



July 1, 2010

**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:** Monday, July 19th; 4:00 pm start time  
MIBC has swim/tennis lessons going on prior to the meet. **Please** do not arrive before 2:00 p.m.

**Entries:** Please turn entries in on Friday, July 16<sup>th</sup> between 9:00 and 10:00 am at Samena. Please e-mail the volunteer form to [volunteers@mibeachclub.com](mailto:volunteers@mibeachclub.com) by 10:00 a.m. July 16<sup>th</sup>. Clubs submitting late entries will be fined.

**Volunteer Sign-up sheets:** See attached.

**Warm Ups:** Warm up lanes are attached and will be posted on the pool deck.

2:20 – 2:50 MICC, MSC, OL, SS, TRI, MH, RH, NYC, WR  
2:50 – 3:20 NH, SAM, FW, NW, PL, PLAT, HW, COL, 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 AND AWARDS VOLUNTEERS:** **Each club is required to provide volunteers for timing.** Please complete and e-mail the attached form by July 16<sup>th</sup> at 10:00 a.m. Timers must have timed a minimum of 2 dual meets this season and need to bring their own digital watches. A meeting for all timers will be held 15 minutes prior to the start of each half.

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

**MEETINGS:** Scratch: 3:15 Please meet in the coaches' hospitality room (in the clubhouse)  
Timers: 3:00 Timer check-in at Volunteer Check-In Table  
3:45 First half timers meeting. Please meet on the pool deck by the diving board  
5:00 Second half timer Check-In  
5:45 Second half timers meeting

Officials: 3:30 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 Volunteer Coordinator 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 and sweatshirts 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 I-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.

## Warm-up Lane Assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:20 – 2:50	MICC	MICC NYC	MSC	MSC	MSC MH	OL TRI	RH	SS WR
2:50 – 3:20	PL FW	FW	NH	NH PLAT	NW HW	COL	SAM	SW
3:20 – 3:50	KLA	EB	EB	MIBC	MIBC KGG	KGG	TOS KGM	STC KGR

**Midlakes Senior Prelims**  
 Hosted by the Mercer Island Beach Club  
**Monday, July 19, 2010**

**PARENT VOLUNTEERS**

**Please email this completed form to [volunteers@mibeachclub.com](mailto:volunteers@mibeachclub.com) by 10 a.m. on July 16, 2010**

**Timers:** Each club must provide timers for this meet. The timers must have timed a minimum of two dual meets and must provide their own digital stopwatch. All Timers must check in with the MIBC Volunteer Coordinators.

Timer Check In: 3:00pm. Location: Volunteer Check In

**Session 1:** 4:00-6:00                      Timer Meeting: 3:45pm on Pool Deck by Diving Board

**Session 2:** 6:00-8:00 (or end)      Timer Meeting: 5:45pm on Pool Deck by Diving Board

**TEAM NAME:** \_\_\_\_\_

**Team Volunteer Coordinator:**

Name	Email Address	Cell Phone

**Timer On Call (incase of a no show for your club):**

Name	Email Address	Cell Phone

*Please provide the name of one timer for each of your club's assigned lanes.*

**SESSION 1: 4:00 – 6:00pm**  
**(or end)**

**SESSION 2: 6:00 – 8:00pm**

LANE	CLUB	VOLUNTEER NAME	CLUB	VOLUNTEER NAME
1	SAM		NH	
1	FW		KGG	
2	KGM		KGR	
2	KGG		EB	
3	NH		MSC	
3	KLA		RH	
4	RH		TRI	
4	EB		FW	
5	PL		NH	
5	MICC		SW	
6	MH		SOM	
6	NW		COL	
7	NW		OL	
7	MSC		NYC	
8	PLAT		STC	
8	SOM		TOS	
BACK UP TIMER	MSC		EB	
BACK UP TIMER	SW		MICC	

## Senior Prelims Advertising

The Mercer Island Beach Club is pleased to host the 2010 Senior Prelims on Monday, July 19, 2010. 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 16, 2010

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](mailto:bpck@msn.com)