

EQUIPMENT

1. Regulation Starting Blocks
2. Lane Markers
3. Backstroke Flags
4. False Start Rope
5. Starting System and Back-up Bullhorn
6. Public Address System
7. One Stopwatch/Lane with CAL Timing System or Three Stopwatches/Lane
8. Heat Organization Board for the Clerk of Course
9. Table and Chairs
10. Scoring Computer
 - a. Printer for Results
 - b. Printer for Ribbon Labels
11. CAL Computerized Timing System
12. Timing Computer and Printer should be provided and operated by the VISITING Team
13. Electrical Extension Cords for Scoring and Timing Computers and Lights

Note: UPS units are recommended, but not required, for the Timing and Scoring Computers.

SUPPLIES

1. Events Schedules
2. *Strokes & Turns Judges Cards
3. *Event Cards (for Timers)
4. *Heat Pads for Clerk of Course
5. Computer labels for pre-seeded events
6. Clip Boards
7. Red pencils with erasers, red pens (for marking on wet cards)
8. #2 pencils with erasers
9. Blue and Green HIGHLIGHTERS to mark GOLD and SILVER Event Cards
10. Paper Clips and Rubber Bands
- 11.. Boxes or Bags for DQ Cards and Award Ribbons for Coaches
12. Computer Paper
13. Label Forms for Award Ribbons One-Across (3 1/2 X 15/16) - OfficeMax #86103
Optional Three-Across (2 1/2 X 15/16) - Avery #4144
14. Extra Printer Ribbons
15. *Chesterfield Aquatic League Handbook
16. *United States Swimming Handbook

*Supplied by CAL

FIRST AID SUPPLIES

The following is a minimum list of First Aid supplies that should be available at each CAL meet.

1. Scissors
2. Tweezers
3. Gauze pads
4. Adhesive tape
5. Band-aids, assorted types
6. An antiseptic cleansing solution
7. An antibacterial ointment
8. Triangular bandages
9. Disposable gloves
10. First aid instructional manual

11. Chemical cooling agents, zip-lock bags and sponges (for icing down contusions, sprains and breaks)

Note: OSHA has made a determination that first aid responders face a significant health risk as the result of exposure to blood and other potentially infectious materials because they may contain blood borne pathogens, including hepatitis B virus and human immunodeficiency virus.