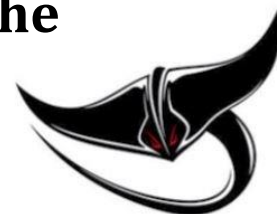


The Stonegate Stingrays welcome you to the

Rocky Mountain Swim League



2022 CHAMPIONSHIP FINALS

Saturday, July 16, 2022

We are located at: 10326 Stonegate Parkway Parker, Co 80134

WARM-UP SCHEDULE

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

Please note:

* The final warm-up session ends at 7:50. The Championship Pool must be cleared at that time.

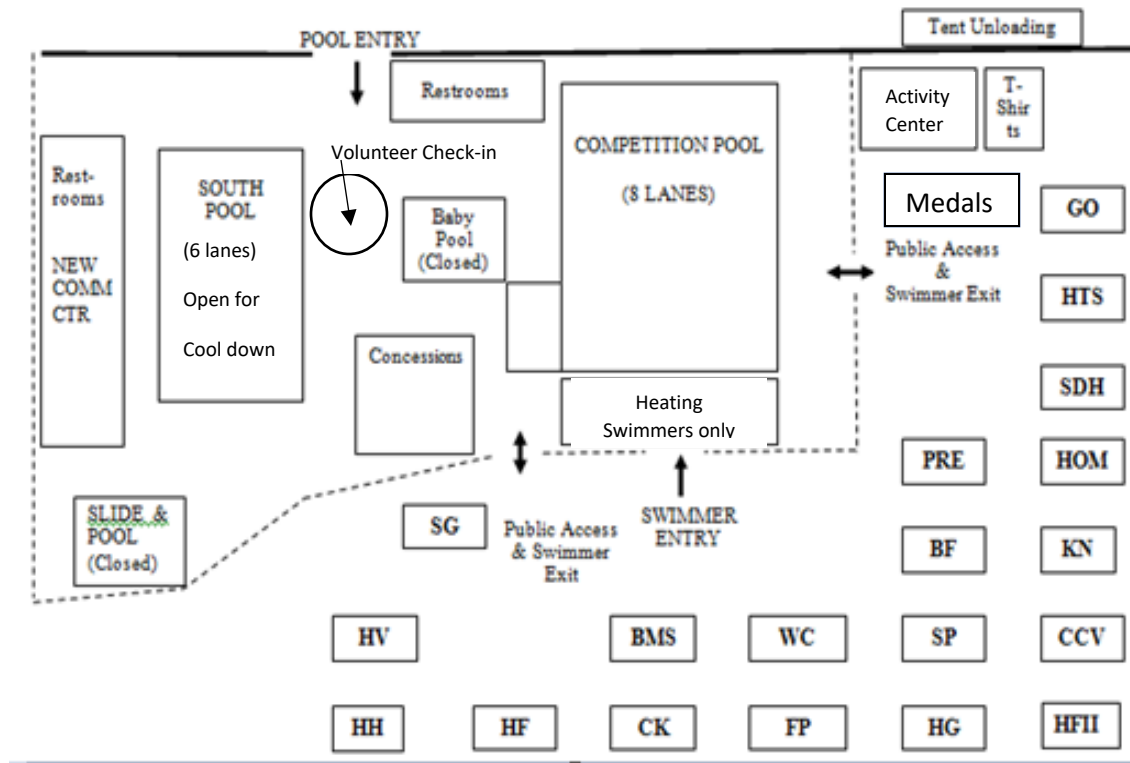
NO DIVING allowed in lane 9 of the south 6-lane pool.

* Lanes 9-14 (located in the south 6-lane pool) WILL be opened after the start of the meet. Swimmers will be allowed to warm down after their events- however, please help us maintain a warm down atmosphere and not a free play area.

PRE-MEET SCHEDULE

7:00 am	Scratch Meeting (in the heating area)
7:20 am	Coaches Meeting with Starter/Referee
7:30 am	All Stroke Judges meet for Stroke Judge meeting
7:40 am	All Timers meet for Timer meeting.
7:45 am	Heaters begin heating
7:50 am	Final warm-up session ends (clear Championship Pool)
7:55 am	Relays Event 1 (in position). National Anthem.
8:00 am	Start of Meet (Event 1)

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. **NO VEHICLES WILL BE ALLOWED IN THE PARK!** A trash bag will be attached to each team's tent marking stake. Please clean up your tent area after the meet. **ASIDE FROM THOSE ASSOCIATED WITH MEET OPERATIONS, NO CANOPIES MAY BE SET UP ON THE POOL DECK.**

PARKING:

Parking for the meet is available along the streets around Stonegate Park. Each team has been provided with two parking passes each-one for a coach and one for a Parent Rep. Please place your parking pass given to you at Prelims on the dash of your car so parking attendants can let you in. Parking will be limited to the northern part of the pool parking lot. Overflow parking is available at Pine Grove Elementary School, one block south of the pool. There are parking lots on both the northeast and south sides of the school building. Please be considerate of our Stonegate neighbors and do not block any driveways. There is ample parking around the park and in the school parking lots. Please **DO NOT** park in small cul de sac streets. **ILLEGALLY PARKED VEHICLES WILL BE TICKETED AND POSSIBLY TOWED.**

COACHES AREA:

Coaches will have designated areas on the north and south sides of the pool. Up to 5 tickets for coaches' lunches will be distributed to each team before the meet. Tickets can be redeemed for lunches at the concession area.

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 start of the meet at the volunteer check-in table located at the pool entrance. Volunteers must confirm their presence and pick up their nametag. If you are timing, please make sure you have a lanyard, and that your phone is fully charged.

RESULTS:

You can follow up to date meet results through the SwimminglyFan app. Final results will be emailed to teams as soon as scores are calculated and finalized.

Parent reps- please stop by the Medals tent at the end of the meet to pick up your team's medals- they must be picked up after the meet.

HEAT SHEETS:

Heat sheets will be emailed to you from your team/league. Each team will be responsible for the printing and circulating meet programs to their coaching staff and team volunteers. If you would like to purchase a heat sheet, they will be available for purchase for \$5 at the pool entrance.

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

The baby pool and slide pool will NOT be open to meet participants during the meet. The 6-lane pool will be used exclusively for the swimmers participating in the meet that are warming down after their events. Please be respectful to this use of space and remind your swimmers that these lanes are to be used appropriately.

CONCESSIONS:

The Concession stand is located in the middle of the pool deck by the baby pool. We accept cash and Venmo-@SGStingrays for payment. You must first purchase \$1 tickets to be redeemed for food. Ticket sales are at the concession stand.

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

Laura Murray: 630-362-0449	Brian Kerekes: 303-888-0392	Chris Allen: 303-885-4256
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Parentreps@stonegatestingrays.info