

# 2021 Team Bio for the AHI Swim Team, American Canyon for League Reps and Coaches

## **American Canyon Aquatic Center Info**

Swim Center Address: American Canyon High School, 3000 Newell Dr, American Canyon, CA 94503 *Swim Team Mailing Address:* 101 West American Canyon Rd., #508-108, American Canyon, CA 94503

## **AHI Swim Team Info:**

Email address: [ahiswim@gmail.com](mailto:ahiswim@gmail.com)

Email address- Meet Files [ahi.meets@gmail.com](mailto:ahi.meets@gmail.com)

Website: [www.ahi.swimtopia.com](http://www.ahi.swimtopia.com)

## **Contact Persons for team information:**

Mark Mehelis (League rep) (707) 812-4419 [mlmehelis@hotmail.com](mailto:mlmehelis@hotmail.com) (707) 812-4419

Heidi Zipay (President) (707) 337-1546 [ahiswim@gmail.com](mailto:ahiswim@gmail.com)

## **Meet Director:**

Heidi Zipay 707-337-1546 [ahiswim@gmail.com](mailto:ahiswim@gmail.com)

## **Volunteer Coordinator**

Nicole Gonzalez [ahivolunteercoordinator@gmail.com](mailto:ahivolunteercoordinator@gmail.com)

## **Computer Tech:**

Edward Lorcia [ahi.meets@gmail.com](mailto:ahi.meets@gmail.com) for meet files

## **Head Coach:**

Kevin Chester (760) 567-8081 [kcswim766@gmail.com](mailto:kcswim766@gmail.com)

## **Covid-19 related guidelines: Updated 6/15/21**

- Masks may be used as desired but are not mandatory.
- Three volunteers will be utilized for each lane at the start end - two timers and one recorder.
- A one- way flow of swimmers will be established, from a ready area outside the gate, to behind the blocks, to swim, then to exit back out to the camp area or to warm - down lanes (11 & Up). This will be reviewed with visiting coaches or meet managers prior to the beginning of the meet .
- Families are encouraged to spread out their “camp” areas across 2 basketball courts. Please do not crowd.
- Restrooms are open for bathroom use only. No changing. No loitering.
- Spectators may watch from the bleachers. Please do not crowd the timers during 8& Under events.

**\*Our Meets are run with Meet Maestro by Swimtopia. Please advise if your team uses Swimtopia also and we will link the meets.**

Otherwise we request that each team provide our Computer Tech with a complete list of their team's entries via .hy3 (Hy-Tek), .sd3 (SDIF), or .zip file (containing a .hy3 or .sd3). 72 hours prior to the scheduled meet. (No later than 5pm on Wednesday for Saturday morning meets).

Email any changes to [Ahi.meets@gmail.com](mailto:Ahi.meets@gmail.com) by **noon Friday**.

Deck changes/ scratches: 7:30am-8:00am.

**Absolutely no changes less than 30 minutes before the start of any swim meet.**

**Swim Meet info:** The American Canyon Pool doors will open at the designated time; parents who arrive early will not be allowed into the facility until the designated time.

- **Check-in Time** 30 minutes prior to swim meet (Visiting Meet Director)
- **Saturday Meets: 8:15-1pm**
  - Doors Open: 7:15am
  - Visiting Team Warm-ups: 7:45am - 8:15 am.
  - AHI's Warm-ups: 7:15am-7:45am
- **Lane Assignments:**
  - Visiting Team: Odd number lanes
  - AHI Team: Even number lanes

**Pool Facility Capacity:**

To accommodate both the AHI and the visiting swim team and spectators. Swim teams are asked to set up camp (chairs, tents, blankets etc) outside of the pool fence on the basketball court area and come inside to watch events from the bleachers.

- **Home Camp:** Two Basketball courts outside of pool fence (school side)
- **Visitor Camp area:** Two Basketball courts outside of the pool fence area (football field side) Access from the parking lot by walking to the right of the pool between the pool and the football field. A ramp is available for use with wagons.
- **Visiting Team Parent Work Assignments:**
  - Volunteer Coordinator: 1 (on call contact person for team for meet questions)
  - Timers/Recorders : 9 (2 per even # lanes and 1 per odd # lanes)
  - Ribbon Writers: 1
  - Stroke & Turn: 2 (rotate)
  - Shepherds: Team's own parent volunteers

**Ribbons:** Ribbons are provided for individuals placing 1<sup>st</sup>-6<sup>th</sup> place overall, 1<sup>st</sup> and 2<sup>nd</sup> for relays. Heat winners for individual events with multiple heats age 11-12 and younger, and Participation ribbons are provided for all swimmers. Scoring will follow league rules.

**Order of Events: Number of Heats**

15-18 50 Free 2 heats  
Medley Relay 1 heat  
IM 2 heat  
Freestyle 4 heats  
Breaststroke 3 heats  
Butterfly 3 heats  
Backstroke 4 heats  
Free relay 1 heat

Note: **6& under Relays** will include Girls, Boys, and Mixed ( 2 girls, 2 boys) options.  
Swimmers may not swim in more than one Medley Relay or more than one Free Relay.

**8 & Under Starts:** 8 & under will have dive starts from the edge of the pool or the starting blocks per their preference, on the starting block side. Timers will move to the opposite end.

**Snack Bar:** The AHI Fish Food Cafe is open on Saturday Morning from 8:00am-12:30. On Saturday morning meets we will sell hot and cold breakfast items and BBQ hamburgers and hot dogs for lunch or other hot specials. We will also sell a wide variety of drinks and snack items.

**Directions:**

80 N toward Sacramento  
Exit Hwy 37

Take exit 20 for Fairgrounds Dr toward Discovery Kingdom  
Turn right onto Fairgrounds Dr.  
Continue onto Flosden Rd  
Continue onto Newell Dr

**American Canyon High School, 3000 Newell Dr, American Canyon, CA 94503**

**Parking:** ACHS has a large parking lot with ample parking.