

WELCOME TO OLD BRIDGE ESTATES ~ HOME OF THE OLD BRIDGE BREAKERS

We look forward to hosting your team - here is some information about swim meets at our pool:

Address

3600 Beaver Pond Road, Lake Ridge, VA 22192

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Parking

Parking is available on Beaver Pond Road, outside the pool. Additional street parking is available on Catawba Drive and Valleyhill Drive, which intersect Beaver Pond Road immediately before and after the pool. Please do not park on pipestems or in townhouse areas; these are private roads and are not available for parking – towing is enforced. Also, please avoid blocking curb areas on Beaver Pond Road that are marked in yellow, or any area in front of a curbside mailbox. Our pool has a very small parking lot in which all the spots are reserved during meets. We've allocated two spaces in this lot for your coaches - please have them check in with the Parking Marshal upon arrival. Please let our PWSL Representative, Kathleen Bragdon, know if you have a family that needs a handicap spot (valid DMV handicap permit required) and send their name.

Warm-ups

The meet will start at 7:00am. OBB has the first warm up at 6:10am with the visiting team warming up at 6:30am. The pool is cleared at 6:50am. As there are a number of residences very close to the pool, we ask that noise be kept to a minimum prior to the start of the meet (please no bull horns, noisemakers, loud radios, etc.).

Officials

Please bring a Referee and as many Stroke & Turn Officials as possible. If the visiting team has a Starter, they will trade off duties with the OBB Starter. A meeting for all Officials will be announced during warm-ups.

Meet Volunteers

We run two shifts of volunteers: 7:00 – 9:30am and 9:30am – end of the meet. We ask that the first shift volunteers be in place by 6:55am. A Timers/Recorders meeting will be announced during warm-ups and will take place poolside.

Please provide –

Timers/Recorders:

ONE Recorder for lane 2, 4, and 6 per shift,
ONE Timer for lanes 2, 4, and 6 per shift,
TWO Timers for lanes 1, 3 and 5 per shift.

Additional Volunteers:

ONE Head Timer per shift
THREE Clerk of Course volunteers per shift
ONE Deck Runner per shift
ONE Heat ribbon volunteer for second shift only
ONE Ribbon Writer per shift - we do not start ribbon writing until shift 2
TWO Scorers/Verifiers per shift
ONE Computer volunteer per shift

Relay Lanes

Visiting team relay lanes are 2, 4, and 6.

Computers, Ribbons & Scoring

These functions are all located on the second floor of the pool house. Access is via the staircase facing Beaver Pond Road. Due to space constraints, access to this area is limited to volunteers working these functions. Swimmers may visit parents briefly during the meet, but we ask that they do not stay in the office area throughout the volunteer shift.

Clerk of Course

There are two clerks of course areas: The clerk of course for 8 & under and 11/12 swimmers are on the deck area adjacent to pool house (accessible through the clubhouse bathrooms) and the clerk of course for 9-10 and 13-18 swimmers is diagonally across the pool adjacent to the half-moon at the shallow end of pool (accessible through the main gate, immediately turn left). Swimmers should report to the 9-10 clerk to swim their 10 and under IM. When events are announced over our public address system swimmers should proceed to their clerk of course areas. **Our clerks do not support relays**; team relays should form with their coaches (OBB on the clubhouse side of the pool; visitors on the half moon side).

Deck Access

The actual deck area of our pool is very small. Consequently, ONLY working officials, volunteers, coaches, and swimmers who have been called for their events are permitted on the main deck. When swimmers have finished their events and have reported for results to their coaches, they are asked to leave the deck area promptly.

VOLUNTEERS PLEASE NOTE, no cameras (including cell phone cameras) or other recording devices are permitted behind swimmers during race starts. If your volunteer role is behind the blocks, please ask for relief and move to the side of the pool if you must use your cell phone during your volunteer shift.

Parents can view their swimmers' races **(a)** from the front of the team area on the tennis courts or **(b)** from the small viewing area on the streetside of the pool. **PLEASE NOTE that NO PHOTOGRAPHY or RECORDING is allowed from (b) the small viewing area DURING RELAYS as swimmers will be starting from both ends of the pool.** We ask that parents vacate (b) the small viewing and head back to the team area immediately after cheering for their swimmers' race so that there is space for other families.

If your team brings a team photographer that needs deck access, please ensure they wear an identifying tag. Please limit team photography on deck to one photographer volunteer at a time.

Meet Heat (Psych) Sheets

Please send your meet entries to our Computer Rep by the Thursday before the meet at 8:00 PM per PWSL By-Laws. The meet will be set up and meet Heat (Psych) Sheets will be posted on the Old Bridge Breakers web site and will be available for download by both teams after 10:00 AM on the Friday prior to the meet. The file can be found on the home page of our web site under the "Results" tab. The web address is www.obebreakers.org. We will also email the file to the visiting team's computer representative. Copies of the heat (psych) sheets will be given to all Stroke and Turn officials as well as 4 copies for coaching staff. There will not be any heat sheets for sale at the concession stand. Please encourage your team families to download as many copies as they would like before coming to the meet. It is our hope that this will cut down on paper waste and give everyone a chance to have a heat sheet ahead of time.

