



Nugget Conference Championship Meet Information



**Amador Polar Bears
Carmichael Beavers
Ris Vista Sharks
Sac Town Tsunami
Sutter Lawn Tsunamis**



General Information

Dates & Times	
July 19 (Friday)	
Meet Setup:	4:00 - 6:00 pm
Parent Setup After Deck is done:	6:00 - 7:00 pm
July 20 (Saturday)	
Check-In:	6:15 - 6:30 am
Scratch Meeting:	7:00 - 7:15 am
Warm-Ups	7:00 - 8:15 am
Closed Pool	8:15 - 8:30 am
Meet Start:	8:30 am
Awards for 6 & Unders:	Before Relays Start
July 21 (Sunday)	
Check-In:	6:15- 6:30am
Scratch Meeting:	7:00 - 7:15 am
Warm-Ups	7:00 - 8:15 am
Closed Pool	8:15 - 8:30 am
Meet Start:	8:30 am
Awards:	Right after clean-up/teardown

Location	Teams
American River College 4700 College Oak Dr. Sacramento CA 95841	Amador Polar Bears Carmichael Beavers Rio Vista Sharks SacTown Tsunamis Sutter Lawn Tsunamis
Meet Referee: <i>Shanon Arnan and Mike Fazio</i> Deck Referees: provided by each team	Meet Director: Meredith SacTown League Reps: Shanon Amador Jordan Carmichael Heather Rio Vista Meredith SacTown Tim Sutter Lawn

Team Responsibilities & Assignments

Team	Responsible For	Contact
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Amador Polar Bears	Volunteers	Shanon
Carmichael Beavers	Hospitality	Jordan
Rio Vista Sharks	Computer Ops	Kelly
Sac Town Tsunami	Meet Director/Awards	Meredith
Sutter Lawn Tsunamis	Ready Bench	Carrie

Meet Schedule

Warm Up Schedules (remind coaches starting blocks are only available on lanes 1-10, recommend using one lane for starts, the second lane to swim back, and the no block lane for flip turns)

SATURDAY & SUNDAY 7:00 - 8:15am	
Team	Lane Assigned
Amador	1,2 & 11-no block
Carmichael	3,4 & 12-no block
Rio Vista	5,6 & 13-no block
Sac Town	7,8 & 14-no block
Sutter Lawn	9,10 & 15-no block

SATURDAY		
Shift	Stroke	Events
1st Shift	Individual Medley	1 - 8
2nd Shift	Short Freestyle	9 - 20
3rd Shift	Backstroke	21 - 32
45 min Break, Parent Relay		
4th Shift	Finals & Relays	Finals + 33-43

SUNDAY		
Shift	Stroke	Events
1st Shift	Long Free	44 - 53
2nd Shift	Breaststroke	54 - 63
3rd Shift	Butterfly	64 - 73
45 min Break, Coaches Relay		
4th Shift	Finals & Relays	Finals + 74-83



Volunteer Positions

The Conference Championship Volunteer Coordinator function is being handled by Shanon Arnan.

Each team will have their own Volunteer Coordinator(s) check in their volunteers for their assigned shifts and pass out the shift stickers/labels so they can enter the closed deck. The team's Volunteer Coordinator will meet with the Champ Volunteer Coordinator to pick up the stickers/labels and address any concerns or changes to the volunteer master list. Sticker drop/off pickup at Friday setup, or early am Saturday. Volunteers will not be allowed to leave their post until they are "tagged out" by the next shift worker. This will allow the meet to continue without interruption. **Volunteer Coordinators for each team will be present at each shift change, starting with Timers, S&T, then other roles to ensure their teams assigned role is filled.** The team's Volunteer Coordinator will be responsible for finding a person to work a shift if their person assigned did not check in or report to their position.

Reminders on Champs:

A. Deck

- Closed Deck behind blocks. Only swimmers, current shift volunteers, deck pass holders and coaches.
- Deck passes for Key team roles will be provided. Coaches Exempt, must have coaches shirt.
- Volunteers will have stickers, with shifts.
- No photography or video behind the blocks, NCSL rules will be in effect.
- **IMPORTANT: Anyone found to have a deck pass that was not assigned to them, maybe excluded from the Meet. The person who gave that deck pass will be forfeited. Any person wearing a coach's shirt that is not a coach for that team, may be excluded from the Meet.**

B. On-deck Crowd Control

- Closed deck at all times when meet is in progress (no matter the excuse☺)
- Nobody on the pool deck without a deck pass
- Swimmers may not be in front of the coaches table but only behind the table
- No dangling of feet in the water
- No noise-making devices
- **No pictures behind the blocks or start side.** This is all our responsibility.

C. Team / Parent Areas

- **No alcohol** or smoking, vaping, marijuana use, etc. - grounds for removal from the meet.
- Team area set up Friday 6pm but only **AFTER** deck set up is complete. Meet Director will give the okay for team area setup to begin at 6:00pm or after the completion of deck set up. Anyone



setting up team area prior will be asked to remove their belongings and wait until the meet director gives the okay. Team area set up closes Friday at 7pm.

- No tarps or tents with tarp bottoms on the ground at all. Breathable carpeting or towels are ok. They must be picked up off the ground at night.
- Pop-ups can be left overnight but must be lowered. HIGHLY recommend to weigh popups down. Not recommended to leave anything of value.
- **No dogs, skateboards, or bicycles are allowed in the facility.**
- Clean up after yourselves.

