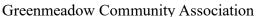


Laurelwood vs Greenmeadow

June 3, 2023





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.

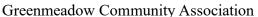
• Swimtopia live results via the app.

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



Laurelwood vs Greenmeadow

June 3, 2023





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