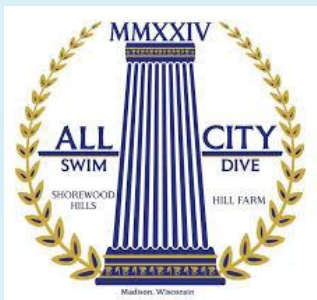


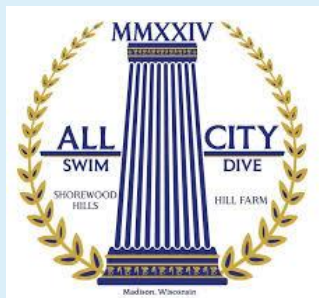


All City 101

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.shorewoodhillsallcity.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**: 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! You will soon see 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.
- 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 Thu/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!
 - **This year there will be additional space by our tent in Tent City to set up your own personal tents. If you would like to do this, please feel free to bring a tent to set up. We are not sure how much room there will be for these, but I would recommend checking out the space during Sunday warm-ups!**
- **Warm-Ups at Shorewood:** This year 11 and ups will tentatively be able to warm up and cool down at Shorewood. They will have three lanes available behind the bleachers in the pool. If anything changes, Coach Andrew will send something out and put info out on social media.
- Bring lots of water and snacks concessions will be available but it is important to still bring a few extra things for yourself. Please also support concessions at Shorewood if possible and have some activities for your kids to do between races (cards, crafts, books).
- There is no charge for admission. Heat sheets will be available for download on a personal device. At the discretion of meet management, no bags or reserving seats will be allowed in the spectator section. **This year, the majority of the bleachers/seating will be over the pool. Make sure to properly secure your personal belongings so they do not fall in the pool, while you are watching your swimmers compete.** 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 have timed warm-ups, so swimmers can get to the pool 25-30 minutes before prelims starts.
- 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.



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○ **8 and under families:** Please take a look at the All-City map and note that 8 and unders will have a different path when exiting the pool area. This will be helpful to know if you want to see your swimmer right after their race!

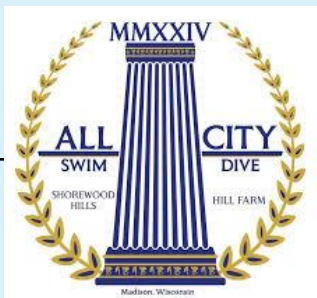
- All ages are clerked at All-City and clerking begins much earlier than at a regular meet. Your toughest job as a parent will be keeping track of your kids and getting them to the clerk of course on time. **Swimmers must report to clerk of course two events prior to the event they are competing in. 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 20 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 11-20, respectively. Those who make it to the A finals are guaranteed a place in the top 10. Medals are given for 1-3rd place, and very nice ribbons for 4th-20th.
- 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 (sometimes 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 Hill Farm to watch the best diving in the city. You can find the schedule on the Shorewood All-City website <https://dive.hillfarmallcity.com/#>

DATE	DIVE	SWIM
Friday, 7/26		Entries are due for All-City swim.
Sunday, 7/28	Warm-ups at Hill Farm at 12:30	Warm-up at Shorewood: • 8 and unders 2-2:15 pm • 9-10's 2:15-2:30 pm • 11-12's 2:30-2:45 pm • 13 and ups 2:40-2:55 pm 8 and Under Relay Assignments communicated
Monday 7/29	All-City Dive at Hill Farm, 13-14s and 11-12s	Normal practice at Seminole. All-City Shirts distributed; tie-dying after practices Psych Sheets available approximately at 9:30 pm on the All-City website
Tuesday 7/30	All-City Dive at Hill Farm, 10-unders and 15-18s. Senior Recognition in between the girls and boys 15-19 divers.	Normal practice at Seminole. Banner decorating on deck after all practices.
Wednesday 7/31		Normal practices at Seminole.



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		Second Harvest Pie Throwing at 9 am. (More info to come from Coach Emma). 5:30 pm Swim Psych-up Pasta Party, McKee Farms Park (sign up on Team Unify)
Thursday 8/1		Prelims at Shorewood for 11-12, 13-14, and 15-18 swimmers; Warm-ups with coaches: 6:30-7:10am (if you are swimming free I would highly recommend coming to this warm-up time). The coaches will be leaving promptly at 7:10, so if you plan to come to this warm-up, I recommend coming closer to 6:30. Practice on your own at Seminole any time between 7:15 am – 1:00 pm– coaches will leave instructions on the whiteboard. (There will only be one lane available at Seminole after 10:30 am, so plan accordingly). 8 and Under relay practice 6:30-7:30 pm (parents please know that we have an hour but it is possible the relay practice may get done early)
Friday 8/2		Prelims at Shorewood for 8 and Unders and 9-10 swimmers; 8 and Under relay finals Warm-ups with coaches: 6:30-7:10 am (if you are swimming free or are in an 8 and under Medley relay I would come to this warm-up time) Practice on your own at Seminole any time between 7:15 am-1:00 pm – coaches will leave instructions on the whiteboard. (There will only be one lane available at Seminole after 10:30 am, so plan accordingly). Relay assignments for Saturday relays communicated. Evening Relay Practice/Championship Saturday practice to work on starts, turns, and finishes. Evening relay practice times are as follows:6:30-6:50pm-9:10's,6:50-7:10 pm-11-12's, and 7:10-7:30 pm 13 and ups.
Saturday 8/3	Senior recognition will be after the Boys 15-19 200 Medley Relay. 6:15 pm-8:15 pm Swim & dive team banquet & end-of-season video at Seminole	All-City Finals at Shorewood for all 9 and up relays and all individual qualifiers. Warm-ups with coaches: 6:30-7:15 am (if you are swimming free or are in a Medley relay I would come to this warm-up time) 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). 6:15 pm-8:15 pm Swim & dive team banquet & end-of-season video at Seminole