

Novice Intrasquad Meet

Sunday, April 14, 2024

O'Connell Center, Gainesville

Important Notes

This meet is intended as an opportunity for our novice swimmers to become familiar with meet protocol and to experience the competition environment with only their coaches and teammates. It is not a sanctioned meet and the times will not count.

Team Schedule

Arrive: between 3:30 and 3:45 pm

Team stretch: 3:50 pm Warmup begins: 4:00 pm

Spectator entry begins: 4:15 pm Volunteer meeting: 4:20 pm

Meet begins: 4:30 pm

Meet ends: approximately 5:30 pm

Parking and Entry

Stephen C. O'Connell Center (O'Dome) indoor pool (250 Gale Lemerand Drive, corner of Gale Lemerand and Stadium Road)

Parking is available in the main lot (between the building and University Avenue), and then you can walk around the building to the entrance to the indoor pool. If you are standing at the Gate 3 doors looking down the slope at Stadium Road, that entrance is to your left down the walkway along the UF Swimming and Diving building. (See the facility map at the end of this file.)

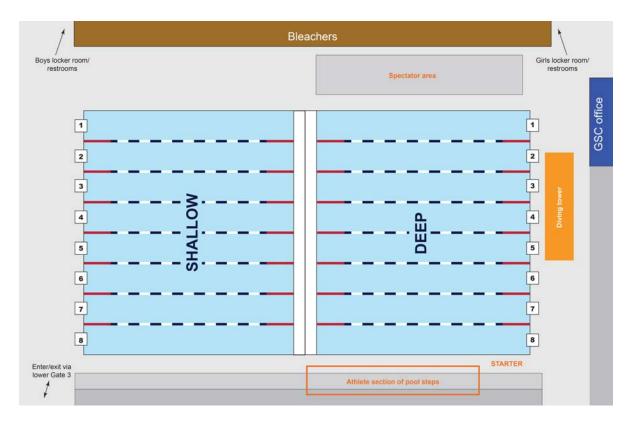
A coach will greet swimmers at the pool door when they arrive and help get them to where they need to be. To allow us to use the pool deck for warmups and final preparations for the meet, spectators will be allowed to enter starting at 4:15 pm.

Spectators

Normally we have spectators in the viewing balcony above the pool, but because UF's Dance Marathon is happening this weekend we will not have access to that space. We will instead

have a designated spectator area on the bleacher side of the pool deck. You may bring folding chairs to use, and spectators may start entering at 4:15 pm.

Swimmers will sit together as a team on the opposite side of the pool, on the steps along the outside wall of the dome.



A few rules for being on the pool deck during the meet:

- Your swimmers will be excited to have you close by, but please help us to keep them
 sitting with their teammates in the team area when they are not racing. This is also part
 of practice for a "real meet" as most often spectators are separated from the athletes
 and we want them to get comfortable sitting with their coaches and each other during
 these events.
- You will not be able to go right up to the pool edge at the front of the spectator area at any point during the meet; this area must be kept clear for coaches, swimmers, and our volunteer official.
- USA Swimming and US Safe Sport rules prohibit photos and videos to be taken from the area behind the blocks at any time during the event. Photos and videos may ONLY be taken from along the side of the pool.

Volunteers

If you signed up to volunteer, thank you! Please plan to meet on the pool deck near the starter location at 4:20 pm for the timer's meeting.

Swim Bag Packing List

The meet is short and indoors, so the swimmers do not need to have a lot!

Swimmers should come to the pool with their GSC team suit on if they have one. For swimmers who do not have their team suits yet, any suit is fine! Swimmers can change out of their suits in the locker rooms after the meet if they wish.

Swimmers should come wearing their blue or orange GSC team shirt.

If your swimmer chooses to wear a cap, it must be a GSC team cap.

All swimmers should also have the following items:

- Goggles (a spare pair is always a good idea to keep in your bag!)
- 1 or 2 towels
- Full water bottle

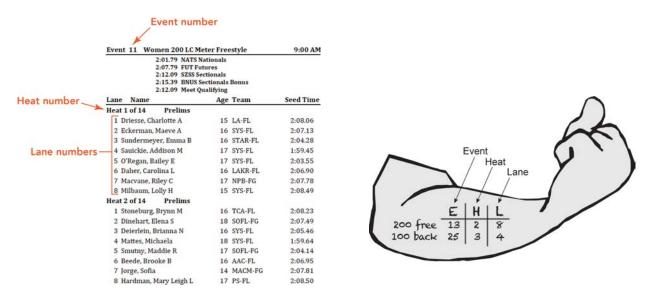
Heat Sheets

The heat sheets (a list of events showing heats and lanes for each swimmer) is included with this e-mail. You must print your own heat sheet for this meet if you wish to have one to refer to during the meet—there will not be extra copies available.

Events

All swimmers have been entered in 3 individual events and 1 relay.

Using the heat sheet, it will be helpful to write your swimmer's events, heats, and lanes with a permanent marker on their arm, leg, or on a notecard BEFORE coming to the meet, as shown in the image below. While coaches will line everyone up for each swim at this meet, the grid helps the kids follow along with the meet and know when and what they are swimming.



Swimmers should make sure they pick up a prize after each of their individual swims and a participant ribbon at the end of the meet.

Relays

Every swimmer will be assigned to a mixed 100 yard freestyle relay at the end of the meet. Relay assignments will be included in the heat sheet.

Every swimmer will swim a 25 freestyle for their leg on the relay:

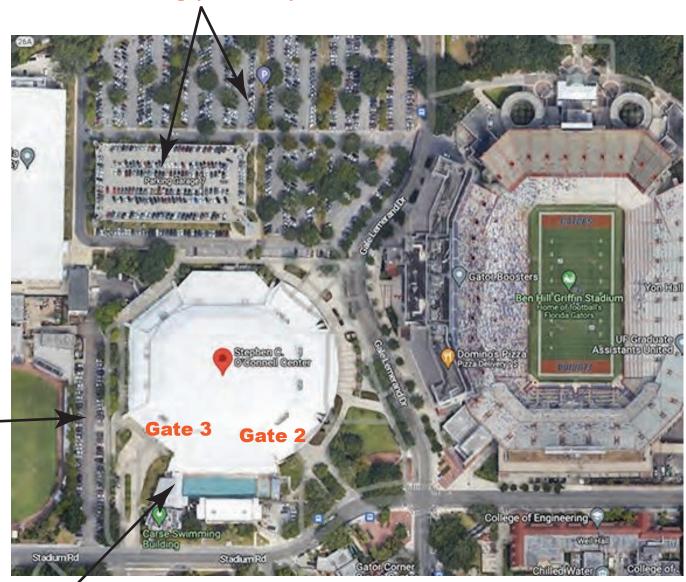
- Swimmers that are listed as 1 or 3 on their relay will report to the starting-block end of the pool for their relay swim.
- Swimmers that are listed as 2 or 4 on their relay will report to the bulkhead end of the pool for their relay swim.
- Don't worry! Coaches will make sure swimmers make it to the right spot!

Relays will be run in heats at the conclusion of the meet. Please do not leave until the relays are finished!

Results

Even though they are not official, we will compile meet results and send them out by e-mail next week.

Parking (Main Lot)



Parking (West Lot)

Entries to indoor and outdoor pools