



Walnut Country Swim Team - 2022 Team Bio

www.wcstingrays.com

Mailing address: 4498 Lawson Ct., Concord, CA 94521

Pool address: 4465 South Larwin Avenue, Concord, CA 94521

(Pool is behind Walnut Country Clubhouse)

The Walnut Country Swim Team welcomes your swimmers and families to our meet events. Please find below useful information about our hosted meets.

Meet & Warmups Schedule:

Wednesday Meets		Saturday Meets	
Meet Start Time	5:30 pm	Meet Start Time	9:00 am
Visiting Warmups	5:00 - 5:25 pm	Visiting Warmups	8:30 - 8:55 am
Home Warmups	4:30 - 4:55 pm	Home Warmups	8:00 - 8:25 am
End	9:00 pm or earlier		12:00 pm or earlier

Order of Events

15-18 50yard-Free (if held), Medley Relay, IM, Freestyle, Breaststroke, Butterfly, Backstroke, Free Relay

Entries/Data Info

Our meets are pre-seeded and run on Hy-Tech Meet Manager. Coaches can coordinate and confirm events ahead of time.

WCST Head Coach:

Siena Rassushin, 925-826-6186

wcstheadcoach@gmail.com

Please send swimmer roster and Hy-Tech entry file to wcstdatadesk@gmail.com by:

Preceding Thursday, 5pm for a Saturday Meet

Preceding Monday, 5pm for a Wednesday Meet

WCST Data Team Leads

Lorien Quirk, 925-550-9835

David Peck, 541-760-9518

wcstdatadesk@gmail.com

Meet results will be emailed to the computer contact of the visiting team.



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Visiting Team Job Requirements

We request that the visiting team provide:

- 9 timers (+ timer relief if desired)
- 1 Stroke & Turn judge
- 1 ribbon organizer.

Insurance Requirements

Visiting teams must provide a Certificate of Insurance listing as additional Insured:

Walnut Country Swim Team 4498 Lawson Ct. Concord, CA 94521	Cowell Homeowners Association 4498 Lawson Ct. Concord, CA 94521
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Visiting Team Set-Up Area

Visiting set-up area is on the green area just outside the pool, See map.





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Stingray Cafe

Food and snacks are available at our Stingray Cafe.

Parking

There are some parking spots available in front of the Clubhouse on S. Larwin Ave. Nearby courts can also be used. We ask that everyone respect the Association's residences and avoid blocking (even minimally) their driveways.

WCST Board of Directors

President	Tony Washmera	wcstpresident@gmail.com
Vice President	Walter Eckalbar	wcstvicepresident@gmail.com
Secretary	Tanya Tadiar	wcstsecretary@gmail.com
Treasurer	Nancy Washmera	wcsttreasurer@gmail.com
Meet Director	Luz Pinzon	wcstmeetdirector@gmail.com
Assistant Meet Director	David Liu	wcstasstmeetdir@gmail.com
Boosters	Gina Davey	wcstboosters@gmail.com
	Kathy Kindorf	wcstboosters@gmail.com
Fundraisers	Hilary Shen	wcstfundraising@gmail.com
	Michelle Sio	wcstfundraising@gmail.com