



NEWPORT HILLS SWIM AND TENNIS CLUB
5464 119th AVENUE S. E.
BELLEVUE, WASHINGTON 98006
(425)-746-9510 – www.nhstc.com

To: Division 1 Representatives and Coaches
From: Newport Hills Swim & Tennis Club
Re: Division Championship Meet
Location: Newport Hills Swim & Tennis Club.
Date & Time: SATURDAY, JULY 19TH (9:00 AM MEET START)

WARM-UP SCHEDULE: 8:00 AM - 8:50 AM. Please see attached warm-up schedule for your team's time and lane. The Weight Room, Jacuzzi and Sauna will be closed to all participants during the meet. The Recreation Pool will be available for warm-ups and warm-down during the meet (no diving). Coaches, please supervise your swimmers while warm-up is in progress. We ask that teams not show up prior to 7:30 AM.

SUBMISSION OF ENTRIES: Final Entries are due Friday, July 18th at 11:00 AM. Please send entries to andrewbarashkoff@yahoo.com

VOLUNTEERS: Each participating team will need to supply 6 TIMERS (3 PER HALF), AND 2 OFFICIALS (1 FOR EACH HALF). Please have your volunteer information entered into the [spreadsheet](#) by Tuesday July 15th by 11 AM. Timers must have timed at two previous dual meets and must bring a digital stopwatch. Please have timers check in 30 minutes prior to their assigned shift. A timers meeting will be held 15 minutes prior to the start of the shift.

SCRATCH MEETING: The coaches scratch meeting will be held at 8:15 AM in the banquet room on the day of the meet.

TEAM AREAS: Tents and chairs can only be set up on grassy areas, the basketball court and the tennis courts closest to the parking lot. Do not set up on driveways, walkways or roped off areas. Chairs and "camping" are not allowed on deck, rock bleachers, or the space in front of the gym. Please use the bleachers as spectating for events. Our space will be more limited than normal, please do not plan to spread out at this event.

CONCESSIONS/HOSPITALITY: We will have our snack shack open with quick and light snacks. There are a variety of restaurants across the street for families looking for full meals. We will be serving breakfast and lunch for coaches and officials during the meet in the banquet hall.

COACHES: will have bleacher seating reserved on the south side of the pool. Team packets can be picked up in the banquet room. Hospitality will be provided in our banquet room for coaches and officials. **Coaches and officials parking will be in the east parking lot (larger lot) off SE 56th St. We will reserve one coaching spot per team, so please carpool.**

PARKING: There is ample parking available in the northern half of the shopping center and at S-mart down the street from the club. Please be aware that the merchants need parking available for their customers; Do not park in front of their establishments. If you park on a street, please do not block our neighbors' driveways. You may drop off your swimmer in our lot off 119th.

Newport Hills Swim & Tennis Club

Warm-up Schedule – Division Championship Meet

Saturday, July 19th

Group 1 Warm-up session: 8:00 – 8:25 AM

In competition pool

Group 2 Warm-up session: 8:00 – 8:25 AM

In Recreation pool

Groups 1 and 2 will swap pools at 8:25 – 8:50 AM

Swap Pools (Same lanes as session 1)

Group 1 Competition Pool 8:00-8:25

Lane 1 MH

Lane 2 MH/FW

Lane 3 FW

Lane 4 NHSTC

Lane 5 NHSTC

Lane 6 NHSTC

Group 2 Competition Pool 8:25-8:50

Lane 1 EB

Lane 2 EB

Lane 3 EB

Lane 4 MIBC

Lane 5 MIBC/RHST

Lane 6 RHST

Special Warm-up Conditions --

- No diving is allowed in the shallow end
- The South Pool will be available for warm-up/down the entire meet (Feet first entry only)

Meet day schedule

- 7:30 AM Facility Opens
- 8:00 AM 1st warm-up session begins
- 8:00 AM Volunteer check-in for 1st half
- 8:15 AM Coaches Scratch Meeting.
- 8:30 AM Officials Meeting
- 8:40 AM First shift timers meeting
- 8:50 AM Competition course closes to warm up.
- 9:00 AM Meet Starts
- 10:00 Second-half Volunteer Check-in
- 11:00 AM Second shift timers meeting
- 11:30 AM Second half timer shift begins (shift change will be between Event #38 and 39, 8&U Boys and 9-10 girls backstroke)

Parent Volunteer Form for League Championships Distance Meet
At Newport Hills Swim & Tennis Club, 5464 119th Ave. SE, Bellevue, WA 98006
Tuesday, July 15th.

Please submit volunteer name and contact information to the signup sheet attached below.

[Volunteer Signup Form](#)

Thank you for your cooperation in making this event a success for all the swimmers in Division 1 of the Midlakes League. We look forward to seeing you all on July 19th.