



Welcome to Westridge Pool

Home of the Westridge Waves

12764 Quarterhorse Lane Woodbridge, Virginia 22192

We are happy to be hosting your team at the Westridge Pool. We hope the following information will assist you and help the meet run smoothly. Please contact us if you have questions.

Address: Westridge Pool is located at 12764 Quarterhorse Lane Woodbridge, Virginia 22192. After turning on Westridge Drive from Old Bridge Road, turn left onto Quarterhorse Lane. The pool facility is located at the end of Quarterhorse Lane. (Figure 1 below)

Parking: There is a parking lot at the pool but it fills up quickly. Visiting teams are encouraged to carpool as much as possible. There is plenty of street parking on Quarterhorse Lane, Westridge Drive, and at the tennis courts at end of Wimbley Lane. Please respect owners' driveways and mailboxes. Speed limit is 25 MPH and no parking on pipe stems. Additionally, the parking lot at the Westridge Elementary School may be used, located at the top of Westridge Drive where it meets Knightsbridge Drive. Westridge team members/families should walk and/or park in alternate locations as much as possible. (Figure 2 & 3 Below)

Team Area: Visiting teams may set up tents in the area along the shallow end of the pool near the pond side of the pool deck. Westridge sets up along the deck near the toddler pool. (See Figure 4) While we have a large deck area and have maximized tent locations to allow good views of swimmers, we ask that families **share tents** as much as possible. The smaller lounge pool located on the opposite side of the clubhouse is off limits. It will not have a lifeguard on duty so it is not to be used for swimming, hot tub, or tents. Please pick up all trash before leaving.

Warm-ups and Start Time: Westridge has the first warm-ups from **6:00 – 6:25 am**. Visiting team warm-ups are from **6:25 – 6:50 am**. The meet will start promptly at **7:00 am**.

Relays: Visiting team relays are in lanes 1, 3, and 5.

Clerk of Course: Located near the starting area under the canopies. We will call the event twice on the PA system. **Swimmers are to report at first call.** A "last call" will be made but swimmers should have already reported. Swimmers arriving after event has been seeded may not be able to swim. Please advise your coaches and parents to listen for announcements for event reporting. We will not be using "dive over" starts, except for relays, in this meet.

Volunteers: There will be two (2) shifts of volunteers (except for Officials) 1st shift (7:00 – 9:30 a.m.), 2nd shift (9:30-end of meet). Please bring as many Stroke & Turn officials as possible.

In order for us to run a successful meet, we ask that you please provide the following volunteers:

Volunteer Position Required	# of Volunteers	Notes
Timers	9 per shift	visiting teams should bring stopwatches to supply their own volunteers
Recorders	3 per shift	
Head Timer	1 per shift	will work with the Westridge Head Timer(s)
DQ Runner	1 per shift	should report to the scoring table for their shift
Runner	1 per shift	should report to the scoring table for their shift
Clerk of Course	3 per shift	located near the starting line, at the (far end) of the pool
Ribbons	1 per shift	located under the tents, on the top deck, near the toddler pool
Scoring	2 per shift	the visiting team can elect to use their computer lead and/or others to fill these verifying position
Verifying	2 per shift	

Coaches' Meeting-6:10 am-coaches from both teams meet with the head official behind the coaches' tents by the deep end of the pool

Officials – All officials will meet at **6:30 a.m.** to go over assignments. Visiting teams are required to provide a referee, starter, and a minimum of 4-5 Stroke and Turn officials. The Visiting Team officials will be provided heat sheets and timeline if necessary. Visiting Teams should also bring their clipboards and DQ pads. Relay takeoff sheets will be provided. **Please bring your Colorado Timing System (starter) fully charged as a back-up.**

If you are unable to meet the minimum requirements for officials, please email John DeForest at deforestjs@gmail.com by Wednesday prior to the meet.

Timers/Recorders- There will be a Timers/Recorders Meeting at **6:40am**, prior to the start of the meet. All Timers/Recorders need to attend the meeting, which will be held by the starting area of the pool deck.

We have a six lane pool. The breakdown of Timer/Recorder volunteers are listed below, for your reference:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane5	Lane 6
Timer	Visitor	Westridge	Visitor	Westridge	Visitor	Westridge
Timer	Visitor	Westridge	Visitor	Westridge	Visitor	Westridge
Timer	Westridge	Visitor	Westridge	Visitor	Westridge	Visitor
Recorder	Westridge	Visitor	Westridge	Visitor	Westridge	Visitor

If you are unable to meet any of the minimum volunteer requirements (other than officials), please email Kat Windmiller, Westridge Waves Volunteer Coordinator, at waves.volunteering@gmail.com.

Equipment: Please bring your computer as a backup (in case of equipment failure) and a flash drive. And a reminder again that your head timer should also bring adequate stop watches to supply your team's timers and to please bring your Colorado Timing System (starter) fully charged as a back-up.

Deck Access & Viewing: Only working officials, volunteers, coaches and swimmers who have been called for their events are permitted on deck. When swimmers have finished their events and have reported to their coaches, they are asked to leave the deck and return to their sitting area.

Photography: At no time may any person take pictures from behind the starting area.

