

2025 Sunday Free Fest Detailed Information

Session #1 – 12&U Meet

Warm Up #1

7:20-7:50am –PS - Entire Pool

Warm Up #2

7:50-8:20am – **CAST** – Lanes 0,1,2, **NCA** – Rest of the Entire Pool

Warm Up #3

8:20-8:50am – **Heartland**-Lanes 0,1, **Sol** – Lanes 2,3, **CSTE** -Lane 4, **MVY** – Lane 5, **TAQ** - Lane 6, **RRST** – Lane 7, **SDSA** – Lane 8, **Ramona** – Lane 8 and Deep Lane closest to Lane 9.

Lane 0 is the First Lane in the main pool area next to the scaffold that does not have a block, Lanes 1-9 are labeled by Block #. Deep End will have 4 lanes with floating walls. There will be shallow lanes available for overflow but they only have one wall. All Teams should have at least 1 lane with a block.

CHECK-IN – Required! Check-In will open at 7am and will be open until 8:30am for the 50,100, 200 Free. The 500 will remain open for check-in and scratches until 10:45am and will be seeded at 11am. **We are NOT ALTERNATING the 500s.**

Meet Timeline:

Estimated 9am-12:10pm – 500s Start around 11:30am.

Lane Timing Assignments

Please have timers available from 8:50am-12:20pm just in case the timeline goes late. (which it does for Free Fest often). Please try to make your timers available through the 500s. If you have no one swimming the 500, please let us know early if you need us to call for additional timing help. It will be a community effort as we get to the end of the 500s.

1 – Heartland – 1 Chair, SOL – 1 Chair

2 – NCA – 2 Chairs

3 – NCA – 2 Chairs

4 – NCA – 2 Chairs

5 – PS – 2 Chairs

6 – PS – 2 Chairs

7 – PS – 2 Chairs

8 – CAST – 2 Chairs

9 – Ramona – 1 Chair, CSTE – 1 Chair

Session #2 – 13& Older Session

These Times are estimates. Warmups will start after the morning session concludes, but not before 12:10pm.

Warm Up – There will only be 2 warm up session following the 12U Session – 35min

Warm Up #1 – 12:10-12:45pm

Lane Assignments – **PS** – Entire Pool

Warm Up #2 – 12:45 – 1:20pm

Lane Assignments – **SDSA** – Lane 0,1, **CSTE** – Lane 2,3, **CAST** – Lane 4, **Heartland** – Lane 5, **SOL** – Lane 6, **TAQ&RSST** – Lane 7, **MVY&Ramona** – Lane 8, **NCA** – Lane 9 + 4 Deep End Lanes

Lane 0 is the First Lane in the main pool area next to the scaffold that does not have a block, Lanes 1-9 are labeled by Block #. Deep end will have 4 lanes with floating walls. There will be shallow lanes available for overflow but they only have one wall. All Teams should have at least 1 lane with a block.

CHECK-IN – Required! Check-In will open at 11:45pm and will be open until 30minutes prior to the announced session start for the 50,100, 200 Free. The 500 will remain open for check-in and scratches until 3:30pm and will be seeded afterwards. **We are NOT ALTERNATING the 500s.**

Meet Timeline

Estimated 1:30pm-6pm. 500s Start around 4:15pm

Lane Timing Assignments

Please have timers available from 1:30-6:15pm just in case the timeline goes late. (Which it does for Free Fest often.) Please try to make your timers available through the 500s. If you have no one swimming the 500, please let us know early if you need us to call for additional timing help. It will be a community effort as we get to the end of the 500s.

1 – Heartland 1 Chair, CAST 1 Chair

2 – NCA – 1 Chairs

3 – NCA – 2 Chairs

4 – NCA – 2 Chairs

5 - PS – 2 Chairs

6 – PS – 2 Chairs

7 – PS – 2 Chairs

8 – SDSA – 2 Chairs

9 – CSTE 2 Chair

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 deepv 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.

Tarps and Team Areas

Pool will Not Open until 6:45am Sunday Morning. YOU will NOT be allowed to drop off tents earlier.

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

Morena's is back as our traditional vendor for snackbar services. They always do a great job with breakfast burritos, street tacos and more. Their salsa is also made fresh and is amazing. We will have general hospitality for coaches and officials near the admin tent as well as tickets that we will give to coaches for a main item at Morena's. Please support our local and longtime vendor



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

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 ACTIVITIES. 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.

JOLYN POP-UP SHOP



@ THE PACIFIC SWIM FREESTYLE FEST MEET

SAT-SUN // SEPT. 21-22

Poway Community Swim Center
8:00 am-4:00 pm

Shop One Pieces - Two Pieces
BROLYN - Apparel - More

active X
COCO

PS.
PACIFIC SWIM

Our flagship product, Pre-Splash Spritz is your hair's first line of defense against chlorine, saltwater, and steamy saunas, basically all the fun stuff that dries out your strands. Whether you're a swimmer, surfer, hot yoga junkie, or just love a summer glow, our spritz creates a nourishing barrier that locks in moisture and keeps your hair healthy, happy, and hydrated.



ph-Balanced

4.5 pH •
Naturally Protects •
Hydrates •
Detangles •

How To Use

Spray generously through the hair, tips to top on dry or damp hair BEFORE activity. Run through with a brush or fingers. Splash or sweat away!

PRO TIP: let it sit in for 18-15 minutes before getting active.

Clean Ingredients

- Coconut Oil
- Golden Jojoba Oil
- Castor Oil
- Aloe
- Vitamin E
- Honey
- Argan Oil

Made For

- Swimmers, Surfers,
- Hot Yogis, Kids,
- Sun Lovers,
- basically everyone!

@GETACTIVECOCO

