



Blue Eagle Swim Team  
**Sept. 24<sup>th</sup>, 203 IntraSquad MEET**



**MEET NOTES** 🎵

Welcome BLUE families & Coaches to our first meet in 2023-2024 USA-S short course season. These "Meet Notes" are a 'must read' for everyone.

Volunteer Job Signup is full for IntraSquad. Thank you. This meet is only one session, so many of you didn't get jobs. Not to worry, there's hundreds of jobs to fill for seven sessions of NT Buster & Mini meets Nov. 17-19<sup>th</sup> to reach your volunteer obligation for first half of season. NT Buster (9yr&O) Job SignUp [HERE](#). NTB Mini (8yr&U) [HERE](#) (log-in first).

**Swimmers:**

Arrive at 7:50am. Wear bathing suit under your clothes for a quick start. WarmUp schedule is below. Be seated with your training group/coach. No camping chairs permitted on deck. Bring own drinks (NON-breakable bottle only) & snack to eat in the lobby. Swimmers should enter/exit LR from pool deck door ONLY. No lingering in LRs. Younger swimmers requiring parent assistance may use the rest room in the first Coach Office. No Swimmers permitted in Bleachers. Meet your parents in the lobby between events. DRY completely and wear SHOES each time you leave pool deck.

**Coach & Official Screening:** @ Deck Access Check-In Table (DACIT) just inside pool doors:

Required to **show** your Photo ID and your **USA-S App (Member ID Card)**.

Only those "In Good Standing" of required member certifications will be given a wristband to access the pool deck. COACHES must sign-in on a provided sheet.

**Volunteer Parents Check-in:** @ Deck Access Check-In Table (DACIT) just inside pool doors:

Arrival times listed in Job Signup specific for your job. You'll be given a lanyard to wear & then directed to your designated leader for instruction (Head Timer leads Timers, ORD leads Marshals, Referee leads Officials, Announcer/ScorerTable Crew report to Meet Dir. After meet, be sure to Check-out and return your lanyard to receive credit for your session worked.

**SPECTATORS:** are permitted only in the bleachers. Deck Access is strictly prohibited to those volunteers & Officials listed on Job Sign-Up, and coaches. ONLY swimmers competing in the session are permitted on deck.

**Restrooms-** Coaches & Officials, Volunteers- use the rest rooms in either Coach Office.

Spectators- use rest rooms in the hallway.

Locker Rooms are strictly for Swimmers only!

No concessions will be available.

**HEAT SHEETS will be posted [HERE](#)** just prior to or just after the start of the session. Printed copies will be distributed only to essential meet personnel and coaches.

**Results** will be posted on **MEET MOBILE** (purchase app [HERE](#)). Note about Meet Mobile: This is a commercially available app. to which BLUE uploads data for your convenience. It is not within BLUE's control that some results may initially appear erroneous on this app. Results are not considered final until reviewed by the BLUE Admin. Official at the meet, and validated by Middle Atlantic the week following the meet.



**Blue Eagle Swim Team**  
**Sept. 24, 2023 IntraSquad MEET**  
**Warm-Up Assignments**

**\*\*FEET FIRST ENTRY ONLY\*\***

**\*\* ENTER FROM BLOCK END ONLY\*\***

**Grp. 1: 8:00 to 8:25am**

LANE:	1	2	3	4	5	6	7	8
SWIMMERS:	<b>9yr-12yr</b> Open- 43 swimmers= spread out 5 to 6 per lane							
	<b>8:20 to 8:25am ALL LANES Starts &amp; Sprints from Block End only</b>							

**Grp. 2: 8:25 start**

LANE:	1	2	3	4	5	6	7	8
SWIMMERS: (#)	<b>8yr&amp;U (19)</b>		<b>13yr&amp;O (28)</b> Open – spread out 5 per lane					
	<b>8:25 to 8:40am</b>  <b>8:35 to 8:40am=</b> <b>Starts &amp; Sprints</b> <b>From Block end</b> <b>only</b>		<b>8:25 to 8:50am</b>  <b>8:45am to 8:50am</b> <b>Starts &amp; Sprints</b> <b>From Block End only</b>					

**8:55am National Anthem**  
**9:00am Session Begins**