



Mountain House Sailfish hosts Brentwood Dolphins

We are excited to host a dual meet with you on Saturday, June 14th at 9:00 a.m. We will be running 8 lanes, and there is a 3 individual limit on entries per swimmer. The limit is subject to change depending on how many swimmers register. We request entry file submitted 48 hours before the meet.

General Meet Info

Doors open at 7:30 am

Saturdays Meet: 9:00 to 1:30 pm

Warm-Up Times:

Saturdays Meets

Visitors:

8:15am – 8:45am

MH Sailfish Swim Club:

7:45am – 8:15am

Contact Information

Team website: <https://mhflagfootball.com/mh-swim-club>

Team Email: sailfish@mhflagfootball.com

Team Directors: stephanie@mhsailfish.com

Meet Directors: stephanie@mhsailfish.com; marisela@mhsailfish.com

Computer Operations: marisela@mhsailfish.com; stephanie@mhsailfish.com

Location & Directions

Mountain House High School

- Swimming pool is next to the football stadium.
- FROM HWY 4, head approximately 16 miles south to Great Valley Parkway.
- Continue on Great Valley Parkway until Mustang Way—turn left
- Follow Mustang Way through the light at Central Pkwy. The high school parking lot entrance will be to the right. Enter by the stadium off of Mustang.





FACILITY RULES

We rent our facility from Lammersville Unified School District, and as such we are their guests and will adhere to their rules. The following are the rules established to ensure the safety and enjoyment of everyone participating.

- 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 food or drink within the pool area. Must eat outside the gates of the pool. Only water is permitted inside.
- No unauthorized outdoor cooking units permitted.
- No skateboards, roller blades, scooters, or roller skates allowed.
- No ball playing against facility walls.
- No Photography from behind the starting blocks.

Order of Events & Heats

50yd Freestyle; 15&over - 1 heat
Medley Relay - 1 grouped heat per age group
Individual Medley 8 &over - 1 heat
Freestyle - 2-3 heats
Breaststroke - 2 heats
Butterfly - 2 heats
Backstroke. - 2-3 heats
Freestyle Relay - 1 grouped heat per age group



Visiting Team Parent Jobs

- Timers/Recorders: 12 (2 per odd lane, 1 per even lane)
- Ribbons Writers: 1 (report to computer desk after IM events are completed)
- Stroke & Turn: 2-3 (report to Referee)
- Shepherds/Clerk of Course: Team's own discretion.

Ribbons

- 1st-8th place for individual events
- 1st through 3rd place for relays
- Heat winner is awarded to those that are first in their respective heat.
- Participation is awarded at the discretion of each team.

Scoring

Swimmers in any heat can score. Each team is limited to two scores per individual and one score per relay event:

- 1st place 5 pt (Relay - 8 pt)
- 2nd place 3 pt (Relay - 4 pt)
- 3rd place 1 pt

Swim Meet Entries Info

Our meets use SwimTopia Meet Maestro. Please submit your team's roster and entry files at least 72 hours before the meet:

- For Wednesday meets: Submit by 6 p.m. on Sunday.
- For Saturday meets: Submit by 12 p.m. on Wednesday.

A Meet Program, indicating any combined races, will be provided promptly. Combining events helps minimize time in the sun and keeps swimmers engaged. Combined heats will be clearly marked. Swimmers with an "X" by their entry time are participating as extras (age-up, ineligible by county guidelines, etc.) and will have their times recorded officially, though they won't earn team points.

Thank you for your cooperation in ensuring a smooth and efficient meet!



MH Sailfish Pool Deck Set-up

Due to space limitations, only meet officials, workers, and swimmers preparing to swim are allowed on the immediate deck around the pool.

The outer deck (designated by ropes and cones) and bleachers are open to observers of both teams but closed to popups and chairs. We will have a coned off area in the parking lot right outside the pool area for pop-up tents.

Parking

Parking is available near the pool by the portables or near the stadium under the solar panels. Please do not park in the coned off section we have designated for pop-up tents. Our space is limited inside the pool deck area, so we ask that you please do not bring pop-ups inside the pool area. The bleacher section is shaded with solar panels.