

2023 CAST October 28-29 NTS
Meet Information
Granite Hills High School
1719 Madison Ave, El Cajon 92019

Coaches and team administrators: Please distribute this to all of your swimmers and families. **There are a few unique things at this meet.** Specifically: USA swimming will have a photographer on site with “opt out” option, a new timing system, and on Saturday a 10&U only warmup – info is below.

To all meet participants (swimmers/parents, coaches, and officials):

“We are excited to announce that USA Swimming will have a photographer on site during the meet to capture images for their coaching and officials’ education programs. To all meet attendees (parents, swimmers, coaches, officials and spectators) should you wish to opt out please click the link below to fill out the form.”

[USA Swimming Media Opt Out Form](#)

Tarps and Team Areas:

Team areas are behind the bleachers and in the adjacent lower blacktop area. Keep clear of areas of foot traffic.

Deck Area at the coaches’ end of the pool will be closed to spectators/parents. Please be mindful of this and walk around the long way to get to the snack bar. (the extra steps will burn off a few calories).

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

Check in: Opens at 7:00 am. Check in is required for all events and closes each morning at 8:30. ONLY swimmers and Coaches are allowed in the check in area. NO PARENTS ALLOWED IN THE CHECK IN AREA.

Bathrooms: Restrooms for officials/parents/spectators are located between the pool and baseball fields.

The restrooms on the pool deck are for SWIMMERS ONLY.

Clean Up:

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

Full Snack Bar will be available

500 and 1000 freestyles

Swimmers in the distance freestyle events will need to provide their own Timers and a counter. Since we need two timers per lane. It would be helpful if timers can help each other out by timing for a second heat when possible. (the kids need to cool down and talk with their coaches anyway).

Timing System

Due to the LSC deciding not to use the services of South Bay's timing equipment, there will be a few changes at some of the upcoming meets.

At this meet, there will not be touchpads used. We will have buttons and watches. We will be utilizing a new timing system at the meet. The system is called Time Drops. It is unlikely that we will have the big scoreboard at this meet (though we're working on it). One of the advantages of this system your phones 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.

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. This will be especially useful when you're down in the team area.

Estimated Meet Length

Keeping in mind that this meet was originally scheduled to just be a BC meet, and was later modified to include BB and up, it will be a little longer than normal (especially Saturday). I played with shifting events around to try to get 12&U's out earlier, but ultimately nothing was working out. Having said that. Most of the 12&U's are done by 1:47 on Saturday, and 12:50 on Sunday.

Teams please schedule your timers until 2:00 on Saturday (they can leave when we begin 500's) and until 1 on Sunday.

The distance events will be available for scratching until 11:30 – and seeded after that.

Saturday: Estimated start of 11-12 500's 1:47, and 13&O 1000's 2:13. Overall end 2:52

Sunday: Estimated start of 13&O 500's 12:54. Overall end 1:41

Warm-up notes

We are trying something a little bit different on Saturday. With 450 swimmers, we need 3 warmup periods. Due to the length of the meet we are reserving the 3rd warmup for only 10&U's on Saturday only. (with the only exception being 3 teams who only have 2-3 swimmers beyond their 10&U's: RRST, OSC, and SOL (those teams can have all of their swimmers in warmup 3)). We need teams to honor this even when it splits families into two warmup times, because we have 8 to 10 swimmers per lane in the 10&U warmup.

Warm-ups with lane assignments

Saturday:

Warmup 1 7:10-7:45: CAST (1-5), SWMX (6-9) SBA(10-17) HSA (18-20)
Warmup 2 7:45-8:20: TAQ (1-2) WIND(3-4) CSTE(5-8) RSD (9-20)
Warmup 3 8:20-8:50: 10 and unders (except whole teams for SOL, OSC and RRST)
RSD(1-4) SBA(5-7) CAST(8-9) HSA(10-12) SWMX + RRST(13) SOL+OSC (14-16) TAQ and Wind (17-18)
CSTE(19-20)

Sunday:

Warmup 1 7:30 – 8:10: CAST (1-6) SWMX (7-9) SBA (10-16) HSA (17-20)
Warmup 2 8:10 – 8:50: TAQ (1-2) WIND+RRST(3-4) SOL (5-7) CSTE+OSC (8-10) RSD (11-20)

Timing assignments

Saturday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RSD	RSD	RSD	SBA	SBA	HSA	HSA	TAQ	SWMX	CSTE
RSD	RSD	RSD	SBA	SBA	HSA	WIND	SOL	SWMX	CSTE

Sunday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RSD	RSD	RSD	SBA	HSA	SOL	CSTE	TAQ
RSD	RSD	SBA	SBA	HSA	SOL	SWMX	WIND

Oh, and we have halloween themed rubber ducks for heat winners.

See you at the pool.

--- The CAST Team ---