



Meet Host: Nease High School Swimming Information for Visiting Schools

We are pleased to host the upcoming meet with your school. Please note the meet details below; you may wish to distribute pertinent information to your swimmers and parents.

Pool - The Palencia pool is 8 lanes, 25 yards. Nease will swim in odd lanes and the visiting team will swim in even lanes, which are closer to the visiting team area. In events with more than one heat (when exhibition is allowed), heats will run fast to slow, with exhibition swimmers following scoring swimmers.

Location - Palencia Fitness Center, 1865 North Loop Parkway, St. Augustine FL 32095

Directions - From US1, turn into Palencia and continue on Palencia Village Dr. for just under a mile until arriving at the traffic circle. Travel 3/4 of the circle until heading north on North Loop Parkway for 1/3 mile. The Fitness Center and pool are on your left.

Parking - Parking at and near the Fitness Center is limited. If bringing a school bus, you are asked to drop off the swimmers and then park the bus in the empty parking lot between Starbucks and Burger King near the Palencia entrance. Parent carpools are encouraged; please respect the spaces nearest the Fitness Center reserved for Center patrons. If the parking lot is full and drivers must park on the street, please note posted signs that will indicate which side of the road is for parked cars. Further parking may be found at Marshall Creek Amenity Center (near the tennis courts) located at 625 Palencia Club Dr, which is just a short walk away.

Entries - Each school is allowed a maximum four (4) scoring entries per individual event. Each school may enter a maximum of two scoring teams per relay event, and a maximum of two additional relay teams may be entered as exhibition. *Visiting coaches are asked to communicate with Gus Calado, Nease head coach (see below), well in advance of the meet to determine exhibition status for individual events and to determine if diving will be included in the meet. In addition, visiting coaches are asked to discuss the warm-up arrangements with Gus.*

Nease Head Coach

Gus Calado

gmc@planetswim.org

Cell (904) 504-8474

Entry Deadline - Your meet entry file and team roster file (from Team Manager) are due no later than 24 hours before the start of the meet. An earlier submission of the files is encouraged! Please email both files to:

Scott Rabalais (Hy-tek/Nease) scottrabalais@comcast.net Cell (904) 806-6779

When emailing meet files, please include your phone/cell number should there be any questions. Once finalized, a PDF copy of the heat sheet and an entry list will be emailed to you for distribution to your team. We ask that swimmers and parents print their own heat sheet copies as no copies will be available for sale or distribution at the meet. Coaches will be provided heat sheets.

Events - We are following the standard order of events. Should you need the events file, please contact Scott Rabalais (above).

Breaks – There will be a 15-minute break after event 8, boys 50 freestyle. The pool will be open for warm-ups during this break.

Timing - We use Superior Swim Timing (SST) and Hy-tek Meet Manager, with a two-button primary and stopwatch backup. We also use a two-lane portable Colorado scoreboard that scrolls through finishing times after each heat. Final results (PDF) and the Team Manager results file will be sent to the coach as soon as they are finalized. Meet information and results will be posted to Meet Mobile under the title "*Nease vs Visiting School*".

Timers - We do plan to furnish all needed timers, but if any visiting parents wish to volunteer, please inquire with the Nease volunteer coordinator near our results tent.

Seating - Seating and shade on the pool deck are very limited, so parents and swimmers are encouraged to bring their own chairs. Tents are permissible on deck.

Bug Spray - Bugs can be pesky around the pool, so participants and spectators may wish to bring bug spray.

Fitness Center - Swimmers and families are not allowed in the Fitness Center during the meet. Restrooms are located off the pool deck and may be used by meet participants. However, it is very important that those who use the restrooms keep them clean and in order! We ask that all participants respect the facilities at Palencia and act appropriately when using them. Please do not leave any personal belongings behind.

Thank you, and we look forward to hosting you at Palencia!