

2025 CAST June - Rising stars meet
Meet Information
HELIX CHARTER HIGH SCHOOL

Coaches and team administrators:

Please distribute this to your families that are attending the meet.

Tarps and Team Areas:

Teams are allowed to set up in locations that doesn't affect the safe and effective flow of traffic or cover the snack bar area. Teams may set up outside the pool area.

Safe Sport: No photography behind the start area/blocks. No parents behind the start area/blocks unless timing.

Check in: Opens at 7:30 am. Check in is required for all events and closes at 8:30. ONLY swimmers and Coaches are allowed to check in. NO PARENTS ALLOWED TO CHECK IN SWIMMERS.

Bathrooms: Bathrooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the locker room bathrooms, however changing is allowed in the single use bathrooms outside the pool deck.

Clean Up:

Coaches/Teams are required to make sure their area is clean and clear before leaving.

A limited Snack Bar will be available

Timing System

At this meet, We will be utilizing the Time Drops timing system at the meet. Unlike our meet in October, we will have touchpads to use. It is likely that we will have the scoreboard at this meet. One of the advantages of this system is that your phones also become a scoreboard. You will be able to see running times of the heats from any location as well as names and results of the swimmers. **These results are unofficial**, as you will be seeing the raw data as it comes into the meet admin. The official results, as usual will be posted on the wall, after being checked and verified as well as adjustments for DQ's.

Meet mobile will also be available at this meet.

Make sure you charge up your phones in advance. Please visit the google play store or the apple store and download **Time Drops Live!**. Once we seed and load the meet (right at

meet start) you will be given the four-digit access code and will be able to see all of the heats, heat results, and switch back and forth between heat results view and the live scoreboard view.

Relays

Relay entries are due by 10:30 AM. Relay cost is \$20 per team. Pay by cash, check, or Venmo.

Relays are event 15 and 16: 10&U mixed and 14&U mixed.

Coaches: We have a limited number of chairs and tables available, so please plan on bringing your own chair.

Warm-up notes

We have 3 x 25 minute warm-up sessions of approximately 55 swimmers each, which is approximately 7 swimmers per lane. Specific warm-up lanes are not assigned, so please share lanes accordingly.

Warm-up assignments:

Warmup 1: 7:35-8:00 CAST, HSA, MRA, SEA

Warmup 2: 8:00 – 8:25 SBA, TAQ, MGST, RRST

Warmup 3: 8:25 – 8:50 PS SOL MVY

The Diving pool will be available during the meet. Due to the lack of backstroke flags and lane lines in the diving well, we ask that swimmers do not warm up backstroke in the diving well. If we end up using only 6 lanes, lane 8 will be available for warm-up during the meet.

Timing assignments

We are hoping to run 8 lanes. If we do not have enough officials to run 8, we'll back off to 6 lanes. We will notify teams as soon as we can regarding the number of lanes being run, however this may not be before Friday night.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
PS	PS	SBA	SBA	HSA	SOL	MRA	TAQ		
PS	PS	SBA	HSA	SOL	MRA	TAQ	MGST		

Estimated Meet Length

The individual events should be over about 11:35 or 12:05, Relays should only take a few minutes.

The discrepancy in meet length is regarding the number of officials that volunteer. If we are able to run 8 lanes, we will. If not enough officials sign up, we will only run 6 lanes. 8 lane timeline = 11:45 ish, and 6 lane timeline = 12:15ish (when relays are included). As far as personnel are considered when you set up your timing volunteers, we recommend you assume 12:15 and if we run 8 lanes they'll just be done early.

Swimmers will receive a rising stars cap at check-in. Also, we have rubber ducks for heat winners.

See you at the pool.

--- The CAST Team ---

Helix Charter High School 7323 University Ave La Mesa CA

Best pool access (by far) is from the back of the school - see map.

From 70th street or From Massachussettes...take university Ave East to Lowell street. Turn right on Lowell to the school's back parking lot.
See Picture for pool location.

