



Mercerwood Shore Club
4150 East Mercer Way
Mercer Island, WA 98040
206-232-1622

To: ALL MIDLAKES REPRESENTATIVES AND COACHES

Concerning: Midlakes League Championships, Saturday July 26, 2008

Hosted by: Mercerwood Shore Club

Location: King County Aquatic Center, Federal Way

Dates to Remember:

- Friday, July 11th – email your B DQ export to Jeff Lowell at jefflowell@speakeasy.net
Remember do not send a report – send an export (see attached directions)
- July 18th 2008 - 9:00 - 10:00 AM League Championship entries, Entry fees, and Midlakes Prelim & League Championship Volunteer forms are due at Mercerwood Shore Club.
Entries are considered LATE if not turned in by 10:00 AM, LATE entries will be assessed additional fees by the Midlakes Swim League.

Note: those clubs that are hosting a prelim meet should have a representative at Mercerwood Shore Club during the check-in to collect volunteer sheets and bring money for the t-shirts for the meet they are hosting.

- July 21st Junior Girl Prelims @ Edgebrook
- July 22nd Junior Boys Prelims @ Samena
- July 23rd Senior Prelims @ Mercer Island Beach Club
- July 26th League Finals @ KCAC in Federal Way

Meet day schedule, July 26th

7:30 AM Facility Opens

7:50 AM Warm-up begins – See attached warm-up schedule. Dive tank will not have assigned lanes.

8:15 AM Coaches Scratch Meeting

8:30 AM First shift Timers Meeting & Officials Meeting

8:50 AM Competition course closes to warm-up

9:00 AM Meet Starts

After Event #50 Break for presentation of Division Awards and Coaches Relays

4:30 - 5:00 PM Meet End

PARKING: There is parking at the facility. **The Federal Way Little League Parking Lot is not available during the meet this summer. We encourage you all to carpool.** Please obey all parking signs as the Federal Way Police will ticket and tow any illegally parked car. Note tickets start at \$150

Coach's Heat Sheets: Please pick up your heat sheet in the lobby. There will be a separate table for Coaches to pick up your heat sheets. A heat sheet has been provided for all coaches listed on your volunteer form and each official.

Team Areas: Coaches, Swimmers and Volunteers only on the pool deck. All spectators must use the upper balcony seating. No tents are allowed in the aquatic center. No Paper signs can be hung in the building. Heat sheets will be posted on the pool deck and in the lobby. A hospitality room will be provided for Coaches and Officials only no swimmers. Remember if you allow your swimmers in the room you will not have any food for yourself. Please do not send a swimmer to get you something because they will not be allowed to leave the room with food or drinks.

Timers & Awards: Please pass on the attached Timer and Award volunteer sheet to your volunteer coordinator.

Timers: **EACH TIMER MUST PROVIDE THEIR OWN WATCH. ALL TIMERS NEED TO CHECK IN 30 MINUTES PRIOR TO THEIR SHIFT.** Please follow the signs on the pool deck to the check in area. A timers meeting will be held approximately 20 minutes before each shift change.

Awards: One team representative should be appointed to pick up the awards for your team and only that person should come to the awards room approximately 20 to 30 minutes after the conclusion of the meet. Meet results will be emailed to all clubs. You will not receive a hard copy at the pool. **MSC will provide an awards box with your team name on it.**

During the meet, the pool area under the scoreboard and the diving pool will be available for warm-up and warm-down only. **NO DIVING – NO SWIMMING UNDER OR BETWEEN THE BULKHEADS.** Coaches please monitor your swimmers in the warm-up/down pools.

Concessions – KCAC has a Subway store as the only concessions.

Sylvia's Swim Shop will be available to provide all your swimming needs.

Heat Sheets will be available for \$5 and you may put yourself on an email list for results for an additional \$3.

2008 Midlakes Championship T- Shirts will be available

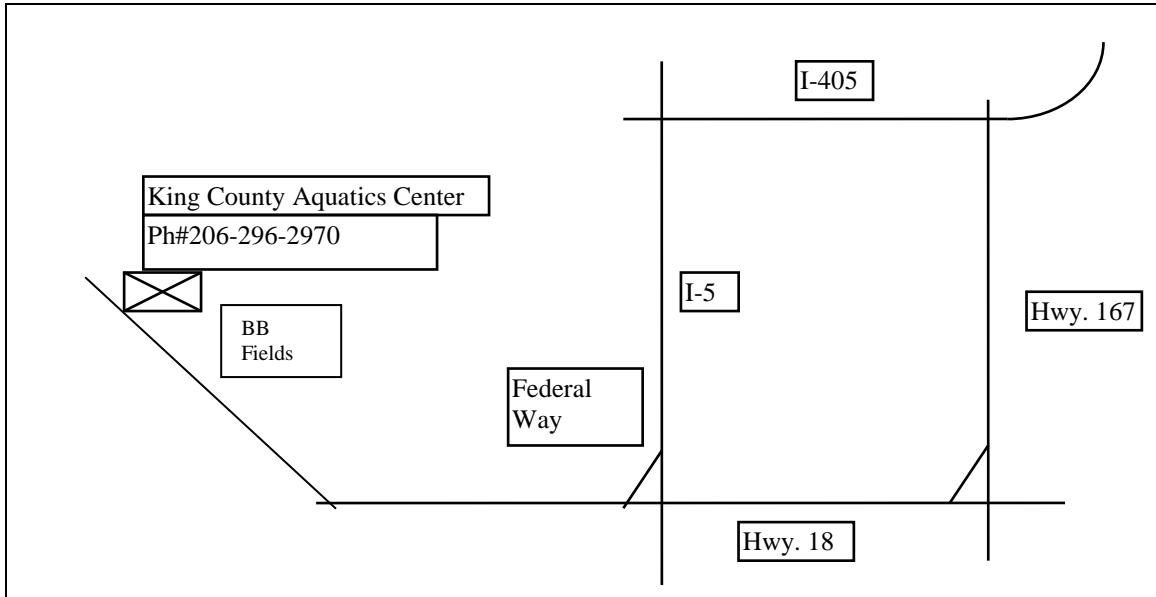
Cost: \$18.00 (YL, S, M, L, XL, XXL)

