

Hello RMSL Swim Teams!

We are excited to host all of you for the....

2023 FINALS
AT CCV
Saturday, July 15, 2023

WARM – UP SCHEDULE

| LANE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------|-----|------|------|----|----|----|-----|-----|
| 6:30A | CCV | CCV | CCV | WC | BF | GO | HV | HH |
| 6:50A | K | K | HF | FP | FP | BM | PRE | PRE |
| 7:10A | HTS | HFII | HFII | HG | HG | SP | CK | CK |
| 7:30A | HOM | HOM | HOM | SH | SH | SG | SG | SG |

PRE-MEET SCHEDULE

7:00a - Scratch Meeting

7:25a - Coaches Meeting with Starter/Referee

7:35a - Stroke Judge Meeting with Starter/Referee

7:45a - Timer's Meeting with Starter/Referee

7:50a - Final Warm-up session ends (clear pool)

8:00a - Start of Meet

**We ask that all timers and stroke judges for all shifts come to the morning meeting to make transitions easier during shift changes.*

Additional Meet Information

- **Address:** 11350 E. Orchard Road, Englewood, CO 80111
- **Personal Tents:** Due to the limited deck space at CCV - **THERE WILL BE NO PERSONAL TENTS OR CANOPIES ALLOWED INSIDE THE POOL AREA.** There is an open field on the south and west side of the pool where personal tents and canopies can be set up. **PLEASE DO NOT SET UP FAMILY TENTS IN THE TEAM TENT AREA.**
- **Team Tents:** Team tents can be set up in the designated area outside the pool area on the south side. Please refer to the tent map and look for the stake identifying your team when arriving for set up.
- **NO TENTS of any kind can be set up prior to 6am on Saturday, July 15, 2023.**
- **Parking:** Available on both sides of Orchard Road in front of the pool. The Cottonwood Elementary School parking lot and neighborhood side-streets can be utilized. Please be respectful of our neighbors and don't block driveways. The lot directly in front of the CCV pool will contain reserved spots for 1 Coach and 1 Parent Pep, per team, along with our RMSL board members; please look for your team sign.
- **Swimmer Drop- Off Zone:** Swimmer Drop Off Zone will be located to the west of the main CCV entrance. Drivers should enter the circle drive at Cottonwood Creek Elementary and follow signs to the drop off point. **THERE WILL BE NO PARKING IN THE DROP OFF ZONE.**
- **Programs:** Please print programs in advance as they will not be sold at the meet. You can access the program on SwimTopia once completed. We will also be utilizing Swimtopia for results.
- **Concessions:** The concession stand is located on the east corner of the facility. Please support the CCV Vikings hosting efforts by visiting and purchasing your goodies at the meet! There will be a shaved ice vendor out front, as well. (Venmo: @CCVvikings)
- **Coaches Seating Area:** Coaches have a designated seating area on the south side of the pool. Two assigned seats will be designated for each

team. Parent Reps are responsible for coordinating lunches and programs for their own coaches.

- **Heating:** The entrance to the heating area (Southwest corner of the pool) will be secured and the heating area is limited to coaches, swimmers, officials and heating personnel ONLY.
- **Names/Events/Body Art:** Please write your child's name on either their front shoulder or arm. Events are helpful as above but name needs to be somewhere on the front of the child. Please don't use Sharpies on your swimmer's back as it comes off on the pool furniture. Swimmers are not to have body paint or tattoos that will come off on the pool furniture. Any swimmer with body art may be asked to remove it before swimming.
- **Trash/Clean up:** Please remember the hardest part of a meet is clean-up. Each team will have its own trash box with spare liners in the box. Anything you can do to help police your area will be GREATLY appreciated!!!
- **Volunteers:** We do our Volunteer shift changes at 8:00am, 10:00am, 12:00pm, & 2:00pm.

Good Luck to all RMSL swimmers and we hope you have a great meet!

**Thank you,
Heather Robbins and Jessica Yoffe
2023 CCV Vikings Parent Reps
ccvparentreps@gmail.com**