



# All Star Meet 2025

## MEET ITINERARY

6:40am	Open for coaches – 3 per team with deck pass
6:50am	Open for swimmers – go directly to deck/stands
7:00am	6 & U Warm Up   See Team/Lane assignments
7:15am	Open for spectators – Note reserved seating signs
7:10am	10 & U Warm Up   See posted lane assignments
7:20am	Officials Meeting in Coaches' Room
7:30am	11 & Up Warm Up   See posted lane assignments
7:40am	Timer Meeting on Deck by Scoreboard
7:45am	Coaches Meeting – Weight Room
7:55am	Clear Pool / National Anthem
8:00am	Meet Start

\*Warm Up/Cool Down Pool will be closed during meet.

\*Coaches must check in. Three (3) coaching passes per team will be distributed.

\*Meet Timeline runs through 1:30pm.

**\*\* Lane 1 ONLY 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/stands (there will be signage).
- High Point Awards will be announcer prior to the start of the Free Relays.
- Only three (3) coaches per team will be allowed on deck during the meet.
- 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 – please be considerate of others.
- We need timers. Best seat in the house, come on down!
- D&J Sports will be outside lobby for custom shirts, other fun and emergencies.
- Food trucks will be available on site. No food on deck.
- **No flash photography is allowed. Please know your camera/phone.**

## GENERAL DON COOK NAT RULES:

- No food or colored drinks on deck is allowed.
- Absolutely no noise makers or throwing things from the stands is allowed.
- Wet swimmers may not enter the stands OR foyer.
- Touch Pads will be used. Times will be manually reconciled for 10U.
- Sidewalk Construction has changed flow. Please read emails and signs.
- **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. THANK YOU!