



Meet information sheet for visiting team

700 West 18th. St., Antioch

Visiting team warm-ups @ 5:25-5:45 for evening meets. Start time at 6:00

Visiting teams warm-ups @ 8:30a.m. Meet Start time at 9:00a.m. For morning meets.

Please enter the pool through the far right gate, Please do not enter through the double gates.

Please set-up to the right of the fenced area on the pool deck. Do not set up chairs near the bleachers.

Swim meet info: Our meets are run with Meet Maestro, we can still accept Hy-tech abc ups and entries..

Please provide a team roster and meet entries no later than 5:00pm. on Sunday for a Wednesday meet and Thursday for a Saturday meet.

We run 8 lanes.

Visiting team parent work assignments:

- Timers/recorders 2 per even number lane and 1 per odd number lane (tri meet 1 timer per lane) If possible and agreed upon by visiting teams we may only have 2 timers per lane.
- Ribbon writers: 1-2 (report to computer desk after IM events are completed)
- Stroke & Turn: 3-4 (rotate 2 on deck from each team at a time)
- Shepherds: team's own parent volunteers

Ribbons: Ribbons are awarded for individuals placing 1st-6th place.

Heat winner ribbons for individual events with multiple heats. Given by timers.

Participation ribbons are provided for all swimmers not placing. 12 and under only.

Relay ribbons will be awarded to 1st-3rd place relay members.

Order of events:

Event	No. of Heats
● · Medley Relay	1 heat
● · IM	1 heat
● · Freestyle	3 heats 15/18 50 free 1 heat
● · Breaststroke	2 heats
● · Butterfly	2 heats
● · Backstroke	3 heats
● · Free Relay	1 heat

Parking Please park in marked parking spots. Do not park along the fence line or barricades, or where it is not a clearly marked parking spot. Please do not pull onto the pool deck or in front of the gym. There is additional parking across the street from the pool.

Hospitality

We will have hospitality for coaches. Coffee and muffins for the morning meets

Light dinner and snacks for evening meets.

Snack Bar

Skimmers will have a snack bar