

JANUARY 20-21, 2024 HEARTLAND NTS MEET INFORMATION SHEET

Pool is located at 1719 E Madison Ave in El Cajon. Parking is available in school lots off of Madison and lots off of 4th St.

CHECK IN: All swimmers must check in for their events at the check in table. NO PARENTS ARE ALLOWED AT THE CHECK IN AREA: only coaches and swimmers.

FACILITY: The facility will open at 6:30 am. Teams are NOT allowed to set up tarps on the bleachers. The bleachers are allowed for parents/spectators only. Canopies may be set up behind the bleachers or in the blacktop area next to the pool.

PARENTS ARE NOT ALLOWED BEHIND THE BLOCKS UNLESS THEY ARE TIMING. There are no phones or recording devices allowed in the locker rooms or behind the blocks.

SNACK BAR & HOSPITALITY: There will be a snack bar available and hospitality for coaches and officials.

WARM UP ASSIGNMENTS:

7:45 -8:15 AM: SBA, TAQ, SOL, RST

8:15-8:45: CSTE, CAST, MRA, SDSA

TIMING ASSIGNMENTS:

1	2	3	4	5	6	7	8
CAST CAST	CAST CSTE	CSTE CSTE	MRA MRA	SBA SBA	SBA SBA	RST SDSA	SOL TAQ

TIMELINE: Approximate meet finish 1:45 on Saturday and 1:00 on Sunday

Because Athletes and Non-Athletes must share the locker room, the athletes are not allowed to change in the locker room. Athletes may change in one of the 2 single person restrooms on the outside of the pool facility. **Teams should bring their safe sport tents to allow your swimmers a place to change.**