

2025 CAST Dec 15th 14&U C Meet

Rising stars meet #2

Meet Information

HELIX HIGH SCHOOL

Coaches and team administrators:

Please distribute this to your families that are attending the meet.

Tarps and Team Areas:

Teams are allowed to set up in locations that does not affect the safe and effective flow of traffic. No canopies in the bleachers.

Safe Sport: No photography behind the start area/blocks. No parents behind the start area/blocks unless timing.

Check in: Check-in will open at 7:05 AM and close at 8:30. Rising star caps will be given out at check in.

Relays: Relay cards are due by 10:00 AM. Relays are \$20 ea. The swimmers must already be in the meet. Event 15 10&U mixed Free Relay. Event 16 14&U mixed Free Relay.

Bathrooms: Bathrooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the bathrooms that are on deck. Teams should bring personal changing tents.

Clean Up:

Coaches/Teams are required to make sure their area is clean and clear before leaving.

Snack Bar will be available

Timing System

At this meet, We will be utilizing the Time Drops timing system at the meet.

One of the advantages of this system is that your phones also become a scoreboard. You will be able to see running times of the heats from any location as well as names and results of the swimmers. **These results are unofficial**, as you will be seeing the raw data as it comes into the meet admin, without DQ's. Times are corrected later when button or watch errors are present.

The official results, as usual will be posted on the wall, after being checked and verified as well as adjustments for DQ's.

Meet mobile will also be available at this meet.

Make sure you charge up your phones in advance. Please visit the google play store or the apple store and download **Time Drops Live!**. Once we seed and load the meet (right at meet start) you will be given the four-digit access code and will be able to see all of the heats, heat results, and switch back and forth between heat results view and the live scoreboard view.

Estimated Meet Length

The meet should be over about 11:40 + relays.

Warm-up notes

The pool has 8 regular lanes, plus the diving well. There are approximately 185 swimmers in the meet. No backstroke will be allowed in the diving well – as there are no backstroke flags. Swimmers need to be extra cautious in the diving well when warming up / cooling down.

Awards: Rubber ducks will be awarded to heat winners as they exit the pool immediately following their event. Ribbons 1-8 - will be available toward the end of the meet.

Warm-up (approx 8 swimmers per lane)

Warmup 1 7:20 – 7:50: CAST SOL
Warmup 2 7:50- 8:20: SBA TAQ MRA RRST
Warmup 3 8:20-8:50: PS

Timing assignments

SATURDAY

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PS	PS	PS	SBA	SBA	SOL	SOL	TAQ
PS	PS	PS	SBA	SBA	SOL	SOL	MRA

see you at the pool.

--- The CAST Team ---