



2024 Team Bio  
Pinole Seals Swim Club

**Pinole Swim Center:**

2450 Simas Ave  
Pinole CA 94564

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<b><i>Fundraiser</i></b>	<b>Nik Liebe</b>	<a href="mailto:pinoleseals.fundraiser@gmail.com">pinoleseals.fundraiser@gmail.com</a>
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<b><i>Head Coach</i></b>	<b>Millie Hancock</b>	<a href="mailto:millieh0812@gmail.com">millieh0812@gmail.com</a>

**Covid-19 related guidelines:** No covid guidelines as of 4/1/22. Wearing masks is optional but not required.

**Insurance:** All visiting teams are required to carry 2 million in liability coverage. Please name Pinole Seals Swim Club and their employees' as well as the City of Pinole and their employees under additionally insured. Our address is P.O. Box 516, Pinole CA 94564

**\*Our Meets are run with Meet Maestro by Swimtopia. Please advise if your team uses Swimtopia also, we will link the meets. Otherwise we request that each team provide our Computer Techs with a complete list of their team's entries via .hy3 (Hy-Tek), .sd3 (SDIF), or .zip file (containing a .hy3 or .sd3). 72 hours prior to the scheduled meet. (No later than 5pm on Wednesday for Saturday morning meets)**

## Swim Meet Information

The Pinole Swim Center gate will open at the designated time; parents who arrive early will not be allowed into the facility until the designated time.

	<b>Saturday</b>	<b>Wednesday</b>
<b>Meet Time</b>	9–12 pm	6–9 pm
<b>Doors Open</b>	7:45 am	4:30 pm
<b>Visiting Team Warm-up</b>	8:30–8:55 am	5:15 - 5:45 pm
<b>Seals Warmup</b>	8:00–8:25 am	4:45 - 5:15 pm

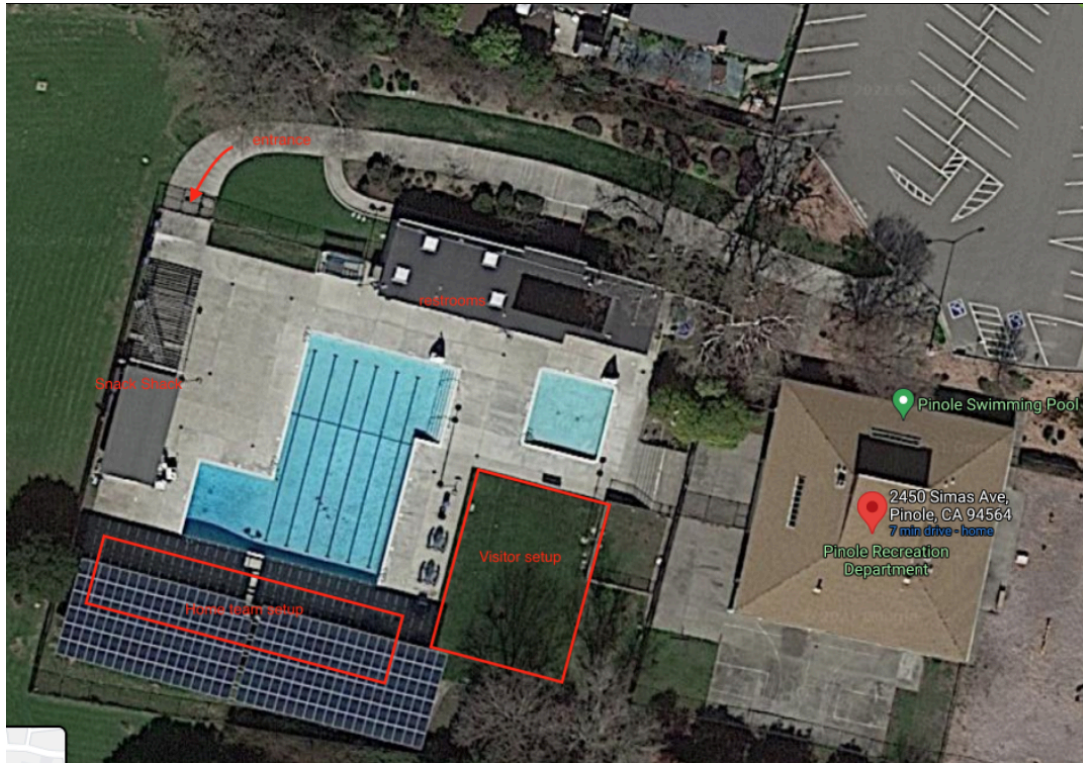
### **Lane Assignments (6-lane pool)**

- Visiting Team: Lanes 1,3,5
- Seals Team: Lanes 2,4,6

**Entry Limits:** Individual = 2, Relay = 2, Combined = 4

### **Pool Facility:**

- Home Camp: Under solar panels
- Visitor Camp area: Grassy area on side of pool



## Visiting Team Work Assignments

- Timers/Recorders: 9 (2 per even # lanes and 1 per odd # lanes)
- Ribbons Writers: 1 (report to computer desk after IM events are completed)
- Stroke & Turn: 2 (rotate)
- Shepherds: Team's own parent volunteers

## Ribbons

Ribbons are provided for individuals placing 1st–6th place overall, heat winners for individual events with multiple heats and 1st and 2nd for relays. Participation ribbons are provided for all swimmers not placing for 8 and under only. Scoring will follow league rules.

**Order of Events: Total number of events 84**

**Number of heats will depend on the number of swimmers. We will combine events/heats where ever possible for time management.**

- Medley Relay
- IM
- Freestyle - 2021, county has added 50 yd free for 15-18

- Breaststroke
- Butterfly
- Backstroke
- Free relay

### **Snack Bar**

The Seals Team Snack Bar is open on Saturday mornings and on Wednesday evenings for meal items. We will also sell a wide variety of drinks, snack items and candy.

### **Directions**

**Google Map link:** <https://maps.app.goo.gl/EPDwAWw4N9phJMhK7>

From Concord

- West on Highway 4
- Merge to I-80 West
- Exit Pinole Valley Road
- Turn Left onto Pinole Valley Road
- Turn Left on Simas Ave. (past Pinole Valley High school)
- The pool is on the left side of the street

### **Parking**

Parking is available in the lot next to the pool; you may also park on the street next to the pool in the neighborhood. Please do not block driveways.