

CVRSL 2010 Swim Time Trials

Meet Requirements

Date & Time:	Saturday, July 10, 2010 Meet begins at 9:00am
Facility:	Golden West School Pool 1717 N. McAuliff Road Visalia CA 93292
Schedule of Events:	Warm-ups begin at 7:00am Coaches Meeting at 7:30am Officials/Stroke and Turn Judges Meeting 8:00am First Call at 8:30am National Anthem at 8:45am Meet Begins at 9:00am
Warm-Ups and Cool Down:	Follow the team warm-up schedule. All warm-ups and cool downs must be supervised by a coach. During the meet supervised warm-up and cool down will take place in the north side of the pool. Once the meet starts, a limit of four (4) swimmers per team will be allowed at any one time. Abuse of these privileges may force us to close the area.
Rules:	CVRSL and USS Rules will govern the meet. All Visalia Unified School campuses are designated NON-Smoking and no glass is allowed. No pets allowed in the pool area or in Tent City.
Whistle Starts:	We will utilize the whistle start for all events. There will be no call for "swimmers place your feet" for the back stroke events. The third whistle will be the signal for the swimmer to return to the wall, place their feet and be prepared for the command "take your mark."
Entries:	All events are pre-seeded from qualifying results with heats running from fastest to slowest. Head Coaches must submit any scratches at the coaches meeting at 7:30am. Relay cards (including alternates) are due at 7:30am. Any swimmer that misses their individual event and is not excused by the Meet Referee will be scratched from their next individual event.

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Staging:	<p>ALL EVENTS WILL BE STAGED. Please listen for the first and second calls in order to get all swimmers to the staging area on time. Only swimmers who are staged will be allowed on the deck. Visalia Buccaneer Volunteers will line up the swimmers for each event. See map for designated staging area.</p> <p>Parents and coaches will not be allowed on deck, with the exception of the relay events for 9-10s, 7-8s, and 6 & Under. Coaches will be permitted to insure that their swimmers get on deck in the proper lane and in the proper order, but <u>they must stand back before the start of the race.</u> Coach may not coach once on deck.</p>
Awards:	<p>Please be prepared to pay for your awards at Time Trials. Awards will not be released without payment. Your check should be made payable to CVRSL. Cheryl Price, Awards Chairperson, will accept your payment at the close of the meet following the compilation of the results. Awards are as follows: <u>Individual Events:</u> Medals 1st-3rd Place; Ribbons 4th-24th Place; <u>Relays:</u> Medals 1st-3rd Place; Ribbons 4th-14th.</p>
Timers and Recorders:	<p>Each team must provide four volunteers to time and record at their assigned lane. Check-in time for volunteers is at 8:30am at the officials table. Please set-up any shifts changes if needed Hospitality will be provided.</p>
Submitting Grievances:	<p>The Head Coach of the team is the only member that may submit a grievance, and she/he must turn in a grievance form to the Meet Desk within 30 minutes after the final heat of the swim event.</p>
T-Shirts & Programs:	<p>T-Shirts and Programs can be pre-ordered, and we will have limited supply on sale the day of the event. Please pre-order. T-shirts (design on the Internet) will be \$15 and the Program will be \$5. Team orders can be paid the morning of the event at the Visalia Buccaneer Concession Stand. See Amy Prichett. <u>Checks need to be payable to the Visalia Buccaneers.</u></p>

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Spectator Area:	The bleachers on the deck are for spectators only Please do not camp in the bleachers. No ice chests, chairs, umbrellas, or canopies allowed on the pool deck or in the bleachers. No camping on the pool deck
Lunch:	There will be a 30 minute lunch break after Event 38. Concessions will be provided and food vendors will be on-site. The pool will be open for supervised warm-up during lunch time. Breakfast will also be provided by the food vendors, the Buccaneers Concessions, and Scout Troup #308 will be preparing a pancake breakfast.
Stroke and Turn:	Each team is asked to provide two Stroke and Turn Judges. They must report to the Officials Meeting at 8:00am. Lunch tickets will be provided during the meeting.
Coaches:	Each team will be given 4 deck passes and 4 lunch tickets. Lunch tickets may be redeemed at the Hospitality Area during the lunch break. Deck passes allow the coaches to view from their designated area on the deck and meet their swimmers in the staging area. All coaches may meet with their swimmers in the staging area, but will not be allowed on deck with the <u>exception of the relay events for 9-10s, 7-8s, and 6 & Under.</u> Coaches will be permitted to insure that their swimmers get on deck in the proper lane and in the proper order but must stand back before the start of the race. They must not coach once on deck. Abuse of this privilege can result in your swimmers being disqualified.

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<p>Team Camp Area (Tent City):</p>	<p>Tent City will be located in the softball field to the west of the swimming pool. Each team will have a designated area and must provide their own shade. Please keep swimmers in the team area until they are called to the Staging Area. See map in the following pages for approximate team locations.</p> <p>As a courtesy to other teams in Tent City, we ask that you refrain from using generators in Tent City. The best audio system has difficulty competing with the noise of a generator. The additional noise may put swimmers at risk of missing the calls for their events.</p> <p>In addition, we are asking that teams do not plan <u>pot lucks or buffets</u> at lunch time. We have a variety of concessions available that will meet the interests of all swimmers.</p>
<p>Parking:</p>	<p>Please park in the east parking lot, accessible from McAuliff. There will be an unloading area near the end of the access road. There will be limited parking available on the fields near the pool. See the included map for designated unloading/loading and parking areas.</p> <p>NOTE: Access road is one-way from Lover's Lane.</p> <p>RV Parking is limited and MUST be arranged with Ed Glass by Wednesday, July 7th 559-732-7938.</p>

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Warm-Up Schedule

7:00am-8:20am

START TIME	TEAMS	LANES
7:00am	Visalia Waves Visalia Buccaneers	1-4 5-8
7:20am	Tulare Sharks Woodlake Tiger Sharks	1-6 7-8
7:40am	Lemoore Aqua Jets Lemoore Heat	1-4 5-8
8:00am	Selma Aqua Bears Porterville Hurricanes	1-4 5-8

Each team is assigned lanes with blocks. The pool area without blocks and shallow end will be open for use also by each team at their assigned time, but the use of this area is based on first come first served basis. All swimmers must be supervised by their coaches.

Timer/Recorder Lane Assignments

4 Volunteers Per Lane

Lane	Team
1	Visalia Buccaneers
2	Tulare Sharks
3	Lemoore Aqua Jets
4	Woodlake Tiger Sharks
5	NAS Lemoore Heat
6	Porterville Hurricanes
7	Selma Aqua Bears
8	Visalia Waves