



2025 SI WAG MEET INFORMATION SHEET

COACHES AND OFFICIALS: The coaches and officials may enter through the gate by the senior center or the front door and proceed to the coach/official check in table (next to the swimmer check in table) to have their credentials checked on their USA Swimming App. Those not in good standing will not be issued a bag tag and will not be allowed on deck to work/coach. It is the individual's responsibility to make sure they are in good standing and no exceptions will be made. This includes the CANRA for CA residents. They will be issued a bag tag at this time.

THURSDAY NIGHT: Due to scheduling restraints and conflicts there won't be any warm-up allowed unless your team makes arrangements with the facility. Team tarp set up is allowed beginning at 7:00 pm and all individuals must be out of the facility no later than 8:00 pm.

TARP SETUP: Teams may set up on the small bleachers in front of the warm up pool, in the picnic area outside the gate next to the pool and designated areas on the deck and on the splash pad. Please bring your pop up changing tents for your team area. Teams are NOT allowed to set up against the Senior Center building in the garden area as that blocks a walk way and not set up outside the pool area.

FACILITY: The facility will open at 6 am each day. All parents & swimmers must enter through the back gate by the senior center. Teams are NOT allowed to set up on or behind the bleachers. The bleachers are allowed for parents/spectators only.

POOL COURSES: Facing the bleachers: 12/U course will be 8 lanes on the right side, 13-18 course will be on the left side: 10 lanes used for prelims and 8 lanes for finals.

PARKING: NO RV PARKING ALLOWED IN ANY PARKING LOT- Parking is free

- Lot in front of facility: NO PARKING- THIS IS RESERVED FOR MEET ADMINISTRATIVE STAFF AND FACILITY STAFF ONLY- Names are given to the facility for parking.
- Parking Lot in front of Senior Citizen building: No parking on Friday. Parking is allowed in designated areas only on Saturday & Sunday.
- FRONT WAVE PARKING LOT: Free to all as there is not an event at the arena
- FYI: There is a soccer tournament on Sat & Sun but no one is allowed to park in the Front Wave parking lots

RESTROOMS: Safe Sport Guidelines: The 4 individual restrooms outside are for adults only. Locker rooms are for athletes. If an individual restroom is not available only the Officials and Coaches may use the locker rooms as they are USA Swimming registered non-athletes. There will be additional restrooms near the Senior Center that will be open for Non-athletes only.

PHONE USAGE: When working a position or job keep your phone in your bag/pocket please

POSITIVE CHECK IN IS REQUIRED FOR ALL EVENTS EACH DAY. NO PARENTS WILL BE ALLOWED AT THE CHECK IN AREA- ONLY ATHLETES AND COACHES.

12/U RELAY CARDS DUE: 10:30 AM EACH DAY 13-18 RELAY CARDS DUE BY 11:30 AM EACH DAY

PLEASE SEND THE MEET PROGRAM TO YOUR PARENTS TO PRINT OUT AS THERE WILL NOT BE EXTRA COPIES AVAILABLE AT THE MEET FOR PRELIMS.

WARM UP: 20 LANES IN THE MAIN POOL AND 8 LANES IN THE WARM UP POOL FOR 13-18 GROUP

8 LANES IN MAIN POOL AND 8 LANES IN THE WARM UP POOL FOR 12/U GROUP

WARM UP ASSIGNMENTS: 13-18 40 MIN WARM UPS

(TEAMS WITH 10 OR LESS SWIMMERS PER SESSION MAY CHOOSE THEIR WARM UP TIME)

6:30 -7:00 AM – OPEN WARM UP

FRI & SUN 7:00 – 7:40: SAT: 7:40 - 8:20 RSD, CLSS, SMST, SBA, PVPB, BAY,CSTE

FRI & SUN: 7:40 -8: 20: SAT: 7:00 – 7:40 PS, TMEC, MRA, SDSA, SEA, JBST, NCA,SUSA,BEACH

WARM UP ASSIGNMENTS: 12/U 30 MIN WARM UPS

(TEAMS WITH 10 OR LESS SWIMMERS MAY CHOOSE THEIR WARM UP TIME)

FRI & SUN: 8:20 – 8:50: SAT: 8:50 – 9:20 CLSS, JBST, SMST, BAY, NCA

FRI & SUN: 8:50 – 9:20: SAT: 8:20 – 8:50 RSD, SBA, TMEC, PVPB

A Pace lane and a Dive lane will be opened in each of the pools after 20 min after the start time of every assigned warm up session. Additional lanes for diving will open when requested. (Lane 2 for Pace, Lane 7 for Sprint/Dive)

The lane that is closest to the start system equipment: NO PACING OR DIVING

TEAM JOBS AND ASSIGNMENTS

CHECK-IN: SBA: NEED 4 PEOPLE FOR 12/U AND 4 PEOPLE FOR 13-18 BEGINNING @7 AM EACH DAY

TIMING ASSIGNMENTS

13-18 PRELIMS HEAD TIMER: PS RUNNER: SBA

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE10
NCA	JBST	PS	PS	SDSA	RSD	RSD	RSD	SEA	SBA

12/U PRELIMS HEAD TIMER: BAY RUNNER: JBST

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NCA	NCA	RSD	RSD	BAY	JBST	JBST	SBA

FINALS TIMING ASSIGNMENTS: HEAD TIMER - RSD RUNNER: SEA

	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	
	SBA	NCA	RSD	RSD	RSD	JBST	PS	PS	

MEET MARSHALS: MONITOR THE WARM UP POOL AND BEHIND THE BLOCKS – ONLY ATHLETES BEHIND BLOCKS AND PARENTS WHO ARE TIMING It is required to have 1 meet marshal of each gender. Work together as teams to meet the requirement.

PRELIMS: 8:30 – 1:00 RSD – 1, PS – 1

FINALS: 4:00 – FINISH RSD – 1, NCA – 1,

AWARDS: JBST – will need people Friday pm, Saturday am and Sunday pm

SCRATCHES FOR FINALS: Scratches for finals must be declared within 30 minutes of the results being announced. There will be a scratch desk at the admin area. Only athletes or coaches are allowed to scratch (no parents)

HOSPITALITY FOR COACHES', OFFICIAL'S & ADMIN STAFF: There will be hospitality available for the coaches, officials and admin staff in the Event Room. This is also where official's and coach's meetings will take place. Breakfast and lunch along with snacks and drinks will be provided.

SNACK BAR: There will NOT be a snack bar available. Teams are allowed to bring in food and drinks. Please keep your areas free from trash at all times.

VENDORS: Swim West and Jolyn will be on deck with swim gear to purchase.

Apparel Republic will be selling meet sweatshirts and t-shirts all 3 days.

Score Engraving will be selling engraved drinking items

START TIME FOR FINALS: The start time for finals will be set by the meet referee but in any event will begin no sooner than 2 hours after the completion of the final heat of the 13-14 preliminary events each day. With the prelims being completed between noon & 1:00 pm each day, the start of finals on Fri and Sat could be 4 pm and on Sunday at 3 or 3:30. The meet ref will meet with coaches to discuss.

COACHES MEETING: There will be a coaches meeting at 8:15 am on Friday morning. Make every effort to have a team representative attend as we know warm up is still going on.

CLEAN UP AT END OF MEET: Since this is an LSC hosted meet, all SI teams are responsible to assign a couple of people to help clean up after the meet. We will be taking down tarps, putting away tables and chairs etc- Sean Redmond, the meet director, will assign groups to different tasks which should take us about 45 min total to complete. After prelims on Sunday, the younger side of the pool will be dismantled and put away so we will need help with that also. Thank you all in advance for assisting in making this a quality meet.