

ROCKY MOUNTAIN SWIM LEAGUE

8 and UNDER PRELIMS

Monday, July 7, 2014

Hosted by the Stonegate Stingrays

Stonegate Pool, Parker, Colorado

WARM-UP SCHEDULE

Lane	1	2	3	4	5	6	7	8	9	10	11	12	13	14
6:30	WC	WC	HTS	HTS	BF	BF	HH	HH	SG	SG	SG	SG	GO	GO
6:50	CK	CK	CK	HF2	HF2	HF2	HV	HV	HOM	HOM	HOM	HOM	HOM	HOM
7:10	FP	FP	BM	BM	CCV	CCV	CCV	CCV	HG	HG	HG	KN	KN	KN
7:30	Open	Open	Open	PRE	PRE	PRE	HF	HF	SH	SH	SH	SH	SP	SP

Please note:

*** The final warm-up session ends at 7:50. The Championship Pool must be cleared at that time. **NO DIVING is allowed in lane 9 of the south 6-lane pool.**

*** Lanes 9-14 (located in the south 6-lane pool) will NOT BE OPEN after the start of the meet. No meet participants will be allowed in or around the south 6-lane pool once the meet begins.

***Lanes 1-3 in the Championship Pool will be available during the final warm-up session (7:30-7:50) for one-way starts. These lanes should be used at that time only by those teams whose assigned warm-up sessions were in the south 6-lane pool.

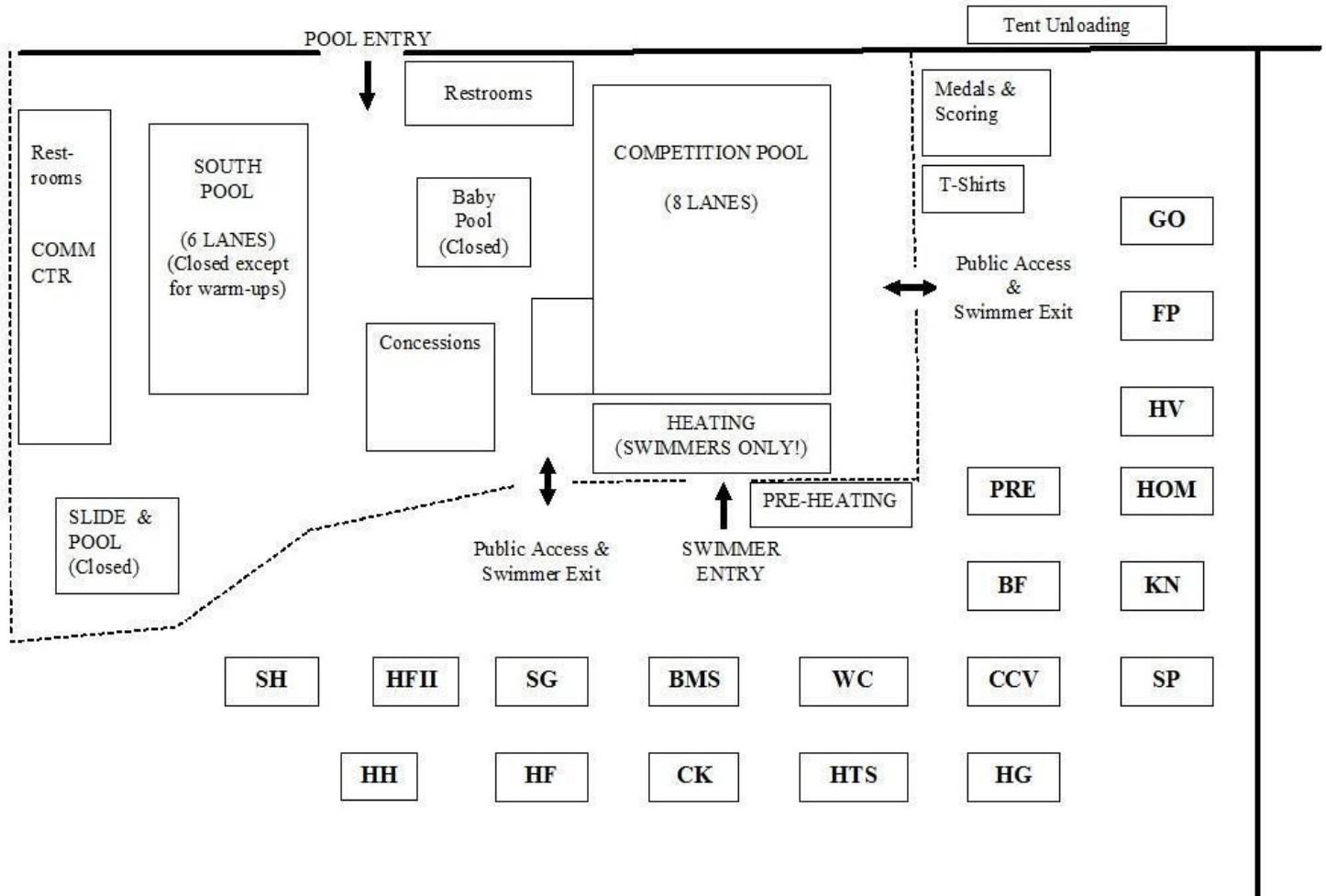
*** The Stonegate pool complex public entry is at the southern end of the complex. During Finals the public entry will be open for use by Stonegate residents that are NOT participating in the Finals meet. No meet participants will be allowed to enter the pool complex by that entryway. Meet participants should enter the competition pool area by gates in the west, north and east sides of the pool fencing as has been done in the past at the Championship Finals meet.

