



July 1, 2008

To: All Midlakes Swim Team Reps, Coaches, and Officers
From: Mercer Island Beach Club
Re: Senior Prelims

Location: Mercer Island Beach Club, **8326 AVALON DR, MERCER ISLAND
206-232-3125**

Date/Time: Wednesday, July 23rd; 4:00 pm Start
MIBC has swim/tennis lessons going on prior to prelims. Please do not arrive before 1:40 p.m.

Entries: Please turn entries in on Friday, July 18th between 9:00 am and 10:00 am at MSC. Entries will not be accepted without a completed volunteers sheet (attached.) Clubs submitting late entries will be fined.

Volunteer Sign-up sheets: Due with entries and attached

Warm Ups: Warm up lanes will be posted on the pool deck. The time schedule is below.

2:20 – 2:50 MICC, MSC, OL, SS, TRI, MH, RH, NYC, WR
2:50 – 3:20 NH, SAM, FW, NW, PL, PLAT, HW, PINE, SW
3:20 – 3:50 EB, KLA, MIBC, TOS, KGG, KGM, KGR, STC

One-way sprint lanes will be available the last 10 minutes of each session.

The pool will be cleared of all swimmers at 3:50. The small activity pool will be available for warm-up, warm-down only.

TIMERS: Each club must provide timers as follows:

1-8 swimmers:	1 timer
9-16 swimmers:	2 timers
16-24 swimmers:	3 timers
25-32 swimmers:	4 timers
33-40 swimmers:	5 timers
41-48 swimmers:	6 timers

The assigned timers must have timed two dual meets and must provide their own digital stopwatches.

TIMERS & COUNTERS: Swimmers must provide their own timers and counters for the 500s.

MEETINGS: Scratch: 3:15 Please meet in the coaches' hospitality room (in the clubhouse)
Timers: 3:30 Please meet on the pool deck by the diving board
Officials: 3:45 Please meet in the coaches' hospitality room

COACHES: Designated seating will be provided along the pool deck. Heat sheets will be provided for each coach named on the volunteer form. Please check in with the clerk of course to receive your team packet.

EVENT MAP: Will be posted at the club.

TEAM AREAS: Team areas will be available. Do not set up tents at the lake. The pool deck will be closed except for volunteers and athletes. Therefore, no tents, lounge chairs, or large equipment will be allowed within the fenced pool area, including the concrete bleachers. Concrete bleachers are available for spectators only.

CONCESSIONS & HOSPITALITY: MIBC will provide concessions for purchase and hospitality for the coaches and officials.

HEAT SHEETS: Heat sheets will be available for purchase.

T-SHIRTS: Midlakes Championship T-shirts will be available for purchase.

PARKING: We encourage you to carpool, as parking is extremely limited. Parking will be available in the MIBC parking lot for **coaches and officials only**. Coaches will be provided a maximum of 2 parking spots per team.

Spectators and swimmers must park in the south parking lot at **Islander Middle School** (directions attached) and you will be shuttled to MIBC. **If you are late, you may drop off your swimmers at the street entrance to the club before you catch the shuttle.** No parking on the east side of Avalon (the lake side).

DIRECTIONS TO ISLANDER MIDDLE SCHOOL:

From 1-90 to Mercer Island, take the Island Crest Way exit. Follow Island Crest to SE 68th Street, the 4-way stop. At the stop sign, turn right onto SE 68th. Go to 84th Avenue SE, another 4-way stop. At the stop sign, turn left. Follow 84th till the roadway curves right, and it becomes 72nd Street. Islander Middle School is at the corner on the left side of the street. To get to the back parking lot, keep south on 84th Avenue, turning left at the curve and go straight till you see the entrance on your right.

DIRECTIONS TO MIBC:

From I-90 eastbound: Take exit #7/**ISLAND CREST WAY**
Turn **LEFT** on **ISLAND CREST WY** - go **3.3** mi, turn **LEFT**
on **SE 68TH ST** - go **0.2** mi, turn **RIGHT** on **SE 70TH PL** - go **0.4** mi, turn
RIGHT on **E MERCER WY** - go **0.8** mi, bear **LEFT** on **AVALON DR** - go **0.3** mi.,
MIBC is on the left.

Senior Prelims
Wednesday, July 23, 2008
Parent Volunteers

Each club must provide timers for the meet. The timers must have timed a minimum of two dual meets and must provide their own digital stopwatch. Please arrive at the pool at least 30 minutes prior to the timers meeting and check-in at the volunteer table. A schedule of timer assignments will be posted at the meet. Timers are responsible for reviewing the schedule to determine their assignment.

There will be a meeting for all timers at 3:30.

Please indicate your shift preference. While we will do our best to accommodate each request, we cannot make any guarantees.

Please return this form with your entries on Friday, July 18th between 9:00 am & 10:00 am at MSC.

Team Name: _____

One e-mail address for confirmation of assignments: _____

Numbers of seniors entered: _____

Session 1: 4:00 – 6:00 p.m.

Session 2: 6:00 – 8:00 p.m. (or end)

# of Swimmers entered	Timer Name	E-mail	Session preference (if any)
1-8			
9-16			
17-24			
25-32			
33-40			
41-48			

Questions? Please contact Beth Picardo at bpck@msn.com

Senior Prelims Advertising

The Mercer Island Beach Club is pleased to host the 2008 Senior Prelims on Wednesday, July 23, 2008. Advertising space is available in the meet program (heat sheet).

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: Mercer Island Beach Club
Advertising deadline (**Copy Ready**): Friday, July 18, 2008

Mail to: MIBC, c/o Travis Roach
8326 Avalon Dr.
Mercer Island, WA 98040

You can also e-mail ads to Beth Picardo, bpck@msn.com