

East County Invitational 2024

VOLUNTEER ASSIGNMENTS

Please check in with Coordinator Krista Heredia upon arriving at the pool.
(Can't find me at camp? Text/Call Krista @ 925-899-1034)

<u>SATURDAY 7/13: LANE TIMERS</u>	<u>LANE 4 - RECORDER</u>	<u>LANE 7 - STOPWATCH</u>
9:00 - 11:00	Munn	Hedberg
11:00 - 1:00	Bastien	Saba
1:00 - 3:00	Schaeffer	Nuener
3:00 - 5:00	Buresh	Marshall
9:00 - end (likely not needed) RELIEF/BACK UP	Clements	Clements

SATURDAY 7/13: STROKE & TURN

- *2 one hour shifts: **Gelardin**
- *2 one hour shifts: **Patten**
- *2 one hour shifts: **Salindong**
- **RELIEF/BACKUP:** **Ambrose** (9:00 - end, likely not needed)

*Please see this attached schedule for shift details: [Stroke and Turn Schedule Saturday.pdf](#)

Attend mandatory S&T officials meeting, time TBD (will be announced the morning of the event)

<u>SUNDAY 7/14: LANE TIMERS</u>	<u>LANE 4 - RECORDER</u>	<u>LANE 7 - STOPWATCH</u>
9:00 - 11:00	Ambrose	Clarke
11:00 - 1:00	Harcum	Garton
1:00 - 3:00	Hubbard	Magley
3:00 - 5:00	Riddle	Magno
9:00 - end (likely not needed) RELIEF/BACK UP	Magno	Magno

SUNDAY 7/14: STROKE & TURN

- *2 one hour shifts: **Gelardin**
- *2 one hour shifts: **Patten**
- *2 one hour shifts: **Salindong**
- **RELIEF/BACKUP:** **Roldan** (9:00 - end, likely not needed)

*Please see this attached schedule for shift details: [Stroke and Turn Schedule Sunday.pdf](#)

Attend mandatory S&T officials meeting, time TBD (will be announced the morning of the event)

Volunteer no shows will be billed \$150, charged to the card on file.

QUESTIONS?: Contact **Krista Heredia** at krista.heredia@gmail.com, or by cell at (925) 899-1034

SUPPLEMENTAL MEET INFO

Location:

Freedom High School (new location), [1050 Neroly Rd, Oakley, CA 94561](#)

Saturday: Start time 9:00 AM Approx. 3:30 PM

Sunday: start time 9:00 AM Approx. 4:00 PM

Awards: Will conclude approx. 30 minutes after the last event. Near the snack bar. [SCORING](#)

Order of Events :

Saturday

- Kickboard Races for Littles
- 7/8 & 9/10 IM, 15-18 50 Free
- All age groups: Fly, Back, Medley Relay

Sunday

- Polly wog races?
- 11 & up IM
- All age groups: Breast, Free, Free Relay
- [Duck Derby](#)
- Parent Relay, Coach Relay

Warm Up Times: 8:30-8:50--we are the last team to warm up, with Pinole

- [Full Warm Up Schedule](#)

Swimmer Guidelines:

- Clerk of the Course: All swimmers must pass through; late arrivals scratched responsibility on swimmers/parents/team shepherds.

Pool Deck Instructions:

- Designated Walkways: Clearly marked for swimmers from clerk of the course to the 8&U blocks
- Gate Access: Both gates open for entry and exit; maintain smooth foot traffic
- Viewing: Spectating allowed from the scoreboard side for 9 and older events; clearance during the last 15/18 event
- Walkway: No family areas allowed on the pool deck, grass area, or behind the blocks
- Photography: No videos or photography from behind the blocks
 - ★ Sanctions: Loss of team points for uncooperative behavior from parents, spectators or coaches

Team Camp: Team camps will be marked on Saturday morning; we do not have an assigned camp yet. If anyone wants to decorate the team camp, there is a decorating contest and the team with the most spirit gets \$100 off of their team registration fees for next year.

Snack Bar: Yes

Coach Set Up: Each team is allowed one 10x10 popup on the pool deck. Please keep the pool deck clear; only coaches and junior coaches are permitted on the pool deck due to limited space.

Coaches (up to 4) and Stroke and Turn Officials: Continental breakfast will be in the coaches' area; drinks and snacks available all day. Meal tickets will be provided for use at the snack bar. Wristbands: 6 for coaches/Jr. coaches for hospitality, 4 lunch tickets per team.

Meet Programs: Will be available for a nominal fee at the meet. A meet sheet will not be emailed out prior to the event.

Program Dedication Ad: Previous messages went out regarding form to complete by July 8th to be included in the meet program.

Action Photography will be available. Pre-registration is required.

- Please visit this [ZOOM PHOTOGRAPHY](#) website prior to meet day to register your swimmer for action shots.

Rubber Duck Race:

- Will occur right before the parent relay
- Individual duck entries \$5; 5 ducks for \$20

Parent Relay: Feeling strong and want to get a feel for what our swimmers go through? You can put together a relay of 4 parent swimmers and we will cheer you on as you swim! This event will take place at the end of the meet on Sunday!