

**Here is some info to send on to your parents:**

**Pool:** we have an 8 lane pool and enough lap counters for each lane

**No lifeguards:** we do not have lifeguards on duty at the pool, but we do have ice available if needed.

**Parking:** We will ask that if you arrive in a bus, that your bus driver drop you off and then park back at the entrance to Palencia (near US1) in the empty shopping center parking lot or in between the Starbucks and Burger King. We just don't have much room to accommodate bus parking at the pool. Please ask your parents to car pool if possible. *The first several spots in the fitness center parking lot (those facing the street) will be reserved for Palencia fitness center patrons only!* The lot will accommodate some, but not all swimmers. If the lot is full, please do NOT park on the grass or on the curbs. Go back out and turn around at the stop sign and park on the right side of the road only (facing north). We will have signs posted that say Park This Side Only.

**Seating:** We have some seating on deck but not enough. Bring chairs. There is also room for tents if you'd like as shade is very limited.

**Restrooms:** Please ask your swimmers to NOT leave anything in the restrooms during the meet. Bring bags back out on deck.

**Fitness Center:** No swimmers or swimmers families are allowed in the fitness center during the meet. Please enter restrooms from the pool deck entrance only.

**Concessions:** we do NOT have a concession stand so please feel free to bring coolers and/or snacks if you want

**Meet Mobile:** We will set up the meet on Meet Mobile app with the name FHSAA Nease..... Please tell your teams they can download the app and follow the meet.

**Bug spray:** Because we have trees all around the pool, the gnats and yellow flies seem really bad this time of year. Bring some bug spray!

**Timing:** We do not use cards. We have a Colorado Timing Starter and SST timing system with 2 plungers per lane. Back up timers will also have a watch time written on the lane-timer sheets. Swimmers can ask the watch timer for their times

**Timers:** We would appreciate if your team could provide at least 4-6 timers. We'll provide the other rest, head timer, and starter. We will have a USA Stroke & Turn official on deck but only to help the kids learn any mistakes prior to districts. He will inform coaches of any infractions so we can then talk to the kids at practice.

**Heat Sheets:** Linda will email to us for review and will send you any revised heat sheets. Feel free to distribute those to your team.