



## East County Swim League Championships

We are excited to hold the 2024 championship meet between ADS, AK, BDSC, and MHSF on **Saturday July 27th at Freedom High School starting at 8 am**. We'll be running 8 lanes, and there is a 4 Individual/2 relay entries limit per swimmer. Entries due date: 7/23/2024 @ 3pm.

## Contact Information

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

League Email: [eastcountyswimleague@gmail.com](mailto:eastcountyswimleague@gmail.com)

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

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

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

(Hospitality) Mountain House Sailfish (MHSF) Director: [stephanie@mhflagfootball.com](mailto:stephanie@mhflagfootball.com)

## Location & Directions

### FREEDOM HIGH SCHOOL POOL

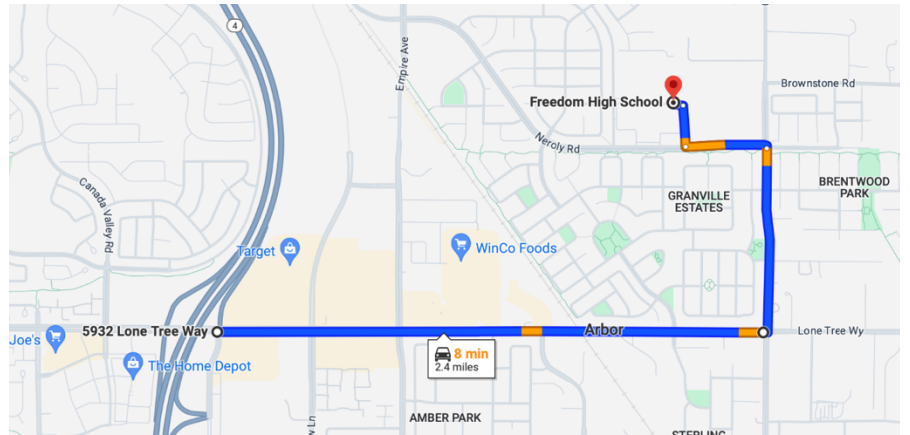
1050 Neroly Rd, Oakley, CA 94561

### GOOGLE DIRECTIONS SEARCH:

Freedom HS - Oakley, CA

### FROM HWY 4

- Exit onto Lone Tree Rd.
- Head East to O'Hara Ave.
- Left on O'Hara Ave.
- Left on Neroly Rd.
- Right into Parking Lot under Solar Panels



## 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 to Meet Directors

To Host - Meet Entries and Declaration of Ineligible Swimmers: **Tuesday, 7/23 @3pm**

To Awards - Spreadsheet of entered swimmers name for tee-shirts (first and last): **Monday, 7/22**

To Hospitality - List of Coaches and Stroke and Turn officials (name, email, and phone): **Wednesday 7/24**

# Championship Meet Details

## Start Times & Flow

### 8AM-4PM

Setup starts: 6:00 am

Deck Opens: 6:55 am

Warmups 7:00-7:50am (estimated lanes):

ADS (1-4) & MHSF (5-12): @7:00 am

BDSC (1-5) & AK (6-12) @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 (kickboard races)

Meet Ends by: 4:00 pm (coaches relays)

A warm-up/warm-down lane will be available for 15-18's.

## Check-in

Each team will handle check-in separately.

Scratches/no shows must be reported to ADS Computer by 7:30 am. No Changes will be accepted after.

## Awards & Scoring

We have some exciting updates to awards in 2024. Swimmers of ECSL member teams race to earn place and points.

Individual event results will be divided evenly into two flights -Upper and Lower Division- based on final times. 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.

This meet will be scored in a balanced manner giving every team the same quantity of scores per event.

- Individual Events: the top 16 places in each flight will be scored on a 20-point scale. A team can score up to five times in any given individual event per flight.
- Relay Events: The top 4 places will be scored on a 40-point scale. A team can score up to once in a relay event.

Other awards to be provided

- Heat Winner duckies awarded to 12 & unders.
- Record breaker medals will be awarded for any new ECSL record
- High Point ribbon and X-Point Crew cap (top 10% of point earns) awarded to Upper flight
- Top Team Combine score in upper and lower flight is awarded the **GOLDEN DUCKIE**

Everyone is allowed to swim. Swimmers from guest teams and Ineligible swimmers will be marked as exhibition with an "X". Times achieved are official times and can be used towards qualifying for County Meet if eligible or year-round teams.

