



All Star Swimming 2019

MORNING SESSION – 10 & UNDER

6:40am	Open for coaches – 3 per team with deck pass
6:50am	Open for swimmers – go directly to deck
7:00am	Warm Up for 6 & Unders (*see lane assignments)
7:10am	Open for spectators (NO SAVING OF SEATS)
7:10am	Warm Ups for 7-8's (*see lane assignments)
7:15am	Officials Meeting in Coaches' Room
7:40am	Timer Meeting by Diving Boards
7:45am	Coaches Meeting – Coaches' Room (if needed)
7:50am	Clear Pool / National Anthem
8:00am	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. Staff will assist swimmers to their Division.
- All spectators will enter through lobby doors.
- Coaches ONLY on the bulkhead during the 6U (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.
- **No tripods or flash photography – at all.**
- Heating will take place on the 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!