



2025 Team Bio for AHI Swim Team, American Canyon

American Canyon Aquatic Center Info

Swim Center Address: American Canyon High School 3000 Newell Drive, American Canyon CA 94503

Secondary Swim Center Address: Vintage High School 1375 Trower Ave, Napa, CA 94558

Swim Team Mailing Address:

10 West American Canyon Road, #508-108, American Canyon, CA 94503

AHI Swim Team Info:

Email address:

ahiswim@gmail.com

Email address – Meet Files

ahi.meets@gmail.com

Website:

www.ahi.swimtopia.com

Contact Person for Team Information:

Charissa Ramp (President)

707.690.0202

ahiswim@gmail.com

League Reps:

Charissa Ramp

charissa.d.ramp@gmail.com

Jesse Ford

jessedford@gmail.com

Meet Manager:

Victoria Hernandez

707.227.7038

ahimeetmanager@gmail.com

Volunteer Coordinator:

Monica Regalado

ahivolunteercoordinator@gmail.com

Computer Tech:

Edward Lorica

ahi.meets@gmail.com

Head Coach:

Andrea Cifelli

andrea.cifelli95@gmail.com

***Our Meets are run with Meet Maestro by Swimtopia. Please advise if your team uses Swimtopia also and we will link the meets. Otherwise we request that each team provide our Computer techs with a complete list of their team's entries via .hy3 (Hy-Tek), .sd3 (SDIF), or .zip file (containing a .hy3 or .sd3) 72 hours prior to the scheduled meet. (No later than 5pm on Wednesday for Saturday morning meets).**

Swim Meet Info:

The American Canyon Pool doors will open at the designated time; parents who arrive early will not be allowed into the facility until the designated time.

- Check-in Time 30 minutes prior to swim meet (Visiting Meet Director)
- Saturday Meets: 8:30am – 1:00pm
 - Doors Open: 7:15am
 - AHI's Warm-ups: 7:30am – 7:55am
 - Visiting Team Warm-ups: 8:00am – 8:25am
- Wednesday Meets: 5:30pm – 9:00pm
 - Doors Open: 4:00pm
 - AHI's Warm-ups: 4:30pm – 4:55pm
 - Visiting Team Warm-ups: 5:00pm – 5:25pm
- Lane Assignments:
 - Visiting Team: Odd number lanes
 - AHI Team: Even number lanes

Pool Facility Capacity:

To accommodate both the AHI and the visiting swim team and spectators, swim teams are asked to set up camp (chairs, tents, blankets, etc) outside of the pool fence on the basketball court area and come inside to watch events from the bleachers.

American Canyon High School is often busy, as there are other sports and events happening at High School during our meets. Please be considerate to other visitors at the school and parking lot.

- Home Camp: Two basketball courts outside of pool fence (school side)
- Visitor Camp: Two basketball courts outside of pool fence (football field side)
- Visiting Team parent Work Assignments:
 - Volunteer Coordinator: 1 (on call contact person for team for meet questions)
 - Timers/Recorder: 9 (2 per even # lanes and 1 per odd # lanes)
 - Ribbon Writers: 1
 - Stroke & Turn: 2 (rotate)
 - Shepherds: Team's own parent volunteers

Ribbons: Ribbons are provided for individuals placing 1st – 6th place overall, heat winners for individual events with multiple heats and 1st and 2nd for relays. Participation ribbons are provided for all swimmers. Scoring will follow league rules: Individual points 5, 2, 1; Relay one scoring relay per team; points 6, 3.

Order of Events:

15-18 50 Free

Number of Heats

1 heat

Medley Relay	
(may include mixed relay for 6 and under)	1 heat
IM	2 heat
Freestyle	4 heats
Breaststroke	3 heats
Butterfly	3 heats
Backstroke	4 heats
Free Relay	1 heat

25 yard event Starts: 8 & Under will have dive starts from the edge of the pool opposite from the blocks.
Note this part of the pool is deep.

Snack Bar: The AHI Team Snack Bar is open on Saturday mornings from 8:00am – Noon. On Saturday morning meets we will sell hot breakfast items and BBQ hamburgers and hotdogs for lunch. We will also sell a wide variety of drinks, snack items and candy.

Directions:

80 N toward Sacramento

Exit Hwy 37

Take exit 20 for Fairgrounds drive toward Discovery Kingdom

Turn right onto Fairgrounds Drive

Continue onto Flosden Road

Continue onto Newell Drive

American Canyon High School: 3000 Newell Drive, American Canyon, CA 94503

Parking: ACHS has a large parking lot with ample parking.