



2023 -24 Team Bio
Pinole Seals Swim Club

Pinole Swim Center:

2450 Simas Ave
Pinole Ca 94564

<i>President</i>	Travis Bohan	pinoleseals.president@gmail.com
<i>Vice President</i>	Ling Hsieh	pinoleseals.vp@gmail.com
<i>Secretary</i>	Carla Oelkers	pinoleseals.secretary@gmail.com
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<i>League Rep</i>	Heidi Vasarhely	pinoleseals.leaguerep@gmail.com
<i>Computer Team</i>	Travis Bohan/ Ling Hsieh	pinolesealsdatateam@gmail.com
<i>Head Coach</i>	Hayley Samuelsz	hnzeelen@gmail.com
<i>Head Coach</i>	Millie Hancock	millieh0812@gmail.com

Covid-19 related guidelines: No covid guidelines as of 4/1/22. Wearing masks is optional but not required.

***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 Information

The Pinole Swim Center gate will open at the designated time; parents who arrive early will not be allowed into the facility until the designated time.

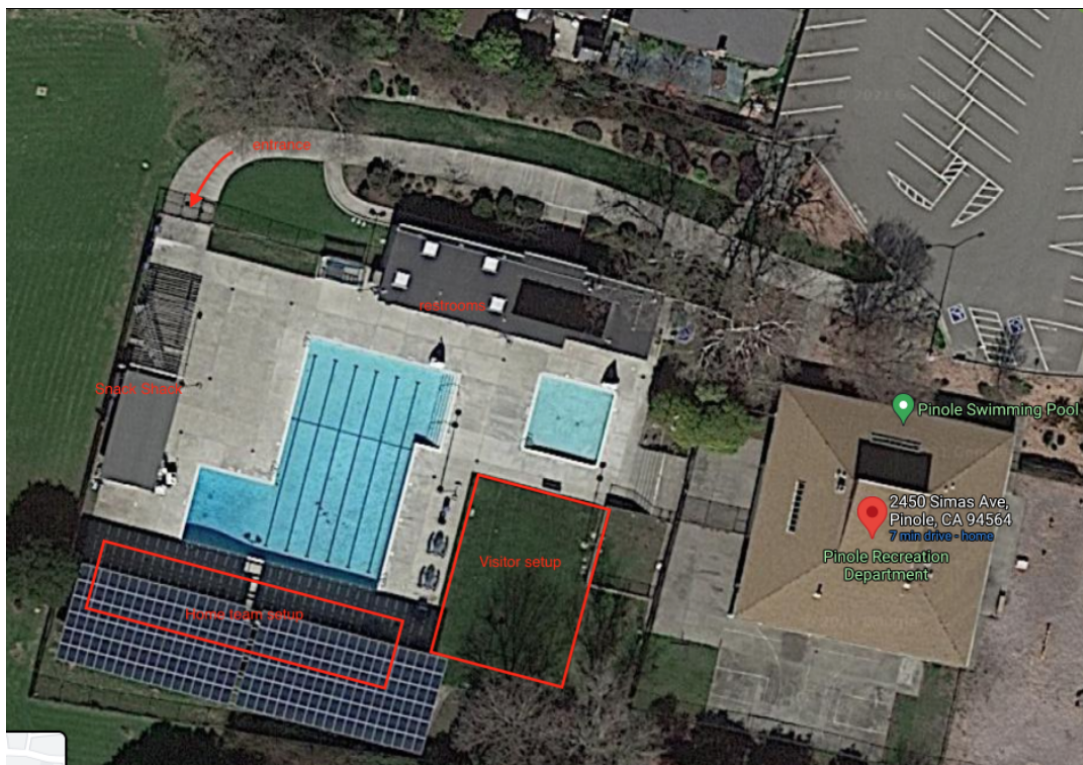
	Saturday	Wednesday
Meet Time	9–12 pm	6–9 pm
Doors Open	7:45 am	4:30 pm
Visiting Team Warm-up	8:30–8:55 am	5:15 - 5:45 pm
Seals Warmup	8:00–8:25 am	4:45 - 5:15 pm

Lane Assignments (6-lane pool)

- Visiting Team: Lanes 1,3,5
- Seals Team: Lanes 2,4,6

Pool Facility:

- Home Camp: Under solar panels
- Visitor Camp area: Grassy area on side of pool



Visiting Team Work Assignments

- Timers/Recorders: 9 (2 per event # lanes and 1 per odd # lanes)
- Ribbons Writers: 1 (report to computer desk after IM events are completed)
- 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 not placing for 8 and unders only. Scoring will follow league rules.

No ribbons for 13s and Up.

Order of Events: Total number of events 84

Number of heats will depend on the number of swimmers. We will combine events/heats where ever possible for time management.

- Medley Relay
- IM
- Freestyle - 2021, county has added 50 yd free for 15-18
- Breaststroke
- Butterfly
- Backstroke
- Free relay

Snack Bar

The Seals Team Snack Bar is open on Saturday mornings and on Wednesday evenings for meal items. We will also sell a wide variety of drinks, snack items and candy.

Directions

From Concord

- West on Highway 4
- Merge to I-80 West
- Exit Pinole Valley Road
- Turn Left onto Pinole Valley Road
- Turn Left on Simas Ave. (past Pinole Valley High school)
- The pool is on the left side of the street

Parking

Parking is available in the lot next to the pool; you may also park on the street next to the pool in the neighborhood. Please do not block driveways.