

# 2023 Sunday Free Fest Detailed Information

## Session #1 – 12&U Meet

### Warm Up #1

7:50-8:20am – RSD (4 Deep Lanes + Block Lanes 7-9), JBarracudas (Block Lanes 3-6), Ramona (Block Lanes 0-2)

### Warm Up #2

8:20-8:50am – SBA (4 Deep Lanes + Block Lane 8-9), CAST (Block Lanes 6-7), CSTE (Block Lanes 4-5), SDSA (Block Lane 3), OSC and RRST (Share Block Lane 2), SOL and SDAC (Share Block Lane 1)

There will also be 4 shallow lanes with only 1 turn wall available that will be overflow for teams that need a little more space.

### Meet Timeline:

Estimated 9-11:45am – 500s Start around 11am

## Lane Timing Assignments

**Please have timers available from 8:50-12pm just in case the timeline goes late. (which it does for Free Fest often). We may be asking the 500 Freestylers to provide their own timers.**

1 – CAST – 2 Chairs

2 – JBarracuda – 2 Chairs

3 – RSD 2 Chairs

4 – RSD 2 Chairs

5 - RSD 2 Chairs

6 – SBA 2 Chairs

7 – SBA 1 Chairs, SDSA – 1 Chair

8 – Ramona – 2 Chairs

9 – CSTE – 2 Chairs

## Session #2 – 13& Older Session

These Times are estimates. Warmups will start after the morning session concludes, but not before 11:45am

### Warm Up #1

11:45--12:20pm – **PS** (4 Deep Lanes + Block Lanes 7-9), **JBarracudas** (Block Lane 6), **SDSA** (Block Lanes 3-5), **Ramona** (Block Lane 2), **SDAC, OSC, RRST** (Share Block Lane 0-1)

### Warm Up #2

12:20-12:55pm – **RSD** (4 Deep Lanes + Block Lane 7-9), **SBA** (Block Lanes 5-6), **CAST** (Block Lanes 3-4), **CSTE** (Block Lanes 0-2)

There will also be 4 shallow lanes with only 1 turn wall available that will be overflow for teams that need a little more space.

### Meet Timeline

Estimated 1pm-5:10pm – 500s Start around 3:45pm

## Lane Timing Assignments

**Please have timers available from 12:50-5:15pm just in case the timeline goes late. (Which it does for Free Fest often.) We may be asking the 500 Freestylers to provide their own timers.**

1 – SDSA – 2 Chairs

2 – CSTE – 2 Chairs

3 – PS – 1 Chair, JBarracuda 1 Chair

4 – PS – 2 Chairs

5 - PS – 2 Chairs

6 – RSD – 2 Chairs

7 – RSD – 2 Chairs

8 – RSD – 1 Chairs, CAST 1 Chair

9 – SBA – 2 Chairs

## Facility Details

**Warm Up** – There are floating walls in this pool for additional warm up in the deep-end. Coaches need to remind their swimmers **not to hang on them during team warm up or during the meet** as they are easily dislodged and hard to fix.

**Swimmers are not allowed to swim underneath the wall to get into the deep-end. COACHES ARE EXPECTED TO GO OVER THIS EXPECTATION WITH THEIR SWIMMERS OR WE WILL BE FORCED TO CLOSE THE DIVING WELL.** This is traditionally a great place to stage and wait for a race. Just follow the rules.

**Locker Rooms and Bathrooms are for ATHLETES ONLY**

**Parents, Coaches and Adults** need to use the Family Bathroom Stalls next to the entrance and Splash Pad. Athletes should not USE these stalls. There are changing stalls and showers in the locker room instead.

### **Tarps and Team Areas**

Pool will Not Open until 7:15am Saturday Morning. YOU will NOT be allowed to drop off tents on Friday.

Team Canopies must be in the pool area and not out in the park.

**No Team/Parent Canopies may be set up in the following areas: Along any of the building sides of the pool, splash pad area, out in the park.**

There will be coach's tables and chairs available at this meet along the shallow side of the pool. You can set up coach's canopies over those tables only.

### **Hospitality and Snackbar**

There will be an outside food vendor for a cash snackbar. Hospitality will be tickets for coaches and officials to get something from the vendor.

### **Parking and Overflow**

Please see map for parking overflow areas. The parking lots around the pool will fill up. Please look at the parking overflow areas in advance. There are larger parking lots at the Boys and Girls Club and City Hall. There may be some areas in the Parking LOT that are off limits.

**DO NOT PARK IN AREAS RESERVED FOR MAINTENANCE AND OTHER ACTIVITES. THEY WILL BE USED ON WEEKENDS. Coaches, please send out something for your parents to remind them of this. There are NO SPECIAL PARKING SPOTS FOR PEOPLE THAT FEEL ENTITLED.**

### **Clean Up**

Coaches are required to make sure their area is clean and clear before leaving. Please make sure your team areas are picked up of trash as well as your coaching area.

**Coaches – Please pick up Ribbons before leaving 12U Session**