



Hosted by the Franklin Farm Froggers



Friday evening (July 19, 2019):

7:30 pm Red Divisionals T-shirts will be available for purchase until 9 pm (\$20, Cash Only)

Saturday morning (July 20, 2019):

6:30-7:45 am Warm Ups**

- 6:30-6:55 Franklin Farm lanes 1-3
- Burke Centre Penguins lanes 4-6
- 6:55-7:20 Ashburn Village lanes 1-3
- Cascades lanes 4-6
- 7:20-7:45 Burke Centre Stingers lanes 1-3
- Arlington Knights lanes 4-6

- 7:00 T-Shirts and Swimmer Shout Outs available for purchase until 12:00 pm
- 7:20 Officials Meeting (Playground area)
- 7:25 Scratch Meeting (Computers)
- 7:40 Clerk of Course and Runner Meeting (Baby Pool)
- 8:00 National Anthem
- 8:05 Meet Begins

**Note: There will be a break between breaststroke and butterfly (awards, change officials, etc.)

Address:

Dairy Lou Pool
13501 Franklin Farm Rd, Herndon, VA 20171

Swimmer Drop Off:

There will be a designated swimmer and gear drop off near the entrance to the pool parking lot, on Old Dairy Rd. Please see the provided Parking Map for exact drop off zone location. Parking attendants will also be onsite to assist with the flow of traffic.

Parking:

Due to limited parking lot space, the Dairy Lou Pool Parking lot will only be open to those with a parking pass. Each team will receive 5 parking passes to distribute as they would like. Please ensure that parking passes are displayed on the front dashboard of each car.

We will be using the neighborhood streets and nearby parking lots to accommodate swimmers and families. The parking map shows the designated surrounding neighborhoods that allow for street parking as well as several sections that are off limits. Please note that these parking areas are noted as Fairfax County "Community Parking Districts." As such, the following types of vehicles are not allowed: "Watercraft, Motorhomes, campers, trailers, and vehicles with greater than 3 axles."

Trophy Presentation/Award Ceremony:

There will be a break after the breaststroke for the trophy presentation, which will take place by the baby pool area. Please have the age group/divisional champions ready to receive their awards so as to

limit the break to a reasonable time. We also recommend that all teams bring a box to collect ribbons and awards for swimmers who are not present at the awards ceremony.

Warm-ups for Free/Back/Breast:

Swimmers should be ready to go to their assigned lanes a few minutes prior to their scheduled times in order to make full use of their allocated time. Please allow sufficient time for parking/traffic congestion to have your swimmers in their team areas prior to warm ups.

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:30 – 6:55am	FF	FF	FF	BCP	BCP	BCP
6:55 – 7:20am	AV	AV	AV	CAS	CAS	CAS
7:20 – 7:45am	BCS	BCS	BCS	AKC	AKC	AKC

Warm-ups for Fly & IM:

Warm-ups after the award ceremony will be for 20 min. for individuals swimming butterfly and IM only.

Lane	Team Warm-Ups for Butterfly & IM
1	Burke Centre Penguins
2	Burke Centre Stingers
3	Ashburn Village
4	Arlington Knights of Columbus
5	Franklin Farm
6	Cascades

Facility:

We have a 6-lane, 25-meter pool. Backstroke flags are set at 15 feet from the ends of the pool. The pool depth at the starting end of the pool ranges from 4 ½ feet to 5 feet, depending on the lane. Clerk of course for all events will be in the baby pool area.

All starts will be from the deep end. Timers will be at the shallow end for 25m events. The scoreboard will only be operational for 50/100m distances. Note: Scoreboard times are for display only. The official times will come from stopwatches.

Coaches/Team Rep Seating:

Two chairs will be provided for each team in the designated areas (see pool layout diagram).

Team Areas:

The parking lot and grassy area will be reserved for teams. Teams should bring no more than (2) tent canopies and seating for their teams. Please assign a parent or coach to walk the swimmers to the Clerk of Course.

All Volunteers:

We ask for the support of all the teams in order to run a smooth and successful Divisional meet. Please visit the following Sign Up Genius to provide enough volunteers to cover all crucial roles requested!

<https://www.signupgenius.com/go/10c0f4faeae2aa4f58-reddivision>

All volunteers will need to check in at the Volunteer Check-in table between 6:30-7:30am, regardless of which shift one is working in order to confirm all volunteers are present. Those working second shift will

then be asked to check back in with Volunteer Check-in by 9:45am, prior to their shift starting. The marked table will be located near the team area, by the T-shirt sales table.

Restrooms:

Shower stalls and sinks will be available for all swimmers, spectators, and volunteers. However, please note: *only Coaches and officials will be permitted to use the restroom facilities of the bath houses.* Portable restrooms will be available at the far end of the Team Areas (see pool layout diagram). In addition, we will have several pop-up changing tents available for swimmers wishing to change, also located by the portable restrooms.

Spectator Viewing:

There will be designated areas available for spectator seating along the pool deck (see pool layout diagram). We ask that all spectators stay within taped areas so that we can keep a clear and safe walkway for the swimmers, officials, and timers. Spectator seating will also be available outside of the fenced area. Due to the limitations on seating, we recommend that spectators bring their own portable seating for the meet.

Marshals will keep the walk area clear; this will be marked by tape or rope. Please keep the following areas clear: walkways, areas behind timers, officials, computers, coach seating areas, and the Clerk of Course.

T-Shirt and Swimmer Shout Outs:

2019 Red Divisional Championship t-shirts will be available for purchase on Friday, 7/19 from 7:30 pm – 9:00 pm and Saturday, 7/20 from 7 am – Noon. \$20, Cash Only.

Cheer on your swimmer at Divisionals by sending them a Shout Out! Each shout out costs only \$1 (Cash Only) and can be purchased at the T-Shirt sales table. Messages will be announced to the swimmers throughout the morning.

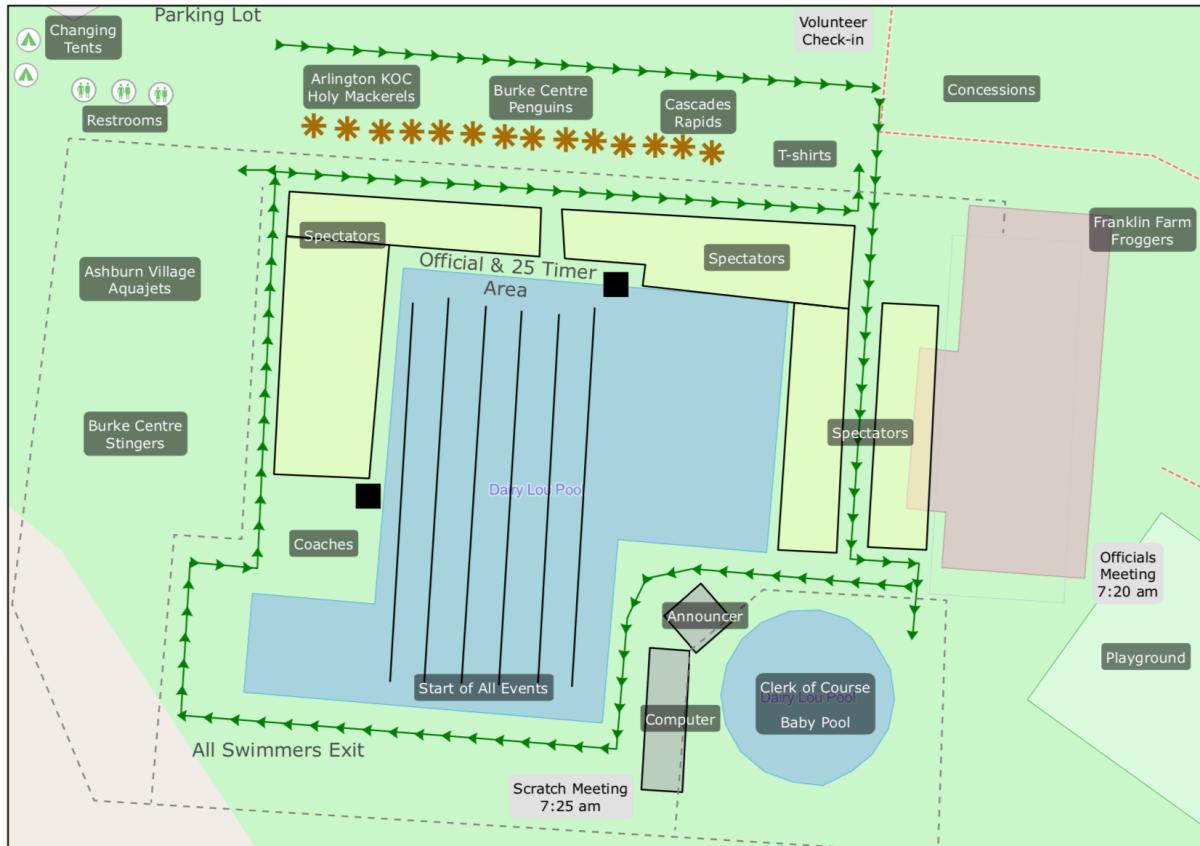
Concessions/Snack Bar:

Breakfast, lunch, and snack items will be served. **Cash only.** Please be kind and bring smaller bills – it is hard to make change for large bills, especially at the start of the meet.

Meet Contact Information:

Scott Aukema, scott.aukema@gmail.com or Fran Chao-Gay, fchaogay@hotmail.com

Team Areas and Pool Layout Map





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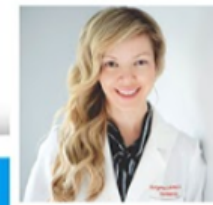


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Good luck to all the athletes and coaches attending the Franklin Farm Froggers divisional swim meet!



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