D. Award Ceremonies

- 6 & Under awards ceremony will be before Saturday Relays.
- Ages 7 & up awards will be Sunday after clean up-team areas cleared out, deck cleared off, and trash picked up. Awards will take place in the bleachers.

E. Warm-Up Lanes

- Will utilize all 15 lanes of competition pool.
- Lanes 13-15 will be available during the Meet for warmup & cool down.
- No diving in any warm up lanes.
- Warm-up lanes are for active swimming. Advise swimmers to only use it for swimming activities to get ready for race or cool down after a race.
- Remind swimmers they are to always listen to the life-guard's& warm up lane monitors directions. Issues may require your coach to be on deck at the warmup pool to supervise, or lose the privilege to use the warmup lanes.

F. Parking

- Parking is Free! But will be limited to the parking garage and large uncovered lot next to the football stadium.
- NO PARKING in any staff lots or spaces. Anyone parked there will be subject to ticketing and towing without notice, and at their own expense. All Teams, please communicate the parking options ahead of time to your families and advise that parking in the garage & large stadium lot will be best.
- Street Parking – Will be available and all users must abide by parking laws or will be subject to towing at their own expense.

G. Miscellaneous

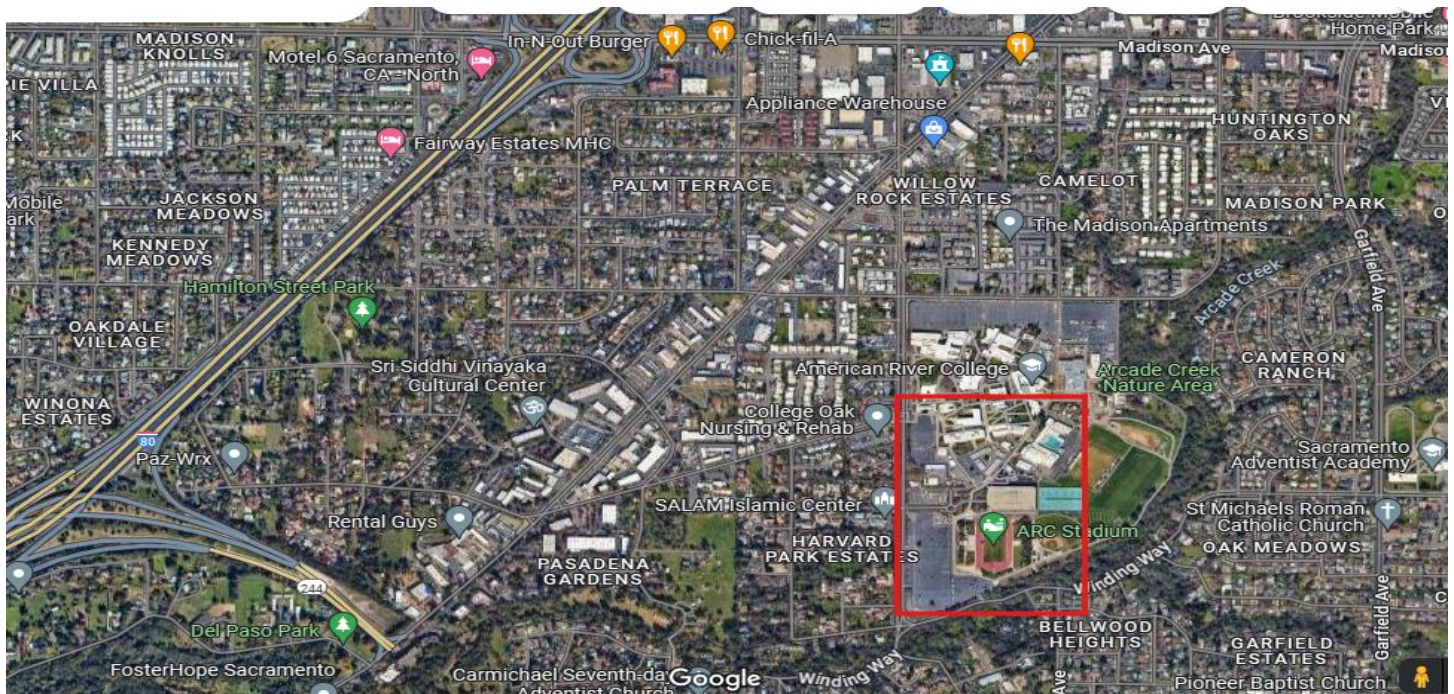
- Food Vendors:



Saturday – Poncho Villa BBQ, Kona Ice, Atlas Coffee Cart & Official League Champs Shirts,
 Sunday – Hefty Gyros, Hagen’s Freeze, Atlas Coffee Cart & Official League Champs Shirts,

K. Facility Maps

Street Area Map:



Parking & Walkways: **RED** = driving/parking **YELLOW** = walking/team area



Team Areas: **Keep Main Walkways Clear** **RED**-path to pool **PINK**-Rio Vista **BLUE**-SacTown **YELLOW**-Carmichael **GREEN**-Sutter Lawn **ORANGE**-Amador



Pool Deck: Coaches Tables 1-Amador, 2-Carmichael, 3-Rio Vista, 4-Sac Town, 5-Sutter Lawn

