



# All Star Swimming 2019

## 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.
- No Coaches on the bulkhead during the PM session.
- Only three (3) coaches per team 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 – Follow all Fire & Safety rules.

### 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.

We could NOT do without you. SALUTE!