

July 1<sup>st</sup>, 2008

**To: All Midlakes swim team reps., coaches, and officers**  
**From: Edgebrook Swim and Tennis Club**  
**Subject: Junior Girls Prelims. –Monday, July 21, 2008**

Location: Edgebrook Swim and Tennis Club, 13454 SE Newport Way, Bellevue

Date & Time: Monday July 21 2008; 4:00 p.m. start

**Entries:** Due at Mercerwood Shore Club, July 18<sup>th</sup> 9:00 - 10:00 a.m. **Entries will not be accepted without a completed volunteer sheet (attached). Clubs submitting late entries will be fined per Midlakes rules.**

Volunteer Sheets: Due with entries to **Mercerwood Shore Club** – See Timer sheet attached for lane and time assignments.

**Warm-ups:** Warm-up lanes will be posted on the pool deck. One-way sprint lanes will be provided the last 10 minutes of each session. The team warm-up schedule is below:

2:15-2:45 PM: SS, KGR, MIBC, RH, STC, MSC, OL, PLAT, FW, MH

2:45-3:15 PM: COL, KGM, ST, TOS, NW, MICC, KLA, NYC

3:15-3:45 PM: EB, SAM, NH, KGG, HW, WR TRI, PL

The Pool will be cleared of all swimmers at 3:45PM

Timers: **\*\*\*Note Change from Previous years\*\*\***Each club will provide the Names of the timers covering the lane and time assignments. (see attached). The individuals selected must have timed two dual meets and provide their own digital stopwatch. The numbers of lanes and time slots will be determined by your teams attendance at last years meet. Assigning lanes and times will avoid confusion on deck and help to facilitate smoother transitions during the meet. Please identify by name the timer assigned to your slots. Also identify one back-up timer per club on the attached sheet..

Meetings: Scratch: 3:15PM                      Officials: 3:30PM                      Timers: 3:45PM

Coaches: A designated seating area will be provided. Heat sheets will be provided for every coach named on the volunteer form. Please check-in on the pool deck at the designated coach/official check in table to receive your team packet.

Coaches attire: We ask that Coaches wear team shirts or tank tops at all times. This will allow us to quickly identify the club that they represent and help officials and meet directors disseminate information quickly. Name Tags will also be provided.

Team Areas: Portions of the pool deck and raised concrete areas are for spectators only. Teams will share the lawn areas to the north and west of the pool. Spectators may wish to bring padded seating for the concrete spectator area as well as chairs and cover for the swimmers. It may be very hot.

Concessions: Heat sheets will be available for \$4.00. Midlakes Championship T-shirts will be available for purchase. The Edgebrook Swim and Tennis Club will provide concessions for swimmers and spectators. . The hospitality room for the coaches will be located within the Edgebrook tennis club. This room is ONLY for coaches and officials, no swimmers please. Timers will be provided water and small snacks.

**PARKING IS VERY LIMITED. Coaches and Officials please follow signage to designated parking on north side of pool. Street parking is available as well as additional parking at Tyee Middle School. Volunteers will be on hand to direct you to available parking. Carpooling is strongly suggested.**

# Junior Girl Prelims, Monday, July 21, 2008

**Directions to the Edgebrook Club**  
**13454 SE Newport Way**  
**Bellevue, WA 98006**  
**425-746-2786**

## Mapquest directions coming from I-405:

I-405 traveling North or South

**Take the Coal Creek Parkway exit** (exit #10).

**Turn left** onto Coal Creek Parkway.

**Turn left** onto Factoria Blvd.

Turn right on SE Newport Way

Continue to follow SE Newport Way and turn left at light at SE Allen Road and another quick left. Edgebrook is on the left across the street from Tyee Middle School baseball fields.

## Mapquest directions coming from I-90

I-90 traveling east

Merge onto I-405-South toward Renton

**Take the Coal Creek Parkway exit** (exit #10).

**Turn left** onto Coal Creek Parkway.

**Turn left** onto Factoria Blvd.

Turn right on SE Newport Way

Continue to follow SE Newport Way and turn left at light at SE Allen Road and another quick left. Edgebrook is on the left across the street from Tyee Middle School baseball fields.

I-90 traveling west

**Take the 161<sup>st</sup> Ave SE/156<sup>th</sup> Ave SE/ 150<sup>th</sup> Ave SE exit** (exit #11)

**Take the 156<sup>th</sup> Ave SE/150<sup>th</sup> Ave SE ramp**

**Stay left** at the fork in the ramp and go **right** on next ramp to circle you back over the freeway

**Merge** on to 150<sup>th</sup> Ave SE

**Turn Right** on to SE Newport Way

**Turn right** just past the light at the Somerset fountain on to SE Allen Road and do a quick left toward the Tyee Middle School. Edgebrook is on the left.

# Junior Girl Prelims

## Monday , July 21, 2008

### Volunteers

Each club must provide the name of the individual who will be assigned to the lane and time per the assignments below. The timers must have timed a minimum of twice in dual meets. Each timer must provide his or her own digital watch. **There will be check-in tables for all volunteers. Please arrive at the pool at least 15 minutes prior to the timers meeting. A schedule of timer's assignments will be posted at the meet upon check in. Timers are responsible for reviewing the schedule in case there are changes.** There will be a timer's meeting at 3:45 p.m., July 21, 2008.

**Team** \_\_\_\_\_

**Coaches** \_\_\_\_\_

**Identify by name one Fill-in timer to cover team Slots in case of No show:** \_\_\_\_\_

LANE	Timer 1st Shift	LANE	Timer 2nd Shift	LANE	Timer 3rd Shift
	<b>3:45PM- 5:30PM</b>		<b>5:30PM-7:00PM</b>		<b>7:00-8:30PM</b>
	<b>Fill in Names next to team Initials and return with entries</b>				
1	<u>TOS</u>	1	<u>FW:</u>	1	<u>KGG</u>
1	<u>MICC</u>	1	<u>OL</u>	1	<u>MIBC</u>
2	<u>MSC</u>	2	<u>COL</u>	2	<u>SOM</u>
2	<u>TRI</u>	2	<u>KLA</u>	2	<u>SW</u>
3	<u>STC</u>	3	<u>SAM</u>	3	<u>NH</u>
3	<u>PLAT</u>	3	<u>RHSTC</u>	3	<u>NW</u>
4	<u>SOM</u>	4	<u>PLAT</u>	4	<u>OL</u>
4	<u>SW</u>	4	<u>RHSTC</u>	4	<u>MSC</u>
5	<u>NW</u>	5	<u>SW</u>	5	<u>MICC</u>
	<u>NH</u>	5	<u>MIBC</u>	5	<u>FW</u>
6	<u>MIBC</u>	6	<u>MSC</u>	6	<u>KGG</u>
6	<u>FW</u>	6	<u>MICC</u>	6	<u>KLA</u>

Back-up Timers: Shift 1

MHSC  
OL

Back-up timers Shift 2

NYC  
KGR

Back-up timers Shift 3

KGM  
PL

