



**The Stonegate Stingrays Swim Team
Welcomes You to the**



**Rocky Mountain
Swim League
2025 13-18 Prelims**

Monday, July 7th, 2025 – 8AM

Located at: 10326 Stonegate Parkway, Parker, CO 80134

WARM-UP SCHEDULE

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:30AM to 6:50AM	GO	HG	HG	K	K	SG	SG	SG
6:50AM to 7:10AM	HF	SP	SP	HH	WC	CCV	CCV	CCV
7:10AM to 7:30AM	HFII	HHST	BMS	CK	CK	HOM	HOM	HOM
7:30AM to 7:50AM	FP	SH	SH	PRE	HVSL	HVSL	BF	BF

PRE-MEET SCHEDULE

- 6:30 am – Team Warm-Ups Begin**
- 6:45 am – Parent Reps from all teams pick up volunteer name tags at volunteer check-in**
- 7:00 am – Scratch Meeting in the heating area**
- 7:15 am – Coaches Meeting with Starter/Referee and RMSL Representatives in the heating area**
- 7:20 am – Stroke Judges Meeting for ALL SHIFTS by starter’s tent**
- 7:30 am – Heating Meeting for Shift 1 volunteers in the heating area**
- 7:45 am – Timers Meeting for ALL SHIFTS by starter’s tent**
- 7:50 am – Shift 1 Volunteers report to the white announcer’s tent / Final warm-up session ends (clear pool)**
- 7:55 am – National Anthem / Events #3 & #4 swimmers in heating**
- 8:00 am – Start of 13-18 Prelims (Event #3)**
- 9:50 am – Shift 2 Volunteers report to the white announcer’s tent**
- 11:50 am – Shift 3 Volunteers report to the white announcer’s tent**
- 1:50 am – Shift 4 Volunteers report to the white announcer’s tent**

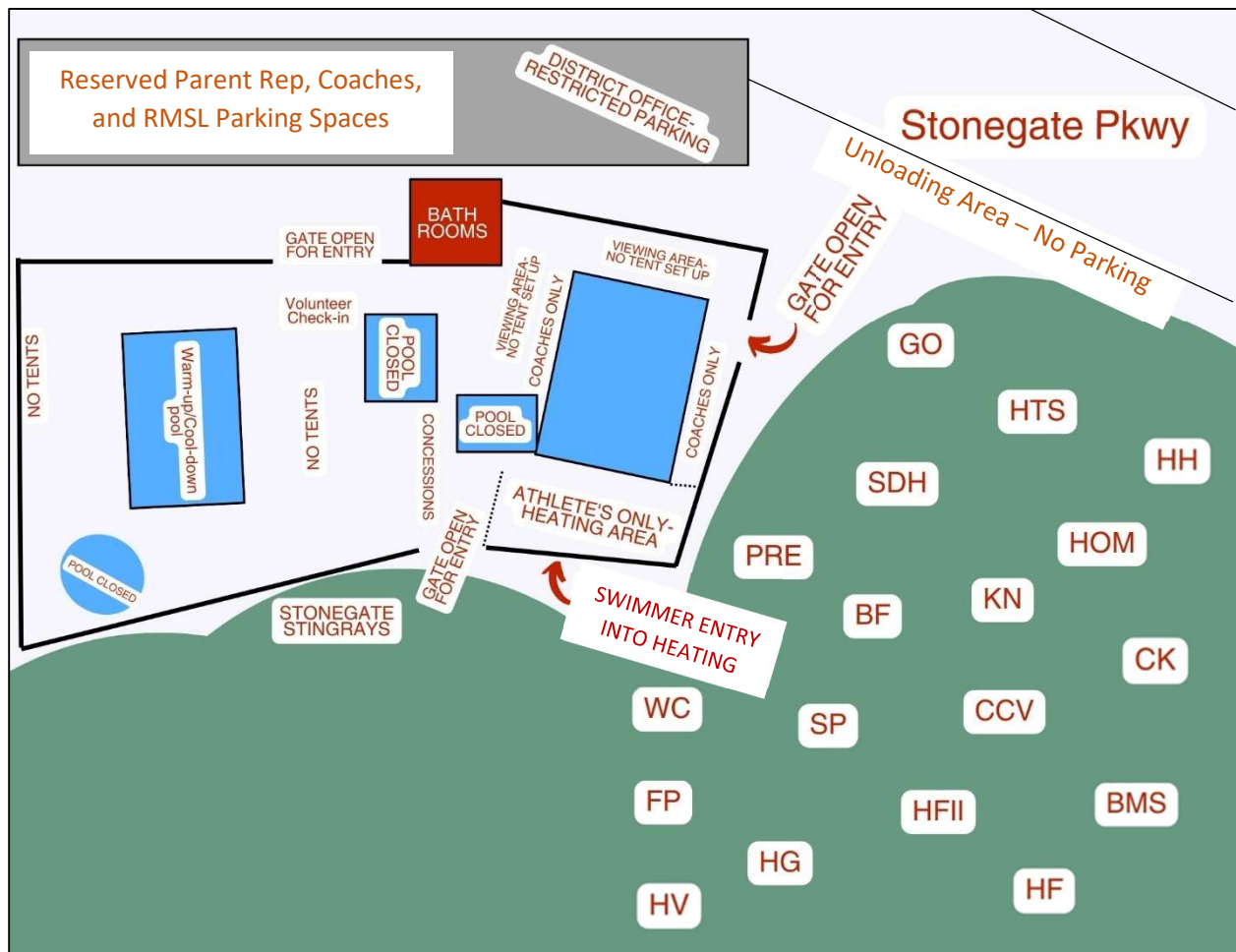


IMPORTANT INFORMATION

- The final warm-up session ends at 7:50 am. All swimmers need to be out of the pool by this time.
- We will have one lane open in the Stonegate South Pool (see map below) after the start of the meet. Swimmers will be allowed to use this lane to warm up and cool down. Please help us maintain a warm up/cool down atmosphere for swimmers in this lane and not a play area.
- **RMSL CODE OF CONDUCT** - All swimmers, coaches, parents, and spectators must conduct themselves in an appropriate and respectful manner at all times per the RMSL Code of Conduct, which can be found on the RMSL website. Failure to do so will result in being asked to leave the 13-18 Prelims immediately and potentially being unable to attend future RMSL swim meets.

