



Benicia Stingrays

Team Bio 2023

<http://www.bsrswim.org>

PO Box 131 Benicia, CA 94510

Meet Starting Times & Length

Saturday (Long Program)
8:30 am to 12:30 pm

Wednesday (Short Program)
5:00 pm to 7:30 pm

Visitor Check-In

Saturday
8:00 am

Wednesday
4:15 pm

All swimmers and parents must enter pool through the main, front entrance of the pool unless they are part of the setup crew. Families that are not part of meet setup crew can enter the pool at 7:30 am for Saturday meets and 4:00 pm for Wednesday meets.

Warm-Ups

Saturday
Benicia: 7:45 am – 8:05 am
Visitors: 8:05 am – 8:25 am

Wednesday
4:10 pm – 4:30 pm
4:30 pm – 4:50 pm

Order of Events

Medley Relay
IM
Freestyle
Breaststroke
Butterfly
Backstroke
Free Relay

Wednesday Meet Heat Restrictions

1
1
3
2
2
3
1

Order of Events

Medley Relay
IM
Freestyle
Breaststroke
Butterfly
Backstroke
Free Relay

Saturday Meet Heat Restrictions

1
1
4
2
2
4
1

For Wednesday meets, each swimmer can participate in up to 2 individual events and 2 relays. All 15-18 events will be 100-yard races. Only A and B relays will be run, with a limit of 4 swimmers per age/gender per team in the IM event. There will be no C relays. For the Saturday Program, each swimmer can participate in up to 3 individual events and 2 relays.

Please note that for relays and IM events, girls' and boys' races and/or multiple age groups may be combined. Visiting teams will be notified of the meet format when the Hy-Tek file is sent.

Whistle Protocol at Benicia Home Meets

Please note that our home pool guards use a three-whistle pattern as an emergency signal. Accordingly, we will use a four-whistle pattern for starts. That is, there will be four short whistles indicating that swimmers and timers are ready, and one long whistle indicating that swimmers should step up on the blocks. Please be sure your coaches and swimmers are aware of this minor difference from current league protocol.

All starts, except for backstroke, will be flyover.

Entry Schedule

	Saturday Meet	Wednesday Meet
Meet Events files to Visitors	Mon - 11:59 pm	Thu - 11:59 pm
Completed entries due from Visitor and Benicia Coaches	Wed - 5:00 pm	Mon - 5:00 pm
Meet Programs delivered to Visitor and Benicia Coaches	Fri - noon	Tues - noon
Corrections/Adjustments due to Benicia Meet Director via email	Fri - 5:30 pm	Tues - 5:30 pm
Deck changes	8:10 am	4:40 pm

All entries should be entered in the HY-TEK team manager USING THE MEET EVENTS FILE SENT TO YOU. Please also include A FULL ROSTER EXPORT in case of deck changes. By default, the meet will be seeded fastest to slowest. If you are manually seeding, please let the Benicia Meet Director know the day before the entries are due.

Please deliver meet entries to coach@brswim.org and meetdirector@brswim.org per the schedule above. All changes after final programs should be kept to a minimum and delivered to the Benicia Meet Director in writing per the schedule outlined above.

BSR uses Meet Manager 8.0. If your team has not upgraded, please let Coach Mariska know what .pdf files you need for Coaches, Shepherds, etc.

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Lane Assignments

Visitors: Odd lanes (1,3,5,7)

Home: Even lanes (2,4,6,8)

Scoring

Individual events 1st = 5 pts, 2nd = 3 pts, 3rd = 1 pt

Relays 1st = 6 pts, 2nd = 3 pts

Ribbons

Ribbons will be supplied for all heat winners, and for 10 and under swimmers in the first heat, places 1st through 8th

Visiting Team Work Requirements

- 2 Stroke & Turn judges
- 1 DQ runner (collect DQ slips from Stroke & Turn Judges and turn in to Meet Director)
- 12 Timers/Plungers/Recorders ***Please bring your own stopwatches.**
- 2 Ribbon Writers
- Shepherds for your team

All DQ runners, timers, plungers and plunger/recorders need to be in their places with equipment ready for a system test at 8:15am for Saturday meets and 4:45pm for Wednesday meets.

There will be a Coaches, Stroke & Turn judges meeting with BSR Officials at the computer table at 8:00am for Saturday meets and 4:30pm for Wednesday meets.

Visitor Camp Area

Visitors' camp area is on the grass behind the computer table, at the West end of the pool.

Food Availability

1 Food Truck will be present as well as a snack bar on deck.

Directions

From Highway 780 take the East 2nd Street Exit, go south toward the downtown area. Make a right on Military East (at the stoplight). Then make a left on First Street (next stoplight). Take a left on East J Street. James Lemos Pool is located at 181 East J Street.

Parking

On-street parking is available around the pool. Please be mindful and do not block driveways or emergency access to the pool, as your car will be towed.

Team Contacts

President: Duane Magno & Jennifer Smith president@bsrswim.org

Vice-President: Kendall Lara vicepresident@bsrswim.org

Treasurer: Karissa Hammerquist treasurer@bsrswim.org

League Rep: Geoff Cagnon & Anya Blankenship leaguerep@bsrswim.org

Meet Director: Leslie Clements meetdirector@bsrswim.org

Head Coach: Mariska Field coach@bsrswim.org

Membership: Melissa Vogel membership@bsrswim.org

Communications: Jill Magno beniciastingrays@bsrswim.org

Secretary: Robin Matias beniciastingrays@bsrswim.org

Volunteer Coordinator: Wendy Buresh & Bekki Callaway volunteer@bsrswim.org

Fundraising: Jeanne Woodford and Andrea Reyes beniciastingrays@bsrswim.org

Social Director: Audrey Vargas beniciastingrays@bsrswim.org