



Laurelwood vs Greenmeadow
June 3, 2023
Greenmeadow Community Association



Meet Sheet

- Date/Time:** Saturday, June 3, 2023; Laurelwood arrival begins at 8:00 a.m. Meet begins at 9:00 a.m.
- Location:** Greenmeadow Community Association
303 Parkside Drive, Palo Alto, CA 94306
- Course:** Outdoor, 6 lane, 25 yard pool. No warm-up lanes available after the meet starts.
All races will start from the blocks.
- Facility:** LW Team setup is traditionally on the north lawn area. The parking lot is open to Laurelwood families and can spill over into the neighborhood.
- Schedule:** 8:00 a.m. Volunteer check-in
8:20 – 8:50 a.m. Laurelwood Warm-up Schedule
9:00 a.m. Start of Meet
- Warm-ups:**
- | Age | Time | Lane(s) |
|------------|-------------|----------------|
| 10 & under | 8:20 – 8:35 | 1-5 (optional) |
| 11 & up | 8:35 – 8:50 | 1-5 |
- Meet Personnel:** Head Coach: [Rich Cruzen](#)
Meet Director: [Nate Burnside](#)
Volunteer Coordinator: [Ben MacAskill](#)
- Attendance:** You must indicate swimmer attendance online by 5:00 p.m. on the Tuesday prior to the meet whether or not your swimmer(s) will attend the meet. The attendance form locks at 5 pm. If your swimmer must leave the meet early, please email the coaches your estimated departure time 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 at the facility.
- 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:** Listen for public announcements and please be on time to meetings.
- 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.
 - Swimtopia live results via the app.
 - PDF results are posted after the meet on the Dolphins home page.



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Parent Checklist

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 5:00 p.m. Tuesday.

Night before the meet

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

Morning of the meet

- Eat a healthy and hearty breakfast
- Slather on the sunscreen
- 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 After the meet
- Bring a suit for the Parent's Relay
- Leave No Trace - Help clean up