TENTS:

ASIDE FROM THOSE ASSOCIATED WITH MEET OPERATIONS, NO TENTS/CANOPIES MAY BE SET UP ON THE POOL DECK OR IN THE INSIDE OF THE POOL FENCE. Teams may set up their tents in the designated areas of Stonegate Village Park, which is located to the north and northeast of the pool (See Map Below). Tents may be dropped off in the unloading area along Stonegate Parkway. NO VEHICLES WILL BE ALLOWED IN THE PARK! Trash cans will be set up throughout the team tent area. Please clean up your tent area after the swim meet.



PARKING:

- Parking for the swim meet is available on both sides of the streets of Stonegate Parkway, Keystone Boulevard, and Quarry Hill Drive, which surround the pool and Stonegate Village Park. 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 pool, park, and in the school parking lots. Please **DO NOT** park in any of the small cul de sac streets off Quarry Hill Drive, as you'll likely be blocking a driveway. **ILLEGALLY PARKED VEHICLES WILL BE TICKETED AND POSSIBLY TOWED.**
- There will be an unloading area on the west side of the Stonegate Village Park off of Stonegate Parkway where tents and other items can be unloaded. Please be respectful of this area and others. This is an unloading area - **NO PARKING.**
- Each team will have access to two reserved parking spaces in the main Stonegate pool parking lot, which is located to the west of the pool and can be accessed from Stonegate Parkway. These reserved parking spaces can be used at the discretion of each team for coaches and/or team Parent Reps. Reserved parking for RMSL Board Members/Representatives will also be available in this parking lot. We will not be using parking passes. A parking attendant will be stationed at the entrance to this parking lot. Please let the parking attendant know which team you are with so they can check you off the reserved parking list and let you into the reserved parking lot. The reserved parking lot will open at 6am.

VOLUNTEERS:

ALL volunteers are asked to check in at the white announcer's tent 10 minutes prior to their shift starting to assure seamless shift changes. Parent Reps from each team will be provided with name tags that have the shift information for their team's volunteers. Parent Reps from each team are asked to check in with the Stonegate Volunteer Coordinators by 6:45 am at the volunteer check-in table located at the main entrance to the pool to pick up their team name tags and then distribute them to their team volunteers.

COACHES AREA & LUNCH VOUCHERS:

- Coaches will have team-designated seating areas on the north and south sides of the pool.
- Teams will be responsible for providing lunches for their own coaches. However, each team can pre-purchase lunch vouchers from the Stonegate Stingrays for \$10 per coach. Each lunch voucher will be good for a sandwich, hot dog, or pizza, chips, and a drink. Coaches' lunch vouchers can be purchased only via Venmo ([@SGStingrays](#)). **Please indicate in the Venmo message section the Team buying the lunch vouchers.** Lunch vouchers will be provided to team Parent Reps on the morning of the 13-18 Prelims. The last day to purchase coaches' lunch vouchers will be **Sunday, July 6th at 5 pm.**



CONCESSIONS:

The concession stand is located in the middle of the pool deck, just east of the baby pool. We accept cash and Venmo (@SGStingrays) for payment. Patrons must first purchase \$1 tickets that can be redeemed for food, drinks, and candy. Tickets can be bought at the table located next to the concession stand.

HEATING:

The heating area is on the east side of the pool and can only be accessed from the Stonegate Village Park outside the pool area. ONLY heating swimmers, coaches, working volunteers, and Parent Reps will be allowed in the heating area. All others, including non-heating swimmers and parents, will not be allowed in the heating area.

HEAT SHEETS:

The final heat sheet will be sent out electronically prior to the meet. We will not be providing any heat sheets to any teams or selling any at the meet. Each team is responsible for printing their own heat sheets. You will also be able to access the heat sheet on the SwimTopia app.

SWIMMER QUESTIONS & DQs:

- Swimmers, coaches, and parents may **NOT** approach the volunteers in the scoring tent, stroke judges, starter, or the head referee. If parents, swimmers, and/or coaches have a question about a race or a swimmer/relay DQ, they must speak to their Team Parent Reps.
- Only Team Parent Reps with the appropriate RMSL Badge will be allowed to approach the scoring tent to ask for clarification on a DQ and/or to protest a DQ.
 - To protest a DQ, a RMSL Badged Parent Rep will need to fill out the RMSL Protest Form, which will be located at the scoring tent
- ****Video evidence of a race's outcome will not be considered or accepted****

SOUTH WARM UP/COOL DOWN POOL & BABY AND SLIDE POOL GUIDELINES:

One lane will be set up in the Stonegate South Pool to be used exclusively for swimmers participating in the meet that are warming up or cooling down after their events. The baby pool and slide pool will NOT be open to meet participants during the swim meet.

RESULTS:

- Live meet results will be available via the SwimTopia app.

CONTACTS:

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

Sean Donlin: 303-915-0716
Stacey Sepp: 720-299-5891

Holley McManus: 303-594-1034
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