## Fees

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

## Order of Events & Heats

Each event will use standard seeding with heats slowest to fastest heat.

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

## Clerk of Course

Because this is a pre-seeded timed finals meet, we will utilize a Clerk of Course to organize all swimmers for each event. The Aquaknights will be running CoC from the Northwest gate by the Bullpens

## Entries

No limits to individual entries roster. Each team may have up to two relays for each relay event.

## Swim Meet Entries and Program Info

The meet is run with HY-TEK Meet Manager.

An Events file will be provided with this Welcome Letter to help create your team create an Entries file. We request that each team provide the ADS Computer Team with a roster, entries file, and list of ineligible swimmers at least 5 days prior to the championship meet (**no later than 3 pm on Tuesday, 7/23**).

An entry list will be provided as soon as possible for coaches to check for errors. To make sure that everyone who's entered gets the chance to swim, some events may be combined. Meet Programs will be printed for Coaches to be picked up at the computer deck before the meet. Meet Program available for sale day of at the ECSL Booth by the main entrance. Meet results will also be available on Meet Mobile and posted near each entrance.

## Support from each Team

**Team Responsibilities:** each team has a role at the meet and parents from each respective team will help with those roles. The quantity needed to cover each role to be determined by each team's meet director.

**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 to four shifts.

## Team Responsibilities

### ANTIOCH DELTA SKIMMERS

- Host
- Computers
- Announcer
- Head Timer
- Head Starter
- Head & Deck Refs
- Meet Director

### AQUAKNIGHTS

- Clerk of Course
- Deck Marshal
- Team Director

### MOUNTAIN HOUSE SAILFISH

- Concessions/Food Trucks
- Hospitality
- Spirit Coordinator & ECSL Booth
- Team Director
- Deck Marshal

### BRENTWOOD DOLPHINS

- Facilities Rental
- Awards & Ribbon Writers
- ECSL Booth
- Backup Starter
- Team Director
- Deck Marshal

### GENERAL JOBS (ALL TEAMS)

- Four Setup & Take Down workers
- Four Stroke & Turn Officials (rotation determined by Deck Referee)
- Timers to cover 6 assigned chairs (team discretion on how to rotate coverage)

## 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 and in compliance with County Meet Guidelines:

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

## Hospitality

Mountain House will be providing snacks and refreshments to all workers throughout the meet from the Hospitality tent. All Coaches and Officials (Starter, Head Ref, S&T Judges) will be provided breakfast and lunch.

## Activities

**Team Flag Decoration** (done by each team in the week before the meet)

**Bracelet Making** at the ECSL Booth

**50/50 Raffle**

**Photo Booth** with decorations and Team Flags by main entrance. Use hashtags like #ECSLs2024, #GoAK, #GoSkimmers, #GoBDCS, #GoSailfish when posting online to help celebrate our last meet together this season!