PRE-MEET SCHEDULE

7:00 am Scratch Meeting (in the heating area)

- 7:25 am** Coaches Meeting with Starter/Referee
- 7:45 am** Stroke Judge meeting with Starter
- 7:50 am** Timers meeting with Starter
- 7:50 am** Final warm-up session ends (clear Championship Pool)
- 8:00 am** Start of Meet

STONEGATE PARKWAY



TENTS:

Teams may set up their tents in the designated areas of the park to the north and east of the pool. Each team will find a stake designating their assigned tent location. Tents may be dropped off in the designated unloading area along Stonegate Parkway, directly north of the Stonegate Activities Center. **NO VEHICLES WILL BE ALLOWED IN THE PARK!** A trash bag will be attached to each team's tent marking stake. Please police your tent area after the meet. **DO NOT USE METAL TENT STAKES. ASIDE FROM THOSE ASSOCIATED WITH MEET OPERATIONS, NO CANOPIES MAY BE SET UP ON THE POOL DECK.**

PARKING:

Parking for the meet is available in the pool parking lot and along the streets around Stonegate Park. Parking will be limited to the northern part of the pool parking lot and only in spots not designated as Reserved. The south part of the pool parking lot will be reserved for use by other Stonegate residents, so they can use the south 6-lane pool during the meet. Additional parking is available at Pine Grove Elementary School, one block south of the pool. There are parking lots on both the north and south sides of the school building. Please be considerate of our Stonegate neighbors. There is ample parking around the park and in the school parking lots. Please do not block driveways of residents if you park in the adjoining neighborhoods and be aware of where no parking is indicated. **Illegally parked vehicles will be ticketed or towed. Please note the following infractions that the Douglas County Sheriff will be looking for during the meet:**

- 1. Parking in a designated bike lane (on the west side of Stonegate Parkway)**
- 2. Parking within 5 ft. of a public or private driveway**
- 3. Parking within 20 ft. of an intersection/crosswalk**

We want to make sure that all attendees have an enjoyable experience and don't receive any kind of parking ticket so appreciate your attention to this information.

COACHES AREA:

Coaches will have designated areas on the north and south sides of the pool. Tickets for coaches' lunches will be distributed before the meet. Tickets can be redeemed for lunches at the concession area. Refreshments will be available for the coaches in a hospitality area at the northwest corner of the competition pool deck.

CARDS/HEATING:

The heating area is on the east side of the pool and can only be accessed from the park outside the pool area. **ONLY heating swimmers, coaches, working volunteers, and parent representatives will be allowed in the heating area.** All others, including non-heating swimmers and parents, will be asked to leave the heating area.

VOLUNTEERS:

ALL volunteers assigned to work the meet by their teams should check in before the meet at the volunteer check-in table located at the pool entrance. They must confirm their presence and receive a nametag.

BODY ART:

Swimmers are not to have body paint or tattoos that will come off on the pool furniture. Any swimmer with body art WILL be asked to remove it before swimming.

RESULTS:

Meet results will be posted in the window on the east wall of the Stonegate Activities Room, which is located just north of the competition pool. Results will also be available on Meet Mobile.

PROGRAMS:

Programs (\$4) and highlighters (\$1) will be available for purchase at the pool entrance.

SOUTH 6-LANE POOL, BABY POOL AND SLIDE POOL GUIDELINES:

The south 6-lane pool, baby pool, and slide pool will NOT be open to meet participants during the meet. Meet swimmers will be asked to leave that area during the meet, and meet spectators WILL NOT be allowed around the area after the meet begins (except for using the restrooms). These pools will be reserved for the exclusive use of other Stonegate residents that are not participating in or attending the Finals meet.

CONTACTS:

If you have any questions, please contact the Stonegate Stingrays Parent Representatives:

Bruce & Jeanne Nichols	(303) 619-9043
Jeremy Cooper	(303) 324-5231