

Coaches

Here is the plan for the upcoming weekend:

Morning Sessions

Back Doors Open at 7 a.m. for coaches and officials

Swimmers may enter at 7:15 am

Warm-ups begin at 7:30 am

Morning Sessions start at 8:35 am (Approximately ending at 12:15 p.m.)

Afternoon Sessions

Swimmers enter at 12:15 pm

Warm-ups begin at 12:30 pm

Sessions begin at 1:35 pm (Approximately ending at 5:30 pm)

Warm-Ups

Warm-up assignments are set in 30-minute blocks (see attached). However, teams (for the most part) have the same lanes for the entire hour so that they can switch 13&O and 12&U as they see fit.

Timers

We will need help with Timers this weekend. Timer assignments are as follows:

TEAM	MORNING	AFTERNOON
FSC	4	4
BAY	5	5

EST	2	2
MAS	4	4
SUWC	1	1
GBSA	0	1
RY	3	2
SPRC	3	3
WST	BACKUP	BACKUP

Attachments & Seating

I have attached the Claude Moore Map, Entry List for All Teams, Session Report, Psych Sheet, and Timer/Warm-Up assignments. I will be printing the timer sheets and sending out the meet program on Thursday. If you have any changes or your entries are not correct, please let me know this evening. I may need a team or two to sit in the balcony area with the size of afternoon sessions. If your team would prefer to sit in the upstairs let me know.

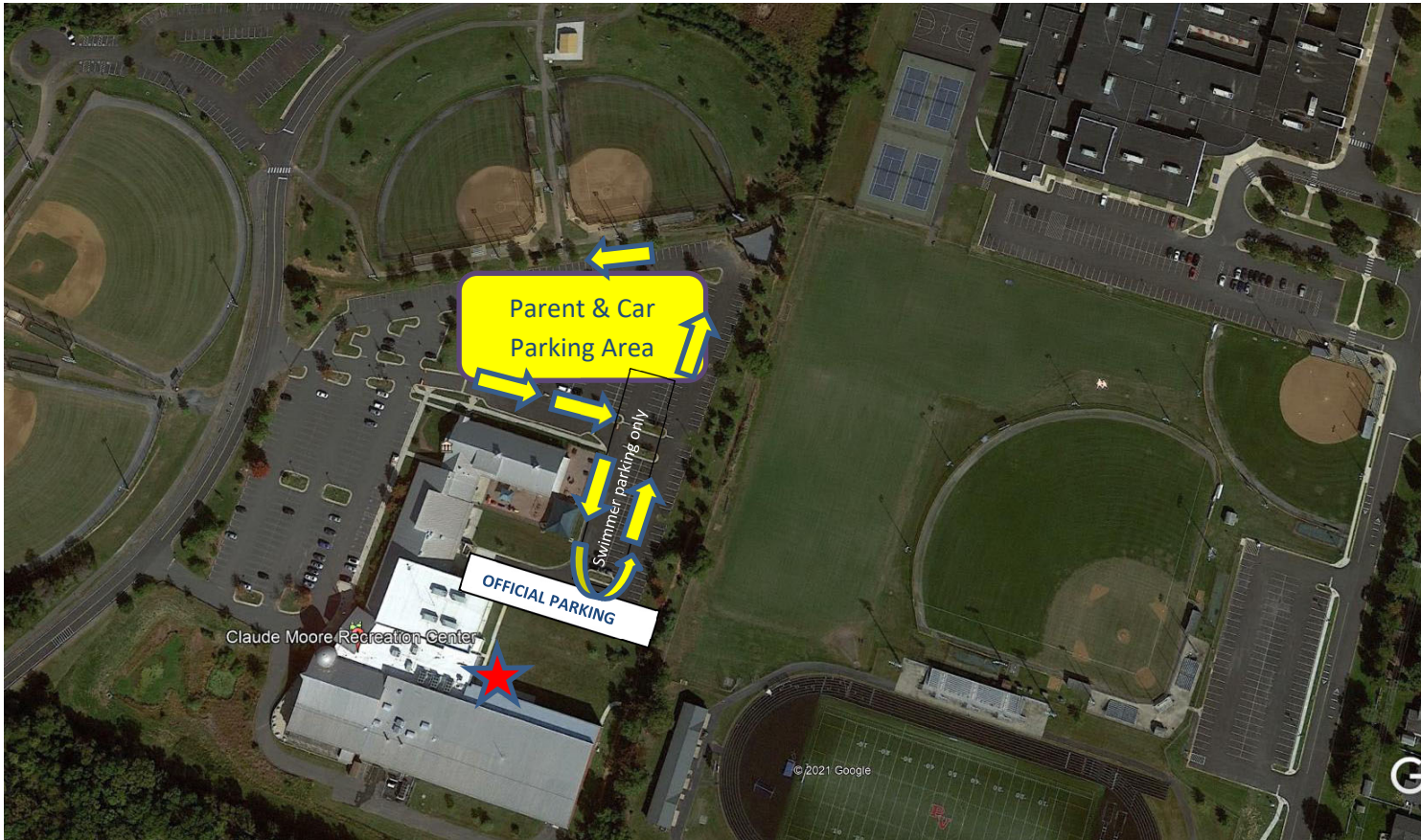
Reminders

A few reminders:

- Open Lap Swim will be happening during the meet. Please make an effort to keep swimmers away from the public.
- Claude Moore does not allow team dynamic stretches on deck. If the weather is nice you may use outside.
- Locker Rooms are for athletes only. Adults may use family changing rooms or restrooms in the lobby area.
- Please use the back entrance and park in the back. (see map)
- Athletes are not to enter the Leisure Pool Area!
- Spectators are not to use any of the other areas of the building.
- Coaches may have chairs (chairs may be left overnight in the hospitality. Athletes are not allowed chairs and can use the bleachers.
- There will be 10-minute warm-up times before each set of events. NO DIVING OR BACKSTROKE STARTS!
- There will be 4 lanes available for continuous warm-up and warm-down. Coaches are responsible for keeping their swimmers out of the open swim lanes.
- When your team has completed the afternoon session, please flip the bleacher and make sure that trash in your area is picked up.
- If your team has not sent a check, please give it to Carron in the office upon your arrival.

FOX SWIM CLUB

Claude Moore Recreation Center



PARENT DROP-OFF INSTRUCTIONS

Yellow arrows depict traffic flow for drop-off. Red Star marks the door swimmers should enter. Official Parking is in main lot.

Parents are allowed entry in the stands and should enter through the swimmer entrance and go upstairs.

No Parking for Parents, Swimmers, or Meet Marshall in Officials Parking Area. Swimmers driving themselves may park in lot inside drop-off area.