



2019 Gold Rush Championships

As we approach our championship meet this coming weekend, I would like to send you some useful information to help you prepare for the event at the Charles Brooks Community Pool in Woodland CA.

Your team is represented by your parent board members. The following list is the board representative from each team:

West Sac Dolphins - Kenna Jeske

Del Norte Dolphins - Mike Zezzo

Rollingwood Rockets - Tammy McLean or Vanessa Anderson

Rocklin Wave – Damien Lawrence or Kathy Turner

Gold River Stingrays – Kellen Arno

We are very excited to have Kyle Tambornini from Del Norte as our Head Meet Referee once again this year. Kyle is a very qualified Meet Ref with many years of swimming experience and is also our NCSL President this year. He has served us well as Meet Ref in the past.

Set-up and Parking

Due to contractual agreements with the facility, parents are not allowed to set up their tents on Friday evening until **after 6pm**. Most tents are set up inside of the fenced pool facility, however one team may have to setup outside. There is security that will be patrolling the pool facility at night, but anything that you leave will be at your own risk. Please pick up all tarps at the end of the day as well as all the garbage. There is a large parking lot behind Woodland High School. The front lot is reserved parking with a permit until 8:30am. After 8:30am it is open parking. There is also street parking around the facility. **If parking on the street, please be aware of how you are parking and do not block driveways or your car will be towed.** The 8 parking spots immediately in front of the pool gate are reserved for designated people at ALL times, and any parking spots marked as POOL or CITY Staff are strictly reserved for them. Please DO NOT leave any valuables in your vehicle as the league or City of Woodland cannot accept liability for any issues. To keep traffic flowing in the parking lot, please refrain from loading or unloading in front of the pool. If necessary to unload in front of the pool, please DO NOT leave vehicle unattended.

There is NO alcohol, or smoking allowed, this includes vaping. Anybody caught in possession of alcohol or drugs will be asked to leave the facility immediately

There are no BBQ's, generators to run swamp coolers and fans allowed. Fans or misters that run on batteries and out of a bucket are OK

No extension cords may be used to run to existing outlets.

No dogs or pets except service animals are allowed

There are no drones allowed anywhere in the vicinity of the facility.

There are bleachers for viewing on the deck and you may take pictures from the bleachers for any events 50 yards or longer except the 9/10 and under relays when there will be swimmers using that side of the pool. During 25-yard events, swimmers will be using the blocks on that side of the pool, and thus pictures will not be allowed. This will be strictly enforced. There is absolutely NO photography behind the main blocks allowed by anyone. Swimmers may NOT bring their cell phones on deck when they are going to the ready bench area. They will be asked to take it back to their tent.

Parents are not allowed on the pool deck without a deck pass. There are NO noisemakers allowed.

Meet Program

The seeded meet will be available on the NCSL webpage by Friday, July 26th so that you may print your own program at home. The official timeline is attached.

Volunteers

Please check in with your volunteer coordinator prior to the start of your shift and be on time reporting for your job at shift change. You will not be allowed to leave your job until the new person arrives. If for some reason you forget what jobs you signed up for or what shift, let your volunteer coordinator know. If you need to leave or absolutely cannot report for your shift due to an emergency, please let your coordinator know as far in advance as possible so that we can contact someone on a reserve list. Please bring a refillable water bottle. The hospitality staff will be happy to refill your bottles with fresh water during your volunteer shift. Our supply of refillable cups will be limited.

Please stay off your phones until after your shift, especially if you are working on deck in an operations position such as timer, judge, starter, deck ref, etc.

Ready Bench

All swimmers MUST come through ready bench in order to swim an event for prelims and finals. We want to keep the ready bench running as efficiently as possible as this is the engine that keeps our meet moving. For parents of younger swimmers, please be assured your swimmers are in good hands and do not worry about them. We will have a wonderful staff on the ready bench that will take good care of your swimmer and ensure they get to the blocks in time for their race and are in the correct lane. Parents are not allowed on deck to get their kids to the blocks.

Please make sure your swimmer has their last name and event, heat and lane number written on their right hand or arm for Saturday and the left for Sunday. Older swimmers do not need to write their last name.

There are NO phones allowed at the ready bench

Apparel Sale and Vendors

We will be selling Championship apparel (T-Shirts, etc) that will be printed on site this year.

There is a full snack bar that is being run by the Woodland Swim Team (USA Swimming). They will be serving light breakfast grab and go type items as well as Nachos, Hotdogs, and other usual swim meet snacks and drinks. They will also have Taco 911 and Boss Café onsite. Tacos 911 will serve Breakfast Burritos, as well as Tacos and Quesadillas for lunch. Boss Café has hot and cold coffee drinks as well as smoothies. The menu is attached.