Directions to the King County Aquatic Center:

650 SW Campus Drive Federal Way, WA 98023 206-296-2970

Go South on I-5 or Highway 167 to Highway 18; go west on Highway 18,

Pool is 2 miles west of I-5 on your right. Parking is available at the pool or at the Baseball fields just prior to the pool.



July 26, 2008 @ KCAC hosted by the Mercerwood Shore Club

Please return this form with League Championship Entries on July 18th.

Club _____ Phone _____
 Representative _____ Phone _____
 _____ Phone _____

Please list all of your coaches so that we can make heat sheets for all.

Coaches _____ Phone _____
 _____ Phone _____
 _____ Phone _____
 _____ Phone _____

Designated Awards pickup person _____

Timers for assigned time: 1 _____, 2 _____, 3 _____, 4 _____

Awards volunteer for assigned time: _____

Timers and Awards volunteers: Lanes and award shift times have been assigned to each team. Please provide volunteers for your assigned time. All timers need to check in 30 minutes prior to their shift. Timers must provide their own watch. Thank you.

League Championships Warm-up Schedule

Saturday, July 26, 2008

7:50 AM - 8:20 AM

Scoreboard End		Competition End	
	<u>Group A</u>		<u>Group B</u>
Lane 1	FW	Lane 1	EB
Lane 2	KKG, NYC	Lane 2	MIBC, KGM
Lane 3	MH, KGR	Lane 3	TRI, CAC
Lane 4	MSC	Lane 4	NH
Lane 5	SW, PL	Lane 5	KL, WR
Lane 6	OL, STC	Lane 6	RH, HW
Lane 7	MICC	Lane 7	SAM
Lane 8	SOM, PLAT	Lane 8	NW, TOS

8:20 AM - 8:50 AM

Competition End		Scoreboard End	
	<u>Group A</u>		<u>Group B</u>
Lane 1	FW	Lane 1	EB
Lane 2	KKG, NYC	Lane 2	MIBC, KGM
Lane 3	MH, KGR	Lane 3	TRI, CAC
Lane 4	MSC	Lane 4	NH
Lane 5	SW, PL	Lane 5	KL, WR
Lane 6	OL, STC	Lane 6	RH, HW
Lane 7	MICC	Lane 7	SAM
Lane 8	SOM, PLAT	Lane 8	NW, TOS

Special Warm-up Conditions - No swimming between the Bulkheads. No assigned lanes in the Diving Pool. Coaches must be present and supervise your team's warm-up and starts. No starting in the scoreboard end of the pool.



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The Mercerwood Shore Club is pleased to host the 2008 Midlakes League Championships on Saturday, July 26, 2008. Advertising space is available in the heat sheet meet program.

Full page	\$50.00
3/4 page	\$37.50
1/2 page	\$25.00
1/4 page	\$12.50

Please enclose your ad and complete the following.

Name _____

Address _____

City, State, Zip _____

Phone Number (____) _____

Full Page _____

3/4 Page _____

1/2 Page _____

1/4 Page _____

Please make checks payable to: Mercerwood Shore Club

Advertising deadline (**Copy Ready**): Wednesday, July 23, 2008

Questions: Please email Paul Von Destinon at paul@mercerwood.com (reference email "A Champs")

Return to: MERCERWOOD SHORE CLUB
c/o Paul Von Destinon
4150 East Mercer Way
Mercer Island, WA 98040

Midlakes 2008 League Championship Volunteer Assignments Timers

Lane	First Shift 9:00 AM - 11:30 PM	Second Shift 11:30 - 2:00 PM	Third Shift 2:00 PM - End
1	MH MH	SAM SAM	RH RH
2	TOS TOS	NW NW	KL KL
3	NYC NYC	OL OL	NH NH
4	COL COL	PLAT PLAT	EB EB
5	STC STC	KGG KGG	MICC MICC
6	WR WR	KGR KGR	MIBC MIBC
7	PL PL	SS SS	SW SW
8	KGM KGM	TRI TRI	FW FW
Backup	MSC MSC	MSC MSC	MSC MSC

Awards Volunteers

	First Shift 10:00 AM - 12:30 PM	Second Shift 12:30 - 3:00 PM	Third Shift 3:00 PM - End
1	KGR	KL	NH
2	SS	SAM	EB
3	TRI	NW	MICC
4	MH	OL	MIBC
5	TOS	PLAT	SW
6		KGG	RH
7			FW
Lead	MSC	MSC	MSC

**Timers: Please report to the pool deck 1/2 hour prior to you assigned time.
Timers must provide their own digital watch.**

Thank you for your cooperation in making this event a success for all the swimmers of the Midlakes League. We look forward to seeing you all on July 26th.