



# STORM SEASON OPENER

**Saturday, June 10th, 2023**

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**MEET ADDRESS:**

**Liberty Community Center**  
1600 South Withers Road  
Liberty, MO 64068-4604

Phone: (816) 439-4360



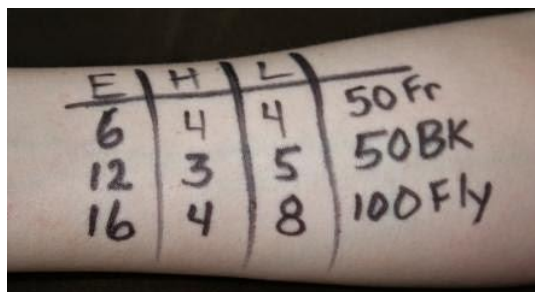
**MEET CHECK-IN:**

Swimmers and families should be at the pool on **Saturday at 6:15 AM**. If you are a meet volunteer please be there 10 minutes earlier. Coaches plan to arrive 30 min early.



### MEET PREPARATION AND CONSIDERATIONS:

You need to write their event information in sharpie on their forearm. This is for them to easily reference what they are swimming. Swimmers should write their events on their arms before heading down to check in on Saturday morning. This speeds up check-in time and mentally prepares the swimmers for the meet that day.



Do not write on your backs! Kids will not be able to swim until they have all marker on their backs removed.

- Have a spare pair of goggles-please purchase dark lenses goggles for your swimmers
- During the meet listen for announcements of your events. Report to the clerk of the course when your event is called. The volunteer clerk will help the swimmers line up at the blocks
- After swimming an event, all swimmers should check in with a coach
- Please do not approach stroke judges with questions about your swimmer, please ask a coach. I encourage you to ask about a DQ the day of the meet. 8 and under swimmers will not be DQ'd.

### WHAT TO BRING:

- Snacks-fresh fruit, granola/protein bars, nuts, bagels, sandwich crackers, and dry cereal. Avoid heavy foods and dairy.
- Water or sports drinks. You and your swimmer need to stay hydrated. We will have drinks and snacks for sale at the concession stand as well.
- Chairs, tents, blankets, extra towels-all spectators sit in the grass area outside of the fence
- Small games and activities are recommended to entertain your child while they wait for events

### SPECTATORS:

Spectators are only allowed on the pool deck when their swimmer is racing or if they are a volunteer. You may not sit or hang out on the pool deck inside of the fenced-in area.



You cannot have chairs/crash on the pool deck. The **only** time you can be on the pool deck is during your swimmer's events or while you are cheering on other friends.

There will be designated CRASH Areas for Away Teams. Check the available areas.

### **PARKING:**

Parking is available in the main lot and there is additional parking in the middle school parking lot. Do not park on Blackberry Dr heading towards the neighborhood, you can get towed.

### **MEET TIMELINE (REVISED):**

**Arrive @ 6:15 AM**

#### **Warm Ups**

- **Gladstone Gators:** 6:30 AM - 6:50 AM (outside)
- **Liberty Storm:** 6:35 AM - 6:55 AM (inside)
- **Riptide Aquatics:** 6:55 AM - 7:15 AM (inside)
- **Coaches and volunteer meeting:** 7:15 AM on the pool deck

\*After warmups, swimmers will NOT be allowed to swim inside for any reason!

**National Anthem: @ 7:25 AM**

**Meet Start: @ 7:30 AM**

**Meet Finish: TBD**

- The order of the IM (individual medley) is fly, back, breast, free
- Odd number events are girls and even number events are boys
- No relays for this meet/ max of 2 individual entries per swimmer

**Meet Theme: Hawaiian / Aloha**

### **HEAT SHEETS:**

Heat sheets will be available for sale for **\$2 each. Cash only.** Heat sheets will help you keep track of which number we are on, when your child swims, and which heat and lane they will be swimming in.

### **CONCESSIONS:**

The concession stand will have lots of yummy food, snacks, and drinks.