## Spirit

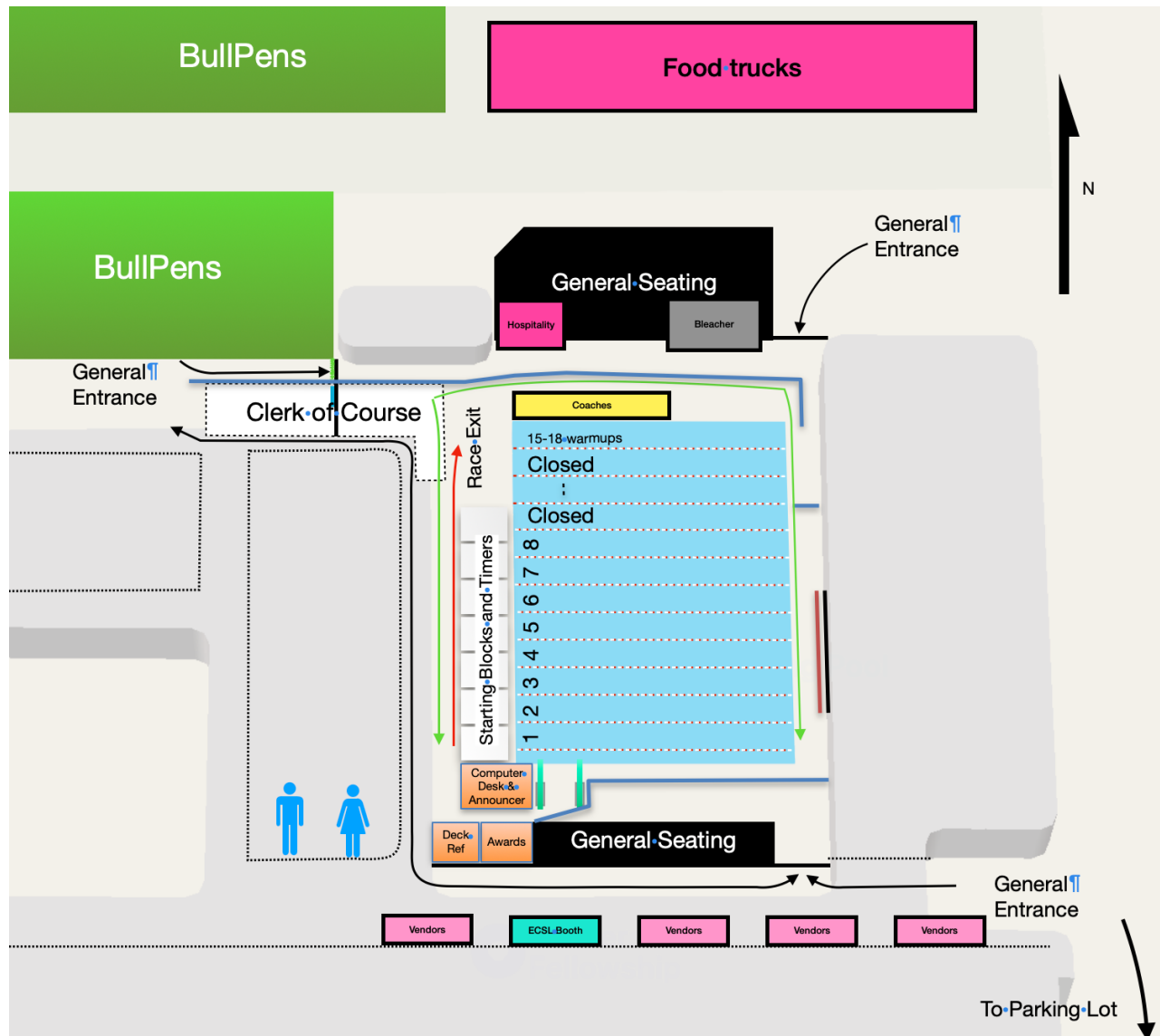
Each team can pick their own theme and are encouraged to show off some spirit. Be creative, be organized, be excited! Show off your team spirit at the ECSL booth to be entered in a raffle.

Will your team be the Spirit Champions and dethrone the Dolphins for the first time in 4 years?

## Food Trucks and Vendors

Teapsy on Cloud (tea/boba), Los Primos (breakfast/lunch), and A Taste of Culture (breakfast/lunch) food trucks will be located on the access road by the Bullpens at the north of the facility.

GIC T-Shirts featuring the winning ECSL Logo, Tyre Massage to melt away the stress of a meet, Jibbitz & Charms for decorating your crocks, and the brand new **ECSL** Shop selling Meet Programs, 50/50 raffle entries, local wares, and tattoos all in the breezeway along the south side of the facility.



## Parking

Parking is available immediately when you enter the facility from Neroly Rd. Please only park in designated parking lanes.

## General Pool Rules

This year we are using Freedom 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.

## Closing Thoughts

Please come prepared for current local weather conditions. Please bring water, warm clothes for the morning, shade, extra towels, and sunscreen as the day heats up. 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 parent's 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 Monica Adams [ADSPresident@hotmail.com](mailto:ADSPresident@hotmail.com), Andrea Clark [ADSSecretary1958@gmail.com](mailto:ADSSecretary1958@gmail.com) or Nick Wunschel at [EastCountySwimLeague@gmail.com](mailto:EastCountySwimLeague@gmail.com) so we can update everyone as soon as possible.

Quack!

