



Benicia Stingrays

Team Bio 2019

<http://www.bsrswim.org>
PO Box 131, Benicia, CA 94510
(707) 333-5619

Meet Starting Times & Length

Saturday (Long Program)
8:30 am to 12:30 pm

Wednesday (Short Program)
5:00 pm to 7:00 pm

Visitor Check-In

Saturday
8:00 am

Wednesday
4:15 pm

All swimmers and parents must enter pool through the main, front entrance of the pool unless they are part of the setup crew. Families that are not part of meet setup crew can enter the pool at 7:30 am for Saturday meets and 4:00 pm for Wednesday meets.

Warm-Ups

Saturday
Benicia: 7:45 am – 8:05 am
Visitors: 8:05 am – 8:25 am

Wednesday
4:10 pm – 4:30 pm
4:30 pm – 4:50 pm

Order of Events

Medley Relay
IM
Freestyle
Breaststroke
Butterfly
Backstroke
Free Relay

For Saturday meets, all swimmers from each team will be entered in 3 individual events. For Wednesday meets, all swimmers from each team will be entered in 2 individual events. For Wednesday meets, all 15-18 events will be 50 yard races, with the exception of relays and IM. There is no limit to the amount of heats of individual events. The only events with a team limit will be Relays and IM: we will run A and B relays only; only 2 swimmers per age/gender per team may be entered in IM.

Please note that for relays and IM events, girls' and boys' races and/or multiple age groups may be combined. Visiting teams will be notified of the meet format when the Hy-Tek file is sent.

Whistle Protocol at Benicia Home Meets

Please note that our home pool guards use a three-whistle pattern as an emergency signal. Accordingly, we will use a four-whistle pattern for starts. That is, there will be four short whistles indicating that swimmers and timers are ready, and one long whistle indicating that swimmers should step up on the blocks. Please be sure your coaches and swimmers are aware of this minor difference from current league protocol.

Entry Schedule

	Saturday Meet	Wednesday Meet
Meet Events files to Visitors	Mon - 11:59 pm	Thu - 11:59 pm
Completed entries due from Visitor and Benicia Coaches	Wed - 5:00 pm	Mon - 5:00 pm
Meet Programs delivered to Visitor and Benicia Coaches	Fri - noon	Tues - noon
Corrections/Adjustments due to Benicia Meet Director via email	Fri - 5:30 pm	Tues - 5:30 pm
Deck changes	8:10 am	4:40 pm

All entries should be entered in the HY-TEK team manager **USING THE MEET EVENTS FILE SENT TO YOU**. You must also include **A FULL ROSTER EXPORT** in case of deck changes. By default, the meet will be seeded fastest to slowest. If you are manually seeding, please let the Benicia Meet Director know the day before the entries are due.

Please deliver meet entries to coach@bsrswim.org and meetdirector@brswim.org per the above schedule. All changes after final programs should be kept to a minimum and delivered to the Benicia Meet Director in writing as indicated above.

BSR uses Meet Manager 6.0. If the visiting team has not upgraded, please let Coach Steve or Coach Joe know what .pdf files you need for Coaches, Shepherds, etc.

Lane Assignments

Visitors: Odd lanes (1,3,5,7)

Home: Even lanes (2,4,6,8)

Scoring

Individual events 1st = 5 pts 2nd = 3 pts 3rd = 1 pt

Relays 1st = 6 pts 2nd = 3 pts

Ribbons

Ribbons are provided for 1st through 8th place in the first heat, plus all heat winners.

Visiting Team Work Requirements

- 2 Stroke & Turn judges
- 1 DQ runner (collect DQ slips from Stroke & Turn Judges and turn in to Meet Director)
- 12 Timers/Plungers/Recorders ***Please bring your own stopwatches.**
- 2 Ribbon Writers
- Shepherds for your own team

All DQ runners, timers, plungers and plunger/recorders need to be in their places with equipment ready for a system test at 8:15am for Saturday meets and 4:45pm for Wednesday meets.

There will be a Coaches, Stroke & Turn judges meeting with the BSR Meet Director at the computer table at 8:00am for Saturday meets and 4:30pm for Wednesday meets.

Snack Bar

We will have a limited snack bar available, offering ready-to-eat goods and hot and cold drinks.

Visitor Camp Area

Visitors' camp area is on the grass behind the computer table, at the West end of the pool.

Directions

From Highway 780 take the East 2nd Street Exit, go south toward the downtown area. Make a right on Military East (at the stoplight). Then make a left on First Street (next stoplight). Make a left on East J Street. James Lemos Pool is located at 181 East J Street.

Parking

On-street parking is available around the pool. Please do not block driveways and emergency access to the pool, as your car will be towed.

Team Contacts

President: Janelle Mincy president@bsrswim.org

Vice-President: Gabriel Salindong vicepresident@bsrswim.org

League Rep: Anna Fade leaguerep@bsrswim.org

Meet Director: Brooke King meetdirector@bsrswim.org

Head Coach: Steve Mainini coach@bsrswim.org

Head Coach: Joe Perelli coach@bsrswim.org

Membership: Jennifer Smith membership@bsrswim.org

Communications: Duane and Jill Magno beniciastingrays@bsrswim.org

Treasurer: Victor Vitale treasurer@bsrswim.org

Secretary: Tanja Kopper beniciastingrays@bsrswim.org

Social: Deborah Lecair stingrays@bsrswim.org

Volunteer Coordinator: Cyndee Bogard volunteer@bsrswim.org

Fundraising: Chris Ambrose beniciastingrays@bsrswim.org