



Fairwood Golf & Country Club
17070 140th Ave SE
Renton, WA 98058-6927
425-226-9700 – www.fairwood.org

July 11th, 2025

To: All Midlakes Representative and Coaches
From: Fairwood Golf & Country Club - Fairwood Barracudas
Re: League Championship Distance Meet
Location: Fairwood Golf & Country Club
Date & Time: Tuesday, July 22nd, 2025, 4:00pm – 7:00pm

WARM-UP SCHEDULE: 2:30pm - 3:50pm. Please see attached warm-up schedule for your team's time and lane. The fitness center will be closed to all participants during the meet. Coaches, please supervise your swimmers while warm-ups are in progress. We ask that teams not show up prior to 2pm.

SUBMISSION OF ENTRIES: Due by Sunday, July 20th at 10am. Please send entries to Eric Bartleson at ericbartleson@icloud.com. Late entries will have a \$250 fine. If your team does not have any entries. Please email that information by the due date to Eric.

VOLUNTEERS: Each participating team will need to supply a minimum of two volunteers. Please complete the linked volunteer sheet by Sunday, July 20th by 11 am. Link: [2025 League Champs Volunteers](#) Please direct any volunteering questions to FW Parent Rep Tracy McDonald at fswimteam@gmail.com. If more volunteers are needed, teams with larger numbers of participants will be contacted and asked to provide additional volunteers.

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 3:15 PM in the lifeguard room located in the Swim & Fitness center on the day of the meeting.

TEAM AREAS: Tents and chairs may be set up on the grassy area on the west side of the pool and the limited area on the east side of the pool deck. Please keep tents and chairs within the fenced pool area.

CONCESSIONS: We will have our snack shack open and our Barracuda Outdoor Café will be serving chicken sandwiches, chips and a drink for \$15. No cash. Card and Fairwood member numbers only.

COACHES: will have tables and seating reserved along the pool deck. Team packets can be picked up lifeguard room located in the Swim & Fitness center. Hospitality will be provided by way of a coupon for the meal served at the Barracuda Outdoor Café or a meal option at the Snack Shack. Coupons will be included in your team packet. Coaches and officials parking will be in the gravel lot toward the west side of the parking lot. We will reserve one coaching spot per team, so please carpool.

PARKING: There is parking available in the club's lot and in the surrounding grassy area. Please be aware that others need to be able to exit and enter parking areas and park accordingly.

Fairwood Golf & Country Club
Warm-up Schedule – League Championship
Distance Meet
Tuesday, July 22nd, 2025

1st Warm-up Session: 2:30pm - 2:55pm

Lane 1 – TBD

Lane 2 – TBD

Lane 3 – TBD

Lane 4 – TBD

Lane 5 - TBD

Lane 6 – TBD

Lane 7 – TBD

Lane 8 – TBD

2nd Warm-up Session: 2:55pm – 3:20pm

Lane 1 – TBD

Lane 2 – TBD

Lane 3 – TBD

Lane 4 – TBD

Lane 5 - TBD

Lane 6 – TBD

Lane 7 – TBD

Lane 8 – TBD

3rd Warm-up Session: 3:20pm – 3:45

Lane 1 – TBD

Lane 2 – TBD

Lane 3 – TBD

Lane 4 – TBD

Lane 5 - TBD

Lane 6 – TBD

Lane 7 – TBD

Lane 8 – TBD

Special Warm-up Conditions:

- no diving in the shallow end

- during the competition, lane 8 will be open to competitors for warming-up and warming-down. **No diving.**

MEET DAY SCHEDULE

(subject to change based on entry numbers)

- 2:00pm Facility Opens
- 2:30pm 1st warm-up session begins
- 2:55pm 2nd warm-up session begins
- 3:20pm 3rd warm-up session begins
- 3:15pm Coaches Scratch Meeting
- 3:30pm Officials Meeting
- 3:45pm First shift timers meeting
- 3:45pm Competition course closes to warm-up (lane 8 remains open for warm-up/warm-down)
- 4:00pm Meet Starts
- 5:15pm Second shift timers meeting
- 5:30pm Second half timer shift begins (shift change will be between Event # 6 (15 & Over 200 and 35 11-12 500 Free)

There will be a 15-minute break between the end of the 15&O 200 Free and the beginning of the 500 Free. All lanes but lane 7 will be open for warm up during this time.