



All Star Swimming 2018

AFTERNOON SESSION – 11 & Ups

12:30pm	Open for coaches – 3 per team with deck pass
12:40pm	Open for swimmers – go directly to deck
12:50pm	Warm Up for 11 & 12's (*see lane assignments)
1:10pm	Open for spectators (NO SAVING OF SEATS)
1:05pm	Warm Ups for 13 & 14's (*see lane assignments)
1:15pm	Officials Meeting in Coaches' Room
1:25pm	Warm Ups for Open Swimmers
1:40pm	Timer Meeting by Diving Boards
1:50pm	Clear Pool
1:50pm	Coaches Meeting – Coaches' Room (if needed)
2:00pm	Meet Start

*Warm Up/Cool Down Pool will NOT be open during morning session.

*Coaches need to check in for **both sessions**. Will receive 2 heat sheets & ID for deck entry.

*Only 3 coaching passes per team will be distributed.

*Morning session will end at approximately 11:30 am.

*Facility must be **cleared completely** at the conclusion of the morning session.

***** Lane 1 & 8 for starts One Way ONLY Exit at Bulkhead**

GENERAL COMMENTS:

- An area is reserved at the end of the stands for RACE VIEWING only.
- Swimmers will sit on deck by division (there will be signage).
- All spectators will enter through lobby doors.
- Coaches ONLY on the bulkhead during the 6 & Unders (no other events).
- Only three (3) coaches per team will be allowed on deck during the meet.
 - Coaches may bring folding chairs for use on deck.
 - Coaches check in will be in the lobby | ID will be distributed accordingly.
- **No tripods or flash photography – at all.**
- Heating will take place on “scoreboard” end of pool (by trampoline).
- All Swimmers MUST REPORT to heating area. **Including Open Swimmers.**
- Absolutely NO STANDING at railing – please be considerate of others.

GENERAL DON COOK NAT RULES:

- No food or colored drinks on deck. Food will be confiscated.
- Absolutely no noise makers or throwing things from the stands.
- Wet swimmers may not enter the stands OR foyer.
- **Touch Pads will be used for PM session only.**
- **ABSOLUTELY NO PARENTS ON DECK!**

A HUGE THANKS TO VOLUNTEERS!

The SHRSL would like to thank the countless numbers of volunteers that it takes to coordinate the individual teams & this league.