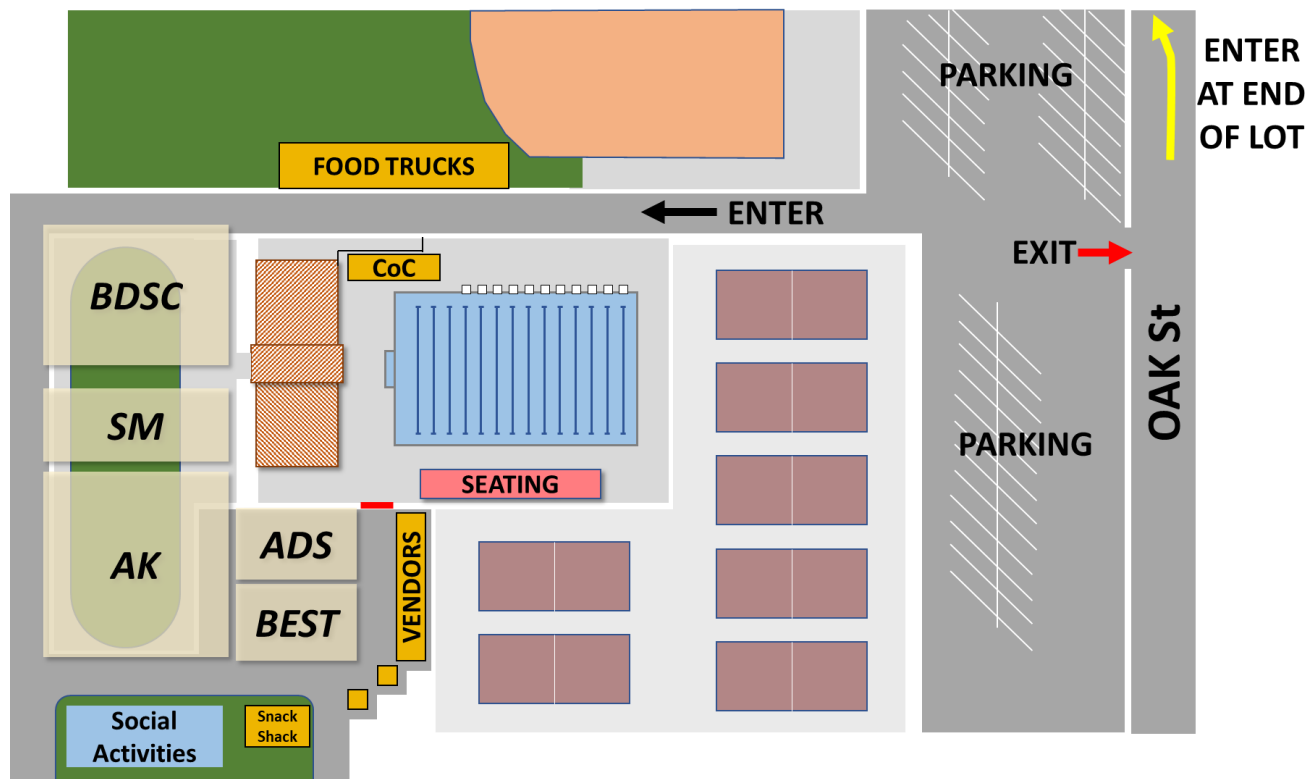
### BISHOP ESTATES / Solar Swim

- Awards & Ribbon Writers
- Backup Starter
- Deck Marshal
- Team Director

### 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)

## Facility Setup: Jack W. Ferrell Aquatic Center



## Parking

Parking is available when you enter the facility from Oak St. Please only park in designated parking lanes.

## General Pool Rules

This year we are using Liberty High School's Swimming Facility. 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.

## Spirit

Each team can pick their own theme and are encouraged to show off some spirit. Be creative, be organized, be excited!

## Closing Thoughts

**Please come prepared for current local weather conditions.** 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 relay 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 Ray Friddle [friddle.ray@gmail.com](mailto:friddle.ray@gmail.com) or Nick Wunschel at [EastCountySwimLeague@gmail.com](mailto:EastCountySwimLeague@gmail.com) so we can update everyone as soon as possible.