Equipment

The pool is a 6 lane, 25 Meter pool. **The backstroke flags are not set to the proposed guidelines so please inform your coaches and officials.** OBB will not mandate dive over starts.

Please bring your Colorado Timing System fully charged, as a back-up. Additionally, please bring enough stopwatches for the timers from your team.

A canopy and chairs will be provided and set up for visiting coaches.

Concessions

Our fully stocked and staffed Concessions Stand will provide a variety of delicious hot and cold food and drinks for purchase throughout the meet beginning at 6:50am. We will provide your coaching staff with two concession vouchers. OBB concessions is **CASH ONLY** sales; please share with your families.

Sportsmanship

In keeping with PWSL's commitment to league-wide good sportsmanship, please know that such respectful behavior is something that the Old Bridge Breaker coaching staff, swim committee and parents seek to instill in each swimmer. Athletes are taught to encourage and motivate through cheers, positive focus, and praise. After a hard race, acknowledging the efforts of your opponent, win or lose, always speaks volumes in developing the character of our swimmers. We know that the competitive nature of sports often makes for emotional events. No matter the age, Breakers are encouraged, and shown by example, to be in control of their actions and exercise good sportsmanship at all times. We look forward to a friendly and respectful competition!

Meet Rules and Procedures of NOTE (from the Prince William Swim League By-Laws)

B. Competitors may swim (3) individual events and two (2) relays (one medley relay and one free relay) only in their age group. If needed to complete a relay team, swimmers may swim on an "A" Relay team in an older age group under the following conditions (please see your PWSL Rep and/or the By-Laws if your team may need to invoke this rule on the day of the meet to ensure conditions are met).

F. Meet entries...will be due to the host team by the Thursday prior to the meet at 8:00 PM...Any changes made to team entries after this point will not be eligible to score points or earn ribbons.

[OBB Clerks of Course are able to "deck enter" a limited number of swimmers in individual events to swim "exhibition". Please send a Coach with the swimmer's name, event, and approximate seed time to the Clerk of Course 15 minutes prior to the start of the meet to be deck entered.]

J. Each team's relay entries in each event (labeled A-E), must be included in the meet entry file and submitted by the deadline on Thursday night. Any additional relay teams added after both teams approve the psych sheets will be marked exhibition and not be eligible to score points or earn ribbons. The individual swimmers comprising each team's relay entries are always deck entered. Swimmer names do not need to be entered on relay entries in advance of the race. Changes to swimmer names should be written on a deck card and presented to the lane recorder before the beginning of the heat. Any swimmer eligible to compete in a meet, including swimmers who are deck entered on the day of the meet or who have had their events changed, may compete on relay teams and may earn ribbons to help their team earn points for relay events.

T. Swimmers may not compete in a meet with body or hair paint except for event numbers placed on hands or arms. Swimmers in violation of this rule will be allowed to remove paint at clerk-of-course to compete, if paint is removed before his/her heat is ready to compete. Temporary tattoos are not in violation of this rule.

U. To ensure the safety of swimmers, no cameras (including cell phone cameras) or other recording devices may be used behind swimmers during the start of races or during relay takeoffs. This applies from the beginning of warmups until the end of the meet. If a venue starts 25m events from the “turn end” of the pool, then for the purposes of this rule, that area is considered the same as the “start end” as soon as swimmers begin to report from clerk of course until the last 25m heat of that event begins.

Meet officials, including timers, recorders, judges, starters, and referees, should not be using any device capable of photography, or recording while on shift. Meet officials should ask for relief if a phone must be used and use that device from the side of the pool.

Swimmers shall not bring any such cameras or recording devices with them from the clerk of course. A swimmer found to have a recording device in the starting area may, at the referee’s discretion, be disqualified from their next individual event. Any adult violation of this rule, at the referee’s discretion, maybe be relieved of their position and asked to leave the deck.

Contacts

Elizabeth George

703.946.6106

Kathleen Bragdon

703.850.1368

Shannon Zachariasen

703.772.3972

Jeremy George

703.946.6105

Adam Lucariello

Mark McDonald

Swim Team President

elizabeth.ann.george@gmail.com

PWSL Representative

k2bragdon@verizon.net

Meet Manager

smzachariasen@gmail.com

Head Official

Jeremy.George.dobb@gmail.com

Computer Rep

techteamOBB@gmail.com

Team Areas

Team areas are on the tennis courts. Access will be available beginning at 5:45 AM on the day of the meet. The Visiting Team area is on the half of the court that is adjacent to the concessions stand, closest to Beaver Pond. Please do not use sharp-tipped objects, chairs, tents, etc. that can mar the court surface and only set up on the tarp covered area. Please no flying toys (balls, frisbees, etc.), and no pets are allowed on the tennis courts for the comfort and safety of all attending.

Pool Map

Please find a map of our pool layout on the last page.

@ Old Bridge Estates

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Lake Ridge, VA 22192

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