

## **Pleasant Hill Dolphins Meet Information 2023**

### **Meet Location:**

College Park High School Pool  
201 Viking Drive  
Pleasant Hill, CA 94523

### **Meet Start Times:**

Wednesday evening meets begin at 5:30 pm  
Saturday morning meets begin at 9 am

### **Warm-up Times:**

Wednesday afternoon meets: PHD 4:30 pm, visiting team 5 pm  
Saturday morning meets: PHD 8 am, visiting team 8:30 am

### **Events:**

For Wednesday afternoon Dual Meets:

Each swimmer can swim up to 2 individual events and 2 relay events. This includes IMs. Each relay is restricted to 2 per team per age group. IMs are restricted to 4 entries per team for girls and 4 entries per team for boys for 1 heat per age group for girls and one heat for boys.

For Saturday morning Dual Meets:

Each swimmer can swim up to 3 individual events and 2 relay events. This includes IMs. Each relay is restricted to 2 per team per age group. IMs are restricted to 4 entries per team for girls and 4 entries per team for boys for 1 heat per age group for girls and one heat for boys.

For Saturday morning meets we have added the 50 FR event for the 15/18 age group.

The order of events is as follows:

### **15/18 50 Free (Saturday meets ONLY)**

#### **Medley Relay**

#### **Individual Medley**

#### **Free**

#### **Breast**

#### **Back**

#### **Fly**

#### **Free Relay**

Distances are 25 yards for age groups 6 & Under and 7-8s; 50 yards for 9-10s, 11-12s and 13-14s; and 100 yards for 15-18s. 15-18's have the option to swim the 50 free for Saturday meets.

### **Heats:**

Each swimmer will be assigned to a heat of up to 8 swimmers. Lanes will be assigned based upon each swimmer's seeded time in each event. Heats will be seeded fastest to slowest.

**Please plan on flyover starts for ages 9 and up.**

### **Timing:**

Each swimmer will be timed by 3 timers. The official time will then be recorded. Colorado timing system will be used.

**Meet Eligibility:**

Swimmers must be a registered swimmer of a participating swim team, having participated with this team only during the course of the summer season.

**Rules:**

Current USS rules will govern strokes, turns, starts, finishes, etc. Each meet will be pre-seeded based on entry times.

**Awards:**

Ribbons will be awarded to 1<sup>st</sup>-8<sup>th</sup> finisher in each heat, for each event for swimmers 12 and under. Ribbons can be picked up from the desk at the duration of the meet.

**Hy-Tek Entry:**

An event file will be emailed prior to a meet. All Hy-Tek entries must be submitted to Amy Ross by email. Entries for Weds night meets should be submitted by Monday at 5p and for Saturday meets by Thursday at 5p to **amyross6@yahoo.com** Please contact Amy with questions at 925-699-0762.

**Job Assignments:**

12 timers  
3 stroke and turn judges  
1 ribbon writer  
Shepherds, as needed

**Pool and Facilities:**

8 lane pool; **warm-up lane for swimmers 13 and older only.**

**Food:**

Snack Shack will be open for all meets offering a variety of items. Credit cards are accepted.

**Parking:**

College Park High School main parking lot.

**PLEASE NOTE:** There is no alcohol allowed on the premises. There is no smoking on any portion of College Park High School campus or in the parking lot. No pets are allowed on campus, with the exception of service animals.

**Team Contacts:**

Talli Pitcher—Head Coach (tpitcher@pleasanthillrec.com)  
Amy Ross—Head Computer, Meet Director (amyross6@yahoo.com)

**\*\*\*\*\*PLEASE NOTE THE 5:30 PM MEET START TIME FOR ALL WEDNESDAY NIGHT MEETS**