

Midlakes Division 1 Championship Meet
Saturday July 17th 2010
Rolling Hills Pool
1601 Rolling Hills Ave. SE

To: Coaches & Team Reps.,

Enclosed you will find information regarding Division 1 Champs. Please read all the information carefully. This information will also be posted at www.midlakesswimleague.org under Championship Meets.

Directions-The Rolling Hills subdivision is located on the SE hill of Renton Washington. From Bellevue take 405 south to exit 2B onto WA-167 North. 167 turns into Rainier Ave at the Grady Way intersection. From the corner of Highway 167 and Grady Way head east on Grady Way approx 1/2 mile to Talbot Road. Turn right at the light onto Talbot Road. Head south on Talbot Road approx 1/2 mile and turn left at the light onto Puget Drive. Head up the hill on Puget Drive, continue on Puget Drive thru the light at Old Benson until nearing the top of the hill. Turn left from Puget Drive onto Rolling Hills Ave approx 1 block shy of the top of the hill. Follow Rolling Hills Ave thru the neighborhood approx 3/10ths of a mile until you reach the pool on the corner of Rolling Hills Ave and Aberdeen Ct.

Theme-We will be having a Tropical/Hawaiian theme for Champs this year.

Entries-Please note that team entries must be received **between 10:00am and Noon on Monday, July 12th**. Consult your Midlakes handbook for all rules and regulations regarding B-Champs entries. Entries are considered late is not turned in by noon. Late entries will be assessed additional fees by the Midlakes Swim League. Please bring an export entries file from team manager. NT's are not acceptable. Changes/Corrections will be accepted until Wednesday July 14th at 8:00am. You can e-mail your information to Michelle Lemke at jonlemkel@comcast.net or bring in person to the Rolling Hills Pool on July 12th. Please include the following:

- **TM Export of meet entries**
- **Hard Copy of all entries**
- **Team Information Form**
- **Volunteer Lists (3 pages)**

Coaches-The South Side of the pool deck is reserved for Coaches ONLY. (The side near the kiddie pool) We ask for your assistance in communicating to your parents they are not allowed on this part of the deck. Hospitality for coaches will be available in the pool office.

Parking-We will provide each team with two reserved coaches' parking spots near the clubhouse. Please show your parking pass. We encourage people to car pool, as parking is limited. Please have parents and swimmer's park in the big field behind the pool until that is full. Street parking is available also. Please do not park in the Rolling Hills Town-home lot near the pool.

Team Areas-All teams will be setting up near the basketball court and tennis court area. The bleachers on the North side of the pool deck will provide short-term spectators seating. Please do NOT set up on the pool deck. You may come and go to watch your swimmer to allow for optimum viewing for everyone. Please use the porta potties that will be available on the basketball court. A map of the area will be e-mailed to you prior to the event.

Heat Sheets-Heat Sheets will be