



# All City 101

Thank you to all our Shark families for a great summer. We are looking forward to a fantastic All-City championship meet. This document will be a great resource for All-City week, so keep it handy. <https://swim.goodmanallcity.com/> is your friend! Make sure to take some time to review this in addition to the information contained in this guide to ensure you have the best All-City

Experience! Follow the happenings on social media (**Facebook:** 2023 Madison All-City Swim Meet, **Instagram:** Madison\_All\_City\_Swim)

## *Important Need to Knows*

- First and foremost – have fun! You will see that our coaches will be in whimsical costumes each day. Get into the spirit! Sport your Seminole gear!
- Download the All-City app before going to the meet. This app will help you tremendously at All-City and will send you updates on which events are being clerked/staged along with other important information.
- Don't be afraid to ask – there are no dumb questions, especially if this is all new to you. Our Seminole family wants to support you! Below is a list of “Booster Buddies” with phone numbers. Reach out to your age level “Booster Buddy” before contacting the coaching staff if you find yourself needing assistance.
- **Booster Buddies**
- **Reps for the 8 & Under**
  - 1. Kathryn Kuehn (512)913-7613
  - 2. Melissa Schmidt (608)381-5018
- **Reps for the 9 & 10**
  - 1. Amy DeWald (414)839-4064
  - 2. Leah Ehle (608)279-5271
- **Reps for the 11-12**
  - 1. Cindy Brandon Grady (608)419-6689
  - 2. Hillary F Plumb (608)216-5933
  - 3. Candice Nielsen (608)216-4434
- Make sure to consider the potential extra time it will take to get to the meet due to the number of people and the difficult parking situation. Layouts, parking, and other information is available on the website. Parking is always a challenge.
- Each of the 13 teams in the league will be provided a big team tent for Thur/Fri/Sat. This is the place to be – bring blankets, lawn chairs, snacks, and whatever entertainment you and your kids would like. The whole family is welcome! Please be aware of space – we all must share one (big) tent! Remember to be a good All-City citizen and clean up after yourselves!
- Bring lots of water and snacks (concessions will be available but is important to still bring a few extra things for yourself. Please also support concessions at Goodman if possible and have some activities for your kids to do between races (cards, crafts, books).
- Paper heat sheets to be sold (cash and card accepted-bring cash just in case) throughout the meet. Results will be available on Meet Mobile and All City Website.
- On the day of your prelims, plan to go directly from warm-ups at Seminole to prelims. We timed warm-ups, so swimmers could get to the pool 25-30 minutes before prelims starts.



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- For 8 and under swimmers, you will have your relays on Friday during All City prelims. So swimmers can make sure their relay gets to clerk of course on time, we ask that each 8 and under medley relay carpool together to the meet after warm ups.
- All ages are clerked at All-City and clerking begins much earlier than at a regular meet. Your toughest job as a parent will be keeping track of your kids and getting them to the clerk of course on time. **Swimmers must report to clerk of course two events prior to the event they are competing in. Unified events count as an event.** The kids tend to run around and have a good time, while their parents spend a lot of time looking for them. There will only be one announcement for clerk of course so please make sure to head to clerk as soon as you hear your child's event being announced. Any child that does not make it to clerk of course on time, will not be allowed to swim in that event.
- Breaks will be built into every session. Check out the website and app for this specific information.
- Top 16 swimmers in each event qualify to compete in Championship Saturday. In the finals, swimmers cannot place outside of their heat, regardless of their final time. So those in the Consolation Final (B) are guaranteed places 9-16, respectively. Those who make it to the A finals are guaranteed a place in the top 8. Medals are given for 1-3rd place, and very nice ribbons for 4th-16th.
- Tech Suit Rule- 12 and unders are not allowed to wear tech suits at All-City. All-City has decided to adopt the same rules as USA Swimming. Please see the 2 attachments accompanying this document for all the details.

## Itinerary Overview

A detailed day-by-day (sometime hour by hour!) schedule for the week will be forthcoming. The information below is meant to provide a framework for planning. Please note that swim and dive activities are divergent on these days.

**All-City Dive, Monday/Tuesday:** Even if you don't have a diver, it's worth the trip to Shorewood to watch the best diving in the city. You can find the schedule on the Shorewood All-City website <https://dive.shorewoodhillsallcity.com/>

DATE	DIVE	SWIM
Wednesday 7/19		Entries are due for All-City swim.
Sunday, 7/23	Warm-ups at Goodman at 3:00	Warm-up at Goodman: <ul style="list-style-type: none"> <li>• 8 and unders 3-3:15 pm</li> <li>• 9-10's 3:15-3:30 pm</li> <li>• 11-12's 3:30-3:45 pm</li> <li>• 13 and ups 3:40-3:55 pm</li> </ul> 8 and Under Relay Assignments communicated
Monday 7/24	All-City Dive at Shorewood, 13-14s and 11-12s	Normal practice at Seminole. All-City Shirts distributed; tie-dying after practices  Psych Sheets available at 9:30pm on the All-City website
Tuesday 7/25	All-City Dive at Goodman, 10-unders and 15-18s	Normal practice at Seminole. Banner decorating, on deck, after all practices
Wednesday 7/26		Normal practices at Seminole  5:30 pm Swim Psych-up Pasta Party, McKee Farms Park (sign up on Team Unify)
Thursday 7/27	Senior Recognition will be after the 15-19	Prelims at Goodman for 11-12, 13-14, and 15-18 swimmers;

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	<p><b>Backstroke during the lunch break.</b></p>	<p>Warm ups with coaches: 6:30-7:15am (if you are swimming free I would highly recommend coming to this warm up time)</p> <p>Practice on your own at Seminole any time between 7:15am – 1:00pm– coaches will leave instructions on the whiteboard. (There will only be one lane available at Seminole after 10:30am, so plan accordingly).</p> <p>8 and Under relay practice 6:30-7:30pm (parents please know that we have an hour but it is possible the relay practice may get done early)</p>
<p><b>Friday 7/28</b></p>		<p>Prelims at Goodman for 8 and Unders and 9-10 swimmers; 8 and Under relay finals</p> <p>Warm ups with coaches: 6:30-7:15am (if you are swimming free or are in an 8 and under Medley relay I would come to this warm up time)</p> <p>Practice on your own at Seminole any time between 7:15am-1:00pm – coaches will leave instructions on the whiteboard. (There will only be one lane available at Seminole after 10:30am, so plan accordingly).</p> <p>Relay assignments for Saturday relays communicated</p> <p>Evening Relay Practice/Championship Saturday practice to work on starts, turns, and finishes. Evening relay practice times are as follows: <b>6:30pm-6:50pm-9:10's, 6:50-7:10pm-11-12's, and 7:10-7:30pm 13 and ups.</b></p>
<p><b>Saturday 7/29</b></p>	<p>6:15 pm-8:15 pm Swim &amp; dive team banquet &amp; end-of-season video at Seminole</p>	<p>All-City Finals at Goodman for all 9 and up relays and for all individual qualifiers.</p> <p>Warm ups with coaches: 6:30-7:15am (if you are swimming free or are in a Medley relay I would come to this warm up time)</p> <p>Practice on your own at Seminole any time between 7:15am-1:00pm – coaches will leave instructions on the whiteboard. (There will only be one lane available at Seminole after 10:30am, so plan accordingly).</p> <p>6:15 pm-8:15 pm Swim &amp; dive team banquet &amp; end-of-season video at Seminole</p>