Viewing Areas: Parents are welcome to watch from the seating area or near the pool deck (see Figure 1). We ask that no spectators be present at the start and finish ends of the pool as it gets very crowded and interferes with both the swimmers and the timers/recorders/runners. We also ask that there be no spectators near clerk of course so that the swimmers and runners can get by.

Heat Sheets & Concessions: In an effort to go green, Heat Sheets will be sent to your Computer Support contact on Thursday night for distribution across the visiting team and will be available online at www.westridgewaves.net for parents to print before the meet. Concessions will be available throughout the meet. Drinks include coffee, water, juice, sodas and Gatorade. The WAVES famous "Breakfast Burger", donuts, muffins, cinnamon rolls, yogurt & granola parfaits & fresh fruit will be sold first thing in morning. The Bacon, Swiss BBQ Chicken Sandwich (thanks to our sponsor, OUTBACK STEAKHOUSE), along with hot dogs and burgers/cheeseburgers, and pasta salad will be offered later in the meet. Cup O' Noodles, assorted candies, and chips will also be on sale. Cash and credit cards are accepted at concessions.

Contacts: Please contact League Representative Marci League at mleague@hotmail.com or Team Manager Rhianna Wright at wavesteammanager@gmail.com if you have any questions. **Mike Terrigno is the computer rep. Please send entries to him at waves.computerteam@gmail.com by the date set by the league.** The pool phone number is **703-730-3975**.

Adult Relay: Coaches & Parents interested in swimming in an adult relay should wear swimwear under their clothing. **Time permitting** we will have an adult relay race 100 meter freestyle (4 x 25 meter) at the conclusion of the meet. Each team may have up to (2) adult teams (8 swimmers) for the event. This is always a fun event for kids and adults alike.

Figure 1: Google Map

12764 Quarterhorse Lane Woodbridge, Virginia 22192

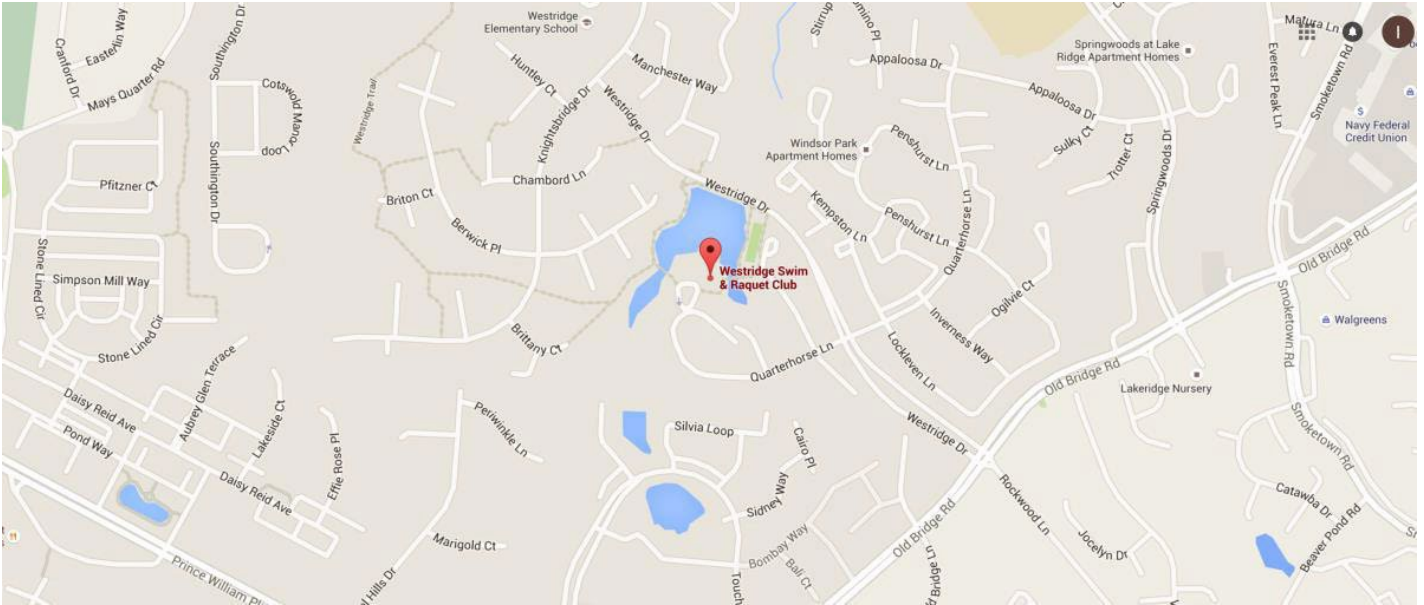


Figure 2: General Parking & Layout



Parking: Cones will indicate reserved spots for the visiting and home teams. All other parking spots are available on a first come, first serve basis. There are three (3) handicap parking spots (see map).

Figure 3: Alternative Parking View



Additional Parking: Additional parking is available along Quarterhorse Lane, but please do not block driveways. Parking is also available along Westridge Drive and a walking path to the pool, highlighted above, is located around the pond.



Green: Waves
Blue: Visitor

Figure 4: Team Areas

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Additional visiting team space: There is space outside the fence for 4-5 tents, but the road must remain clear of any obstacles to allow for emergency vehicles.