

# 2022 CAST ALL AGES BC MEET

**POOL LOCATION:** GRANITE HILLS HIGH SCHOOL, 1719 E. MADISON AVE, EL CAJON, CA 92019

**ALL TEAM TARP SET UP:** TEAMS CAN SET UP CANOPIES ON THE BLACK TOP TO THE WEST SIDE OF THE POOL, AND **BEHIND** THE BLEACHERS.

CANOPIES CAN BE SET UP ON THE BLACK TOP ON FRIDAY NIGHT FROM 5-7PM.

**SNACK BAR:** A SNACK BAR WILL BE AVAILABLE. THERE WILL BE HOSPITALITY FOR COACHES AND OFFICIALS.

**COACH CANOPIES:** CANOPIES ARE ALLOWED. COACHES BRING THEIR OWN CHAIRS

**CHECK IN:** CHECK IN IS REQUIRED FOR THE MEET. CHECK IN OPENS AT 7:00 A.M. AND CLOSSES AT 8:30 A.M. FOR ALL EVENTS. IF YOU HAVE SWIMMERS THAT WILL BE ARRIVING LATER, PLEASE MAKE SURE THEY ARE CHECKED IN BY A COACH.

**SESSIONS:** THE MEET WILL BE RUN IN 1 SESSION, 12 LANE COURSE. NO PARENTS ALLOWED BEHIND THE STARTING AREA.

**TIME LINE:** START AT 9:00AM, FINISH APPROX. 2:15 PM SATURDAY, AND 2:00 PM ON SUNDAY. FLYOVER STARTS WILL BE USED. PLEASE EDUCATE YOUR 8&U'S FOR THE 25'S .... (WHISTLES TO PREPARE, HORN TO GO).

**WARM UP:** WARMUPS HAVE BEEN DIVIDED INTO 3 SESSIONS OF APPROXIMATELY 200 SWIMMERS EACH. PLEASE PREPARE TO SHARE (AVG. 10 - 11 SWIMMERS/LANE)

## **SATURDAY**

7:00-7:35: CAST, HSA, SBA, MRA, SDSA, TAQ, WIND

7:35-8:10: PS, JBST, CSTE, SOL, SSD, RST, CALI

8:10-8:45: NCA, RSD, FAST, OSC, SDAC

## **SUNDAY**

7:00-7:35: CAST, HSA, SBA, MRA, SSD, SDSA, TAQ

7:35-8:10: PS, JBST, CSTE, SOL, RST, WIND, CALI, SDAC, OSC

8:10-8:45: NCA, RSD, FAST

TIMING ASSIGNMENTS					
SATURDAY			SUNDAY		
	CHAIR 1	CHAIR 2		CHAIR 1	CHAIR 2
LANE 1	NCA	NCA	LANE 1	NCA	NCA
LANE 2	NCA	NCA	LANE 2	NCA	NCA
LANE 3	PS	PS	LANE 3	NCA	PS
LANE 4	RSD	RSD	LANE 4	PS	PS
LANE 5	RSD	RSD	LANE 5	RSD	RSD
LANE 6	HSA	HSA	LANE 6	RSD	RSD
LANE 7	HSA	SOL	LANE 7	HSA	HSA
LANE 8	SBA	SBA	LANE 8	HSA	JBST
LANE 9	JBST	JBST	LANE 9	SBA	SBA
LANE 10	CSTE	CSTE	LANE 10	CSTE	SOL
LANE 11	SSD	RST	LANE 11	SSD	FAST
LANE 12	MRA	CALI/SDSA	LANE 12	RST	MRA