



# Forest Park Swim Team 2024

Forest Park Swim Team  
1766 Mendocino Drive  
Concord, CA 94521  
[www.forestparkflyers.com](http://www.forestparkflyers.com)

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Welcome to Forest Park Pool! Please contact one of us with any questions or concerns, we look forward to a great swim meet with your team!

Our meets are run with HY-TEK Meet Manager. We request that each team provide our computer team with a complete list of their team's entries and a team roster file prior to the scheduled meet. Please provide them no later than 6 p.m. on Monday for Wednesday evening meets, and noon on Friday for Saturday morning meets to: [meetdirector@forestparkflyers.com](mailto:meetdirector@forestparkflyers.com) and [almdrew2@gmail.com](mailto:almdrew2@gmail.com).

The Forest Park Pool gate will open at the designated time; parents who arrive early will not be allowed into the facility until the designated time. Please respect our members' time in the facility. Guest teams are not allowed free swim time prior to warm ups when the pool is still open to members.

## **Saturday Morning Meets start at 9 a.m.**

Doors open at 7:30 a.m.

FPST warm-ups: 7:55 - 8:25 a.m.

Visiting team warm-ups: 8:25 - 8:55 a.m.

## **Evening Meets start at 5:30 p.m.**

Pool Closes to Members at 4:00 p.m.

Open for meet set up at 4:00 p.m.

FPST warm-ups: 4:30 - 4:55 p.m.

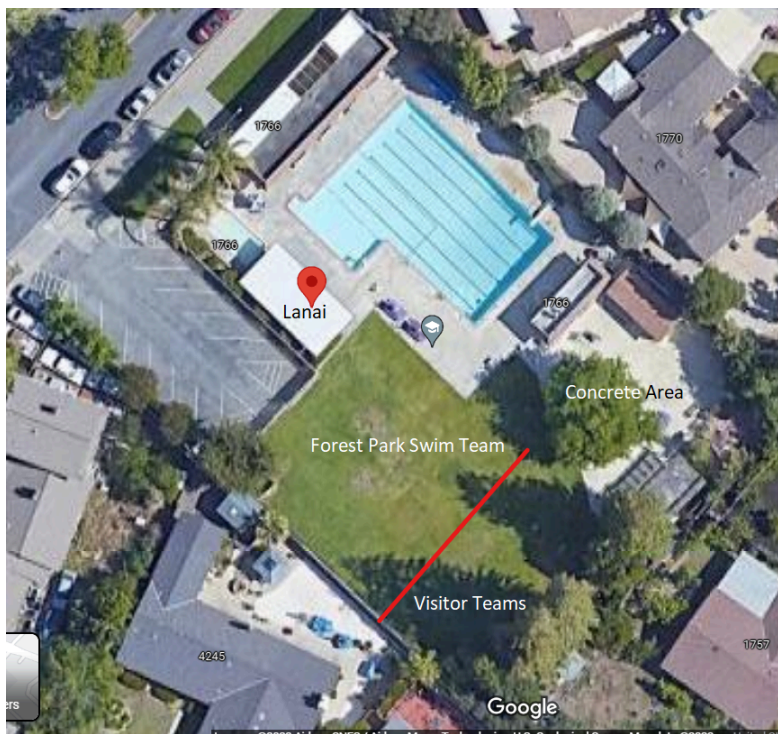
Visiting team warm-ups: 5:00 - 5:25 p.m.

## **Insurance**

Prior to each meet, please send a certificate of insurance listing Forest Park Swim Association, dba Forest Park Swim Club as additionally insured to: [president@forestparkflyers.com](mailto:president@forestparkflyers.com)

## **Facilities**

The Forest Park Team area starts at the grass area at the end of the lanai, and continues to the middle of the grass area. The visiting team area starts at the middle of the grass area and continues to the far fence. Please feel free to use the concrete area behind the pool building and under the lanai as well.



## Lane Assignments

Visiting team: odd numbered lanes

FPST: even numbered lanes

## Visiting Team Work Assignments

Please be prepared to provide the following for a smooth meet. If you are not able to meet these expectations, please let us know at least a week in advance, so we can prepare or come up with alternate arrangements.

- Timers/Recorders: 9 (2 per even # lanes and 1 per odd # lanes)
  - Timers need to report to their timing positions 15 minutes before the start of the meet
- Ribbons Writers: 1
  - Please report to the computer desk after IM events are completed.
- Stroke & Turn: 2 (rotate)
- Shepherds as needed for managing your own team.

## Ribbons

Ribbons are provided for individuals placing 1st – 3rd place for A meets and 1st-6th place for B meets for heat 1 only for ages 12 and under. During the 2024 season, all meets will be considered “A” meets. Heat winner ribbons will be provided for individual events with multiple heats for ages 8 and under. Participation ribbons are provided for all swimmers not placing for 8 and under only. Relay ribbons will be awarded to 1st and 2nd place relay members for ages 12 and under.

## Order of Events

- |                           |          |
|---------------------------|----------|
| ● 15-18 50 Yard Freestyle | 1 heat   |
| ● Medley Relays           | 1 heat*  |
| ● Individual Medleys      | 1 heat   |
| ● Freestyle               | 3+ heats |
| ● Breaststroke            | 2 heats  |
| ● Backstroke              | 3 heats  |

- Butterfly 2 heats
- Free Relay 1 heat\*

\* For relay events, teams may submit up to 3 relays per age group (one boys and two girls, two girls and one boys, etc.)

### **Parking**

Parking is available in the lot next to the pool. You may also park on the street next to the pool in the neighborhood. Additionally, you may park in the Concord High Parking lot if the gates are open.

### **Snack Bar**

Our snack bar menu will be sent the week before each meet. The menu includes hot and cold food options, drinks, snow cones, and candy. We will also have a craft coffee bar for all Saturday morning meets.

**Craft Coffee Bar Brought to you by Big House Beans during Saturday morning meets.**

