Welcome to the Tri County League Championship Meet!

We appreciate all of you for your hard work to give our swimmers a successful season. Here are the details for the meet on Saturday. We have made notes of changes from last year. Friendly reminder, your league reps are all volunteers and they meet year-round to manage our swim league. Please let us know if you have questions. This document is intended for Meet Managers, Coaches, and League Reps.

	Pre-Start Schedule
7:00	Pool Open
7:00	Set-Up
7:00	Warm-Up AHI
7:15	Warm-Up Benicia
7:30	Warm-Up Crockett
7:30	Coaches meeting (1 per team). Meeting behind blocks. Head S&T included
7:45	Stroke & Turn meeting
7:45	Warm Ups Hercules
8:00	Warm Ups Pinole
8:15	Clerk of the Course Meeting
8:25	National Anthem
8:30	**Start - All Times Below are Tentative**
8:30	15-18 50 Yard Free
8:37	Medley Relay
9:35	Individual Medley
10:25	Individual Freestyle
11:42	Breaststroke
12:35	Butterfly
1:27	Backstroke
2:36	Free Relay 100yd, 200yd, 400yd
3:20	Parent Relay
3:30	Aging Out Ceremony
4:00	Coaches Relay
4:15	Pack Up
4:30	Awards Ceremony

Warm-Ups will be in lanes 6 through 12. Lanes 13 and 14 will be available as warm up/cool down lanes throughout the meet for swimmers 11 and up, and only for lap swimming.

Programs

Meet sheets will be available in the form of a program book. They will be on sale for $10 until they run out. These will be sold at your team camps. Please let your swimmers and their families know how to pay you. There are no extras. The league will provide 10 copies of the heat sheet for your volunteers.

Team Camps & Spectator Routes

Team camps will still be tight this year. Teams alternate annually on the lower and upper basketball court locations with the exception of the team running Clerk of Course. Please share pop-ups and be mindful of space. There is more room in the upper court. There is a map attached of camp locations

Spectators will only be allowed to transit around the outside of the pool. Unfortunately, the High School pool deck is not big enough to allow for people to transit from the camps to the bleacher area via the back gate. The appropriate routes are on the map.

Also, we will be strict - the only people being behind the blocks are upcoming swimmers, timers, and clerk of course personnel. Volunteers will be assigned as Deck Marshals to enforce the appropriate routes. Please help us keep the meet moving smoothly and follow the guidelines.

Technical Reminders

As per USA swimming, there will be **no photography or videoing from behind the blocks.** This is for the safety of our swimmers

Parents and Coaches are not allowed to approach a Stroke and Turn Official. If a DQ is questioned or contested that request goes to the Head Stroke and Turn Official. They will be located in the computer tent. They will make the final determination.

Coaches Area

The Highschool has installed a diving board so the coaches setup may look different. Try to only have 1-2 coaches at the table at a time. Swimmers may stop by the coaches table on the way out, but they cannot camp there. We plan to provide tables, chairs, and pop-ups. If something changes, we will know Friday.

Food & Vendors

The league has contracted with several vendors to provide food and services at the meet. If you will have grills, griddles, or open flames you will need to protect the black top no ashes or grease should be visible on the ground. **No alcohol** is permitted on school premises. Possession or consumption of alcohol will result in **immediate ejection from the event.**

No Pets

Please notify one of the meet directors if one of your team members brings a service dog. This is to prevent misunderstandings.

Clerk of Course

In order for the clerk of course to work properly, swimmers should follow the directions of the volunteers and parents should too. Once your swimmer is in the clerk of course line, if they leave, they will not be permitted to swim their event. Be sure they show up to the clerk of course ready to swim, cap, goggles, towel etc. Remember there are over 500 swimmers in Saturday's meet for a total of over 1700 entries.

First Aid

There will be basic first aid services from a healthcare provider available. As well as the capacity to activate emergency services. See the map for location.

Volunteer Shifts

Please ask your volunteers to be prompt to their shifts and not to leave until relieved or dismissed. It is a best practice to give them someone to contact if their relief doesn't show up. We had several timers just leave in the middle of the meet in the past, which stopped the entire meet and left a swimmer without an accurate time.

With over 600 swimmers and 100+ volunteers - things may get chaotic. Please be kind. We are here for the kids. Contact your league rep or one of the meet managers if there is an issue. The Meet Manager(s) will be located near the Starter Area. Disruptive conduct may result in dismissal.

Weather

It's supposed to cool down and be in the mid 70's for Saturday. The basketball courts get hot easily. Encourage your families to bring pop-ups, water and wagons. In the event of adverse weather or other event, we will distribute information to the league reps.

Bathrooms

We were able to reserve additional bathrooms near the west side of the football field.

To Bring

- Each team should bring a large tote for ribbons and awards. These are the big rosette ribbons and there are participation ribbons for 10 and under swimmers.
- 1 case of full size (16.9oz) and 1 case of small size (8oz) waters for hospitality in a cooler with ice- can be dropped of Friday at set up
- Supplies needed to sell programs
- Consider breakfast items, or team ice chests.

Swimmer Sportsmanship

Swimmers should wait in the pool until everyone finishes the race. High fives and fist pumps at the end of a race are great. We will use flyover starts with the exception of backstroke.

Scoring

No sweeps scoring. Each team may only collect points for 2 scoring places per event.

For example, Team A has swimmers who score 1st, 3rd, and 6th in the 9-10 50 Free. Team A would only collect points for the swimmers who scored 1st and 3rd. Team B has swimmers in 2nd, 7th and 8th. Team B would only collect points for 2nd and 7th.

Relays have always been no sweeps and only the highest placing relay for a team counts for points. Ribbons will remain the same.

League Reps and TCSL Board Members

(AHI – President & Vendors) Charissa Ramp, Jesse Ford

(CST – VP & Meet Managers) Kayla Alvarado, Callie Bremer

(HPST – Secretary & Hospitality) Yalile Cintron, Johnny Eddy

(PST – Treasurer & Clerk of the Course/Computers) Travis Bohan

(BSR – At Large & Awards/Program) Chris Roldan

MEET MAP

VOLUNTEER SCHEDULE AND ASSIGNMENTS

TRI COUNTY SWIM MEET