Alpha Aquatics will be onsite both days with goggles, caps, and other swim related accessories.

Swim Suits

Swimmers are encouraged to compete in their team suit. If your swimmer is wearing a tech/racing suit, it must have the FINA stamp on the suit. If it does not, you must get the suit approved prior to the start of the meet. Please bring the suit (in your hand, not on your body) to the Meet Ref for approval.

Online Meet Results

They will not announce the score of the meet. The meet results will be on Meet Mobile, but please do not use these results as definitive scores and assume that your swimmer has made finals. These results are not always accurate, so please wait until you are verbally notified that your swimmer has made finals. The meet name to search for will be 2019 NCSL Gold Rush Championships.

Preliminary and Finals

We will have an approximate 45-minute break between prelims and finals. As a NCSL tradition, we will have a parent relay on Saturday and our coaches relay on Sunday. Immediately following these relays, the deck will be cleared, and the pool will be opened for warmups for the finalists.

Finals

Finals are the most exciting part of the day. We are asking you to keep the noise down at the start of each race. Noise at the start can be very distracting. Once the race is underway we encourage you to cheer for your swimmers. Please do not bring any noisemakers. Finals will be the top 10 finishers in each event, and also relays. There will also be 2 alternate finalists for each event.

All finalists and both alternates need to report to the ready bench prior to their race. Both alternates will be waiting with the meet ref until the race has started. The meet ref will place the alternate swimmers in the race if needed. Even though it is a tough spot to be in for any swimmer, it is still a huge achievement to have placed in the top 12 of the conference. The alternates have every right to be proud of their accomplishment. If your swimmer will not be able to make their finals, please let the coach know as soon as possible.

Awards Ceremony

The awards ceremony for 6 & Unders will be before the medley relays on Saturday. All others will be on Sunday after the meet is cleaned up. We appreciate any extra help on Sunday with cleanup of the deck so we can get the ceremony started and go home.

Pool Access

Due to the size of the meet and number of participants, access to the pool deck is limited to working staff and volunteers during their assigned shift. Please understand that we will follow strict policy of letting only those with a deck pass or volunteers that need to be on deck. Once your shift ends and your replacement has taken over, we ask that you please leave the deck.

Pictures and Video

Each team has a team photographer on the pool deck in a designated area. There are bleachers for viewing on the deck and you may take pictures from the bleachers for all events 50 yards and over except the 9/10 and under relays when there will be swimmers using that side of the pool. During the 25's, please refrain from taking pictures while there are swimmers on the blocks. This will be strictly enforced. There is absolutely NO photography behind the main blocks allowed by anyone.

Please be careful with photos posted on social media. We have many kids in bathing suits on the property. There is a good chance that somebody else's child will be captured in your photo. Also, please remind your kids about proper use of SnapChat, Instagram, etc.

Please direct any concerns to your League Rep, rather than the coach staff or Meet officials. Your League Rep will work to resolve your concerns and if they are unable to come to a resolution, then we will engage with you.

Please review our Code of Conduct which is linked below, as we will enforce immediate resolution of inappropriate behavior. <https://www.teamunify.com/recncsl/doc/POLICY.pdf>

We cannot stress enough to everyone to please be aware of people around you. If you see someone that is doing something that you deem to be inappropriate, please let someone know. This includes any inappropriate behaviors in the locker room and restrooms. There are absolutely no phones or cameras allowed in the restroom or locker rooms. If you have one with you, you will be asked to leave it with the monitor outside while you are in there. Please do not let your children wander, and please accompany all younger children to the restrooms. This is a large facility and some of the family team areas are outside of the enclosed pool deck area, so we cannot monitor who is coming into and out of these family areas. There are additional restroom and a cooling area that is across parking lot from the pool that is monitored by 1 city employee only. There will be an estimated 800-1000 swimmers and families at this event.

Good luck to all the teams, we are looking forward to a super fun weekend, watching some exciting races and creating new memories.

2019 Gold Rush Championships Schedule

Friday, July 26th, 2019

4:00pm Deck Setup (League Reps and Setup Crew)

6:00pm Parent Tent Setup – Please DO NOT Setup before 6:00pm.

Anyone doing so will be asked to take it down and lend a hand on deck

Saturday, July 27th, 2019

6:00am Pool Deck Opens

6:30am Swimmer Check-In

6:45am Scratched due in writing to Computer Operations

7:00 – 8:00am **Warm-Ups**

1 *	2	3	4	5	6	7	8	9	10	11	12*	13*	14*	15*	16*	17*	18*	19*
X	DN	DN	WS	WS	RW	RW	R	R	GR	GR	DN	DN	WS	WS	R	R	GR	RW

Assuming lane 1 is closest to the diving boards/coach tents, lane 1 is closed to protect timing equipment during warm ups

*- Designates No Blocks

7:45am Stroke & Turn / Head Stroke & Turn Meeting (pool deck)

8:00am Starter / Deck Ref Meeting (next to Computer Ops)

8:00am 1st Call for 1st Shift Workers

8:20am 9-10 Girls should be in Ready Area

8:25am Opening Ceremonies / National Anthem (West Sac)

8:30am Start of Meet – Prelims for Event 1-32 (IM, Short Free, Back)

After Prelims Approximate 45 Minute Break
Swim Offs (if necessary)
Parent Relay (200 yards, 4 or 8 swimmers) – Max 2 entries per team

After Break Individual Finals** (Events 1-32)

After Ind. Finals 6 & Under Individual High Point Awards

After Awards Medley and 6&u Freestyle Relays (timed finals) (Event 33-43)

Sunday, July 28th, 2019

6:00am Pool Deck Opens

6:30am Swimmer Check-In

6:45am Scratched due in writing to Computer Operations

7:00 – 8:00am **Warm-Ups**

1 *	2	3	4	5	6	7	8	9	10	11	12*	13*	14*	15*	16*	17*	18*	19*
X	GR	GR	R	R	RW	RW	WS	WS	DN	DN	RW	GR	R	R	WS	WS	DN	DN

Assuming lane 1 is closest to the diving boards/coach tents, lane 1 is closed to protect timing equipment during warm ups

*- Designates No Blocks

7:45am Stroke & Turn / Head Stroke & Turn Meeting (pool deck)

8:00am Starter / Deck Ref Meeting (next to Computer Ops)

8:00am 1st Call for 1st Shift Workers

8:20am 7-8 Girls should be in Ready Area

8:25am Opening Ceremonies / National Anthem (Del Norte)

8:30am Start of Meet – Prelims for Event 44-73 (Long Free, Breast, Fly)

After Prelims Approximate 45 Minute Break
Swim Offs (if necessary)
Coaches Medley Relay (200 yards) – Max 2 entries per team

After Break Individual Finals** and Freestyle Relays (Events 44-83)

After Relays Deck Cleanup
Everyone that is available to help is encouraged to do so, we will not start awards until the deck is clean

After Cleanup High Point Awards Ceremony
Dual Meet Awards Ceremony
Championship Awards Ceremony

*****Finals are made up of 10 fastest Preliminary times for each event. 2 alternates will be recognized.***

2019 Gold Rush Champs

Team Area Assignments

Rollingwood

Del Norte

West
Sac

Charles Brooks Community Swim Pool

Team
Tents

Rocklin

Walkway to
Main
Parking Lot

Reserved Meet
Staff Parking at
ALL Times

Restrooms
and Cooling
Area

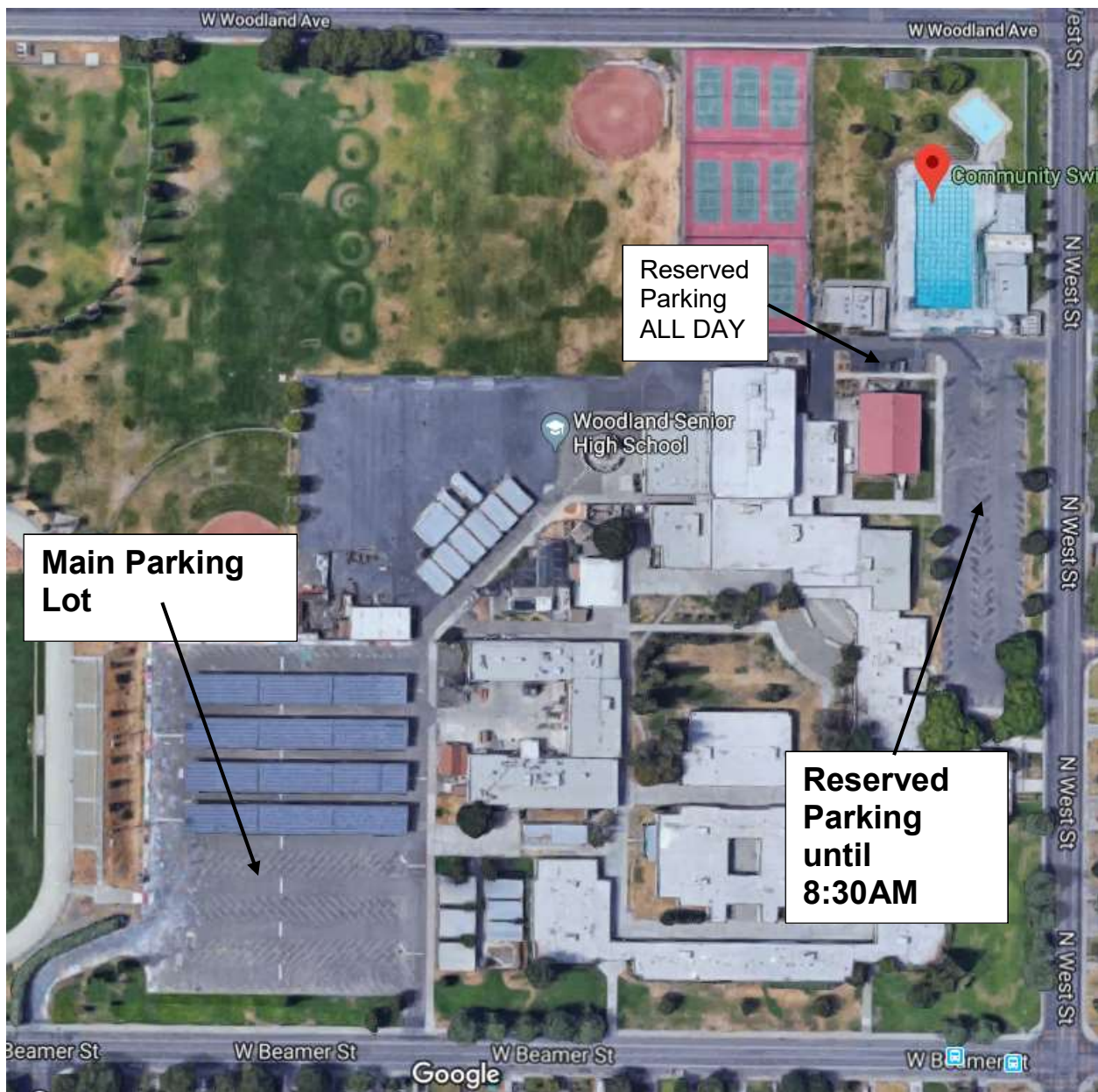
Gold River

Reserved
Parking
Until
8:30AM.
Spots
marked as
CITY or
POOL Staff
are
Reserved
at ALL
Times

Google Earth

© 2018 Google

N





GR ROC WS DN RW

NE Gate

NW Gate

Charles Brooks
Community
Swim Pool

ROC

WS

R
W

DN

GR



Community Swim Center

Warmup / Cooldown Lanes

Ready Bench

10

Woodland Swim Team



10

Scoreboard

Blocks -
25 Starts

Blocks -
50/100/200
Start

1

1

Dead Lane

SW Gate

PA

Coaches

Computer
Ops

Main Entrance

Google



Snack Bar

Rec Meet July 27-28, 2019

Breakfast Croissant Sandwich	\$3.00
Bagel w/ Cream Cheese	\$2.00
Muffin or Donut	\$2.00
Hot Dog	\$2.00
Cup Noodles	\$1.00
String Cheese	\$1.00
Chips	\$1.00
Fresh Fruit (apple or banana)	\$1.00
Candy (3 pieces)	\$1.00
Granola bar	\$1.00
Ice Pop	\$1.00
Hot Chocolate / Apple Cider	\$1.00
Water / Soda / Juice	\$1.00
Naked Juice Smoothie	\$2.00
Gatorade	\$2.00

Boss Café – coffee drinks (outside the gate)

Tacos 911 – breakfast burritos, tacos, quesadillas, nachos



Breakfast Burritos

Egg, Chorizo & Potato.....	\$8.00
Egg, Ham & Potato.....	\$8.00

Tacos

Single Taco.....	\$2.50
3-Taco Plate.....	\$7.00

Nachos

Regular Nachos.....	\$6.00
Cheese, Jalapeños & Sour Cream	
Loaded Nachos.....	\$8.00
Cheese, Jalapeños, Sour Cream & Meat	

Quesadillas

Just Cheese.....	\$6.00
Meat Quesadilla.....	\$8.00

CHOICE OF MEAT: Beef, Chicken or Pork

Drinks

Bottled Water.....	\$1.00
Soft Drinks.....	\$2.00