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| **Address**:   | 12350 Oakwood Drive, Woodbridge, VA 22192  |
| **Directions**:  | Prince William Parkway to Old Bridge Road  |
|  | Old Bridge to Oakwood Drive; Left on Oakwood Drive  |
|   | Pool on corner of Oakwood Drive and Old Bridge Road  |
| **Parking:**  | **7 spaces in the lot will be marked for YOUR VIP team members (3 for coaches).** We have 4 handicapped spots. Please contact the team president or volunteer coordinator if you need more handicap parking. Most of the parking in the pool lot is reserved, so most visitors will need to park along Oakwood or the other side streets. |
| **Contacts**:  | Team President-Suzi Welch president@ridgewoodbarracudas 912-856-9128Volunteer Coordinator-Shala Ott sahahn1@gmail.com 703-868-4879League Rep-Ryan Welch rwelch1305@gmail.com 912-856-9127 |
|  |  |

**Warm-ups & AM Briefings:**

Ridgewood Barracudas Swim Team … Home Meet Information



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| --- | --- |
| *EVENT:*  | *TIME:*  |
| Ridgewood Barracuda’s WARM UP  | 6:05 – 6:25 am  |
| Visitors WARM UP  | 6:30 – 6:50 am  |
| Officials’ Meeting  | 6:30 – 6:50 am  |
| Timers’ Meeting (MANDATORY)  | 6:45 – 7:00 am  |
| Meet Begins  | 7:00 am  |

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| **Concessions**:   | We sell concessions (Breakfast & Lunch menu) throughout the meet.  |
| **Heat** **Sheets**:  | An electronic copy of the heat sheets will be provided to your team and posted  |
|    | to the Barracuda website, [www.teamunify.com/recpwrbva,](http://www.teamunify.com/recpwrbva) as soon as it is available.  |
| **Deck** **Area**:  | Please do not set up tents or chairs on deck, see map for Visitor set up areas. Roped off  |
|   | area is for coaches, swimmers, officials, and volunteers only. Visitor set up is not  |
|    | allowed until the day of the swim meet per the Lake Ridge HOA.  |
| **What to**  | \* Starter system fully charged as we will use it during the meet. Please set it up at the turn end of the pool next to the coaches’ tent.  |
| **Bring**:  | \* As many officials as you can (at least 4). We will alternate referees & starters.  |
|   | \* Stop watches (just in case, we should have enough, but you can never be too sure).  |
|   | \* Back-Up Printer (just in case)  |

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| **FYI**:  | \* We will be doing fly-over starts for 11 and up. We will discuss in officials’ meeting.  |
|   | \* Only the Head & Assistant Coaches may call for swimmers to clerk, the announcer will  |
|   |  call which events are staging at clerk of course at least twice. Please have swimmers &  |
|   |  parents listen for the event numbers. \*Please, no towels at the Clerk of Course. |
| **Volunteers**  | \* 3 shifts (7-9, 9-11, 11-end of meet)\* 4 recorders per shift (see Lane Chart below),  |
| **Needed**:  | \* 12 Timers per shift (8-lane pool),  |
|   | \* 4 Clerk of Course Volunteers per shift,  |
|   | \* 2 Scorers per shift,  |
|   | \* 1 Runner per shift,  |
|   | \* 1 Verifier per shift,  |
|   | \* 1 Head Timer per shift,  |
|   | \* Ribbons Volunteers (including at least 1 Heat Ribbon Volunteer for shift 2).  |

**Lane** **Assignments**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Lane #s*  | *1*  | *2*  | *3*  | *4*  | *5*  | *6*  | *7*  | *8*  |
| Timers  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  |
| Timers  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  |
| Timers  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  |
| Recorders  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  | Ridgewood  | Visitors  |

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| --- | --- |
| **Entries**:  | Please send your entries head coach no later than 7pm Thursday, prior to the meet  |
|    | though earlier is preferable, coach@ridgewoodbarracudas.com.  |

***As always, we look forward to hosting your team!***