



2010 RMSL 13-18 Prelims

July 13, 2010

Stonegate Pool, Parker, Colorado

WARM-UP SCHEDULE

Lane	1	2	3	4	5	6	7	8
6:30	SG	SG	SG	WC	WC	CK	HH	HH
6:50	HOM	HOM	HOM	FP	HF	HV	KN	KN
7:10	CCV	CCV	CCV	BF	BF	BF	HFII	HFII
7:30	GO	PRE	SP	SP	BMS	BMS	HTS	HG

Please note:

*** The south 6-lane pool and the new south toddler pool and water slide will NOT BE OPEN before, during, or after the meet. No meet participants will be allowed in or around the south pools during the meet.

*** The Stonegate pool complex has a new public entry in the new Community Center at the southern end of the complex. During the Prelim meet the new public entry will be open for use by Stonegate residents that are NOT participating in the Prelim meet. No meet participants will be allowed to enter the pool complex by that entryway. Meet participants should enter the competition pool area by gates in the west, north and east sides of the pool fencing as has been done in the past at the Championship Finals meet.

*** The final warm-up session ends at 7:50. The pool must be cleared at that time.

*** ALL TIMERS should attend the pre-meet Timer's Meeting, and review and be familiar with the **Dolphin Start System Lane Timer Instructions** prior to the meet.

PRE-MEET SCHEDULE

- 7:00 am** Scratch Meeting (in the heating area)
- 7:25 am** Coaches Meeting with Starter/Referee
- 7:45 am** Stroke Judge meeting with Starter
- 7:50 am** Final warm-up session ends (clear pool)
- 7:50 am** Timer's meeting with Starter
- 8:00 am** Start of Meet

MEET INFORMATION

TENTS:

NO METAL TENT STAKES are permitted in the Stonegate Park. Only plastic tent stakes will be allowed. Teams may set up their tents in the designated areas of the park to the north and east of the pool. Each team will find a marker for their assigned tent location. Tents may be dropped off in the designated unloading area along Stonegate Parkway, directly north of the swimming pool. **NO TEAM VEHICLES WILL BE ALLOWED IN THE PARK!** Trash bags will be attached to each team's tent marking stakes. Please pick up the trash in your tent after the meet.

PARKING:

Parking for the meet is available in the pool parking lot and along the streets around Stonegate Park. Parking will be limited to the northern part of the pool parking lot. The southern part of the pool parking lot will be reserved for use by other Stonegate residents, so they can use the south pools during the meet. Overflow parking is available at Pine Grove Elementary School, one block south of the pool. There are parking lots on both the north and south sides of the school building. Please be considerate of our Stonegate neighbors. There is ample parking around the park and in the school parking lots. Please **DO NOT** park in adjoining neighborhoods. Illegally parked vehicles **WILL BE** ticketed and/or towed.

COACHES AREA:

Coaches will have designated areas on the north and south sides of the pool. Tickets for free coaches' lunches will be in team packets and will be distributed before the meet. Tickets may be redeemed for lunches at the concession area. Refreshments will be available for the coaches in a hospitality area at the northwest corner of the competition pool deck.

CARDS/HEATING:

The heating area is on the east side of the pool. It can only be accessed from the park outside the pool area. **ONLY** heating swimmers, coaches, working volunteers, and parent representatives may be in the heating area. All others, including non-heating swimmers and parents, will be asked to leave the heating area.

VOLUNTEERS:

ALL volunteers assigned to work the meet by their teams should check in before the meet at the volunteer check-in table located at the pool entrance. They should confirm their presence and receive a nametag. All timers should attend the pre-meet timer meeting, and be familiar with the Dolphin Start System Lane Timer Instructions.

BODY ART:

Swimmers are not to have body paint or tattoos that will come off on the pool furniture. Any swimmer with body art will be asked to remove it before they will be allowed to swim.

RESULTS:

Meet results will be posted in the window on the east wall of the Stonegate Activity Center to the north of the competition pool.

PROGRAMS:

Programs and highlighters will be available for purchase at the pool entrance.

SOUTH POOLS:

The south 6-lane pool and the new toddler pool and water slide will **NOT** be open during the meet. Meet swimmers will be asked to leave the south pools area during the meet, and meet spectators **WILL NOT** be allowed to set up around the south pools. The south 6-lane pool and the new toddler pool and water slide are reserved for the exclusive use of Stonegate residents that are not participating in the Prelim meet.

CONTACTS:

If you have any questions, please contact the Stonegate Parent Representatives:

Jill & John Haberland	(303) 840-3844	(cell- 303-917-4269)
Jacquie Bannec	(303) 840-6123	(cell- 720-841-6318)
Jason & Kristyn Ulrich	(303) 375-0549	(cell- 303-912-1363)