



Frank Holleman Meet @ Planet Swim

ARRIVAL: 6:30 am for 200 Medley, 200 Freestyle, 200 Im
7:30 am for all other events (long warm up @ meet start)

PRE-LIM START: 8:30 am

PRELIM estimated END: 1:45 pm

FINAL WARM UP: 3:30pm

FINAL estimated END: 7:00 pm

IMPORTANT NOTES...

1. Parking: Only coaches, officials and essential personnel are allowed to park in the Planet Swim parking lot. Parking attendants will be on duty to ensure drivers are directed to parking areas. **Drivers will be allowed to quickly drop off swimmers at the front of the facility** and then proceed 1/4 mile down the road to the high school parking lots. Secondary parking lots are available at Davis Park, which can be accessed by turning at the first right on Davis Park Rd., before reaching Planet Swim. ***IMPORTANT: No parking is allowed at Crosswater Community Church, which is on the left side of Davis Park Rd, and no street parking is allowed.*** Thank you for your cooperation and informing your team of the parking policies.

2. Warm-up/Warm-down: To adequately use our 4lanes for the allowed 30 minutes only swimmers in 200 Medley, 200 Freestyle, and 200 IM will complete a long warm up prior to the meet start. All other events will complete a long warm up at the start of the meet with a member of the coaching staff. Swimmers should warm up and warm down again prior/post their events. If you need assistance on what to do, ask the coaching staff.

3. Team lunch & Snacks: items need to be donated by parents to help feed swimmers. Keep to “nibbling” food- you don’t want to be filled up before you swim your next event. **Please see the sign-up on the website for items and donations.** Lunchmeat sandwich rings and popcorn chicken will be provided for the swimmers.

Food table and coolers will be located outside the fence in a secondary team location.

4. No cards, except for relays. **You must report to your lane previous to your heat being called.** Heat sheet will be posted with events/ heat/lane assignments. A missed event may remove the swimmer from competing in remaining events.

5. Swim your fastest!!! Ok, so this is always a rule, but it REALLY counts now. The top 16 finishers in individual events are fighting (swimming) for the chance to swim in Finals and score points for the team.

6. Tech suit- it is your choice if you want to wear a tech suit or your team suit for the meet (see #5) . **The only caps to be worn at the meet are Creekside High School Caps.** No watches allowed to be worn on the wrists.

7. Done swimming??? Hopefully not, but if you did not qualify f we would LOVE for you to join us and cheer them on! **Please let a member of the coaching staff (at Coach’s table/area)know when you are leaving with your parent.**

8. Team area/ Spectators: Team area has been reserved and will be clearly marked (we are in the middle of the deck). No additional tents allowed on deck. Deck area is for swimmers, coaches, volunteers and officials only. Space permitting, tents and chairs are allowed in appropriate areas outside of the deck fencing.

9. WANT THE BEST VIEW??? Sign up to be a timer!!! WE NEED 2 PER SHIFT! There is a 2.5 hour PRELIM 2nd shift assigned to our team and a 2.5 FINALS shift. Please signed up on the website or see a coach in the morning.

10. There is a DRY/CAN FOOD donation request by the host to be donated to the Homeless Coalition of St. John’s Inc.