

General Meet Information for CAST BC Meet Jan. 21-22

Location: Helix Charter High School. 7323 University Ave. La Mesa CA. Please park at the back of the school off of Lowell St.

Positive Check in: All swimmers must check in. Check-in closes at 8:30 AM.

Deck area:

The first 8 feet of the east end of the competition is for coaches. Individual or team tarps Will be allowed on deck as well as surrounding grass areas. Some restrictions for canopy placement will be implemented to allow for safe foot traffic.

The bleachers behind the starting area may be used by swimmers.

We will be using two timers per lane. See timing assignments below.

Absolutely no photography or video behind the blocks.

Bathrooms:

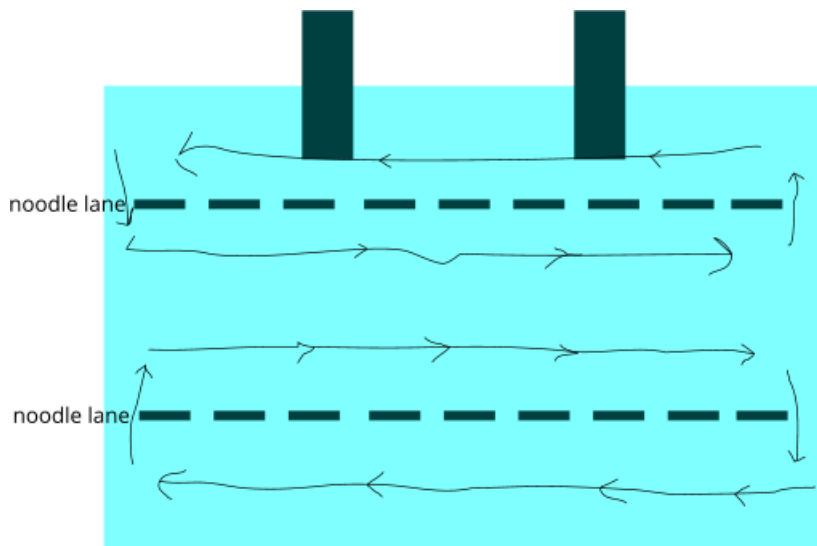
Adult use bathrooms are outside the East end of the pool. The Locker room bathrooms are primarily for the swimmers (Boys – south end, Girls – north end). If adult bathroom lines are more than 5 people, they may use the locker bathrooms. Cell phone use in the locker rooms is strictly prohibited.

Snack Bar: A full snack bar will be provided.

25's: All events will start from the starting end of the pool. The water depth at the turning end is not sufficient for diving, so the timers will move for the 25's.

Warmup during the meet will be available in the diving well. Due to the size of the diving well there will be restrictions on warmup. (This is the same as last year).

- 1) Swimmers who are not actively warming up or cooling down will be asked to get out.
- 2) Since there are no backstroke flags, no backstroke will be allowed in the warmup area.
- 3) Since there are no lines on the bottom. Swimmers will need to follow the following pattern:



swimmers will swim south in the outer lanes, duck under the lane and return in the middle of the pool. This will minimize any potential for collisions as everyone within a lane is swimming the same direction.

Timing and Warmup Assignments

SATURDAY

Lane 1	PS	PS
Lane 2	PS	PS
Lane 3	PS	PS
Lane 4	NCA	NCA
Lane 5	NCA	NCA
Lane 6	NCA	NCA
Lane 7	RST	RST
Lane 8	WSST	WSST

Projected end of meet: 1:05

SUNDAY

Lane 1	PS	PS
Lane 2	PS	PS
Lane 3	PS	PS
Lane 4	NCA	NCA
Lane 5	NCA	NCA
Lane 6	NCA	NCA
Lane 7	RST	RST
Lane 8	WSST	CALI

meet projected end 12:00

Warmup assignments for both days

7:05-7:40	CAST WSST
7:40-8:15	PS RST
8:15-8:50	NCA CALI OSC FAST SDAC

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.

