



1510 Neroly Road, Oakley, CA 94561
925-420-4575

Aquaknights Swim Team Information for Visiting Teams - 2023

Meet Format: Saturday meets will start at 9:15 am and end at approximately 1:00 pm. Weekday meets will start at 5:45 pm and end at approximately 8:45 pm, although we will finish each meet with no time constraints. Entry Gates will open 1.5 hours prior to meet start time.

Warm Up Times:

Weekday Meets
Saturday Meets

Visitors:

5:05 pm – 5:35 pm
8:35 am – 9:05 am

Aquaknights:

4:30 pm – 5:00 pm
8:00 am – 8:30 am

Entries: Our meets are pre-seeded using Hy-Tek Meet Manager. We request that you electronically provide our coach and computer team (see contact information below) with a complete list of entries no later than 3 days prior to a meet. We will provide the visiting coaches/computer team with a copy of the meet file for review 1 day prior to the meet. Swimmers entered with no time will be seeded in the slowest heat unless otherwise indicated by the visiting team.

Order & Number of Events: Swimmers may swim 2 individual events, plus the IM for 4 swimmers per age group/gender. 15-18's may swim the 50 Free or 100 IM, with no more than 4 IM swimmers per gender. Aquaknights swimmers will compete in lanes 2, 4, 6, and 8. Visiting swimmers will be in lanes 1, 3, 5, and 7. Breaststroke, butterfly, and backstroke individual events are not limited, but we will not run a heat with only 1-2 swimmers. We would ask that you move them to a different event where there is additional room. The number of heats for the freestyle event is typically unlimited. The order of events are: medley relay, individual medley, freestyle, breaststroke, butterfly, backstroke, and free relay.

Ribbons: Ribbons are awarded to the top eight swimmers in individual events based on time. All swimmers 10 years and younger will receive a participant ribbon stating their time swum in the event. A heat winner ribbon will be awarded for all individual swim events; this ribbon will not have the swimmer information or time on the reverse.

Food: Food and beverages will be available for purchase from various outside vendors/food trucks. You may also bring your own food.

Guests: Guests are allowed to attend the meet, and may enter on the side of the facility

Team Area: Visiting Team Set-up should be on the grass area between the family pool and the tennis courts. Please keep pop ups within a 10' by 10' size.

Parking: Parking is available in the adjacent parking lot. **PLEASE MAKE SURE THAT YOUR FAMILIES DO NOT PARK IN THE NEIGHBORHOOD ADJACENT TO THE CLUB – OUR PERMIT WITH THE CITY IS CONTINGENT UPON US KEEPING THE IMPACT OF OUR SWIM MEETS AT A MINIMUM TO THE ADJACENT NEIGHBORHOOD. All Pool access should be through the side entry gates only.**

Visiting Team Work Assignments: Visiting meet director or main team contact should check in with the AK meet director or team representative no later than 30 minutes before the meet. Visiting stroke and turn judges should report to the scoring table no later than 15 minutes before the meet. Other visiting volunteers should report to their positions no later than 15 minutes prior to the scheduled meet start time in order to ensure the meet begins on time. The

Lane	Timers Needed
1	1
2	2
3	1
4	2
5	1
6	2
7	1
8	2

visiting team work positions include:

- 1 Meet Director/Board Member in Charge
- 2 -3 Stroke and turn officials
- Shepherds for your team swimmers
- 12 Timers (see image to right)
- 2 Ribbons/Score table (container for ribbons)
- 2 or more relief workers for your team

Rules and regulations:

1. Park in legal unmarked parking spaces only. Do not leave your car in the pick-up/drop-off zones and absolutely no parking in the adjoining neighborhoods.
2. **All Pool Access should be through the side entry gates only. Please do not utilize the front entry.**

3. Smoking is NOT permitted in the club or on its grounds.
4. Food or drinks must be in non-breakable containers—glass is NOT permitted in the pool area. Please note that bags and personal belongings are subject to search.
5. Restrooms for girls and boys are located in the hallway near the DHSC Kids' Zone (through glass door) or in the pool house/storage building at the far end of the competition pool. Children under 17 years old and younger are NOT allowed in the adult locker rooms unless accompanied by their parent/guardian. Children 4 years and older may not use the locker room of the opposite sex.
6. No one shall behave in an unsportsmanlike manner or use obscene or abusive language. No one shall disrespect DHSC Aquaknights facilities or equipment (vandalism, destruction of property, etc.). Disruptive behavior will not be tolerated, which includes using the club in a manner that is not intended or not following ethical rules and regulations. Those in violation will be reported to team management (board and/or coaches), expelled from the meet, and escorted out of the facility.

Contact Information:

- Coaching Staff: Sam Dix, sdix14@gmail.com
- President: Ray Friddle, friddle.ray@gmail.com
- Vice President: Laura Lasnier, lauralasnier02@gmail.com
- Secretary: Heidi Tank, heiditank09@gmail.com
- Work Assignment Coordinators: Donelle Minister donelle.minister@gmail.com & Heather Henderson Maverick1328@gmail.com

Computer Team: Mike Oravec, aquaknightsgeek@gmail.com