



Laurelwood Practice Meet
May 21, 2022
Laurelwood Cabana Club



Meet Sheet

Date/Time: Saturday, May 21, 2022; meet begins at 9:00 a.m.

Location: Laurelwood Cabana Club
3700 Benton St, Santa Clara CA 95051

Course: Outdoor, 6 lane, 25-yard pool will be used for competition. All races will start from the blocks. All relays will start and finish at the blocks. There is no warm-up/down available after the meet starts.

Schedule: 7:50 a.m. Volunteer check-in
8:00 – 8:50 a.m. Warm-up Schedule
9:00 a.m. Start of Meet

Warm-ups:	<u>Age</u>	<u>Time</u>	<u>Lane(s)</u>
	11 & up	8:00 – 8:20	1-6
	10 & under	8:20 – 8:40	1-6
	6 & under	8:40 – 8:50	(optional)

Meet Personnel: Head Coach: Rich Cruzen
Meet Director/Referee: Nate Burnside
Volunteer Coordinator: Ben MacAskill

Attendance: You must indicate swimmer(s) attendance online by 10:00 p.m. on the Tuesday prior to the meet even if your swimmer(s) will not attend the meet. The attendance form locks at 10 p.m. If you have a late attendance change, or if your swimmer must leave the meet early, please email the coaches ASAP. The coaches can be reached at coaches@laurelwoodcabanaclub.com.

View/change your swimmer's attendance for this meet.

Check-in: The meet will be pre-seeded. Swimmer Heat/Lane assignments will be posted on at the facility. Additionally, the data manager will post the Lineup (including relays if applicable) and the Heat Sheet on the Dolphins web page no later than Friday night before the meet. Any athletes not reporting for or competing in an individual timed final event that they are entered in shall not be penalized. Heat/Lane changes can be made the day of the meet as determined by the Clerk of the Course.

Volunteers: Please double-check the jobs you have signed up for. If you have a conflict, please contact the Volunteer Coordinator at stvolunteers@laurelwoodcabanaclub.com. When arriving at the meet, volunteers must go to volunteer check-in to confirm their attendance with the Volunteer Coordinator.

View/change your volunteer jobs for this meet.

Timers & Officials: Meetings for timers and recorders starts at 8:45 a.m. at the corner of the shallow end of the pool. The Stroke & Turn meeting starts at 8:45 a.m., at Lane 1 on the start end of the pool.

Timing: Electronic timing will be generated from wireless timing stopwatches. There will be three wireless stopwatches and one manual stopwatch for backup per lane.

Results: Results will be made available in the following manners:

- Printed results will be posted at the venue.
- Mobile results are available on your devices via the Meet Mobile app.



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- PDF results are posted after the meet on the Dolphins home page.

- Notice:** By participating in this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.
- Audio/Visual:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Director. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and smart eyeglasses are not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Director or his/her designee.
- Restrictions:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- For the protection of athletes, no photography or videography is allowed behind the blocks.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas and spectator areas) any time athletes, coaches, officials, and/or spectators are present.



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Parent Checklist

Please Review [Swim Meet 101](#)

Monday or Tuesday before the meet

- Make sure you have updated your swimmer attendance on the web
- Double check your volunteer jobs
- Changes can be made up to 10:00 p.m. Tuesday.

Night before the meet

- Gather your gear – suits, caps, goggles, towels, clothes for cold weather, sunscreen, \$ for snack bar, shoes/flip flops and all your Dolphin Apparel!
- Review the Check-In Report and Heat Sheet on the web

Morning of the meet

- Eat a healthy and hearty breakfast
- Slather on the sunscreen
- Bring your snack bar item, if any
- Leave enough time for travel, parking, and getting settled in the team area.

At the meet

- Find your swimmer's heat/lane assignments posted at the venue
- Check-in with the Volunteer Coordinator
- Get swimmers to their warm up
- Get swimmers to the clerk of the course for their events
- Have fun doing your job
- Cheer During the meet
- Bring a suit for the Parent's Relay
- Leave No Trace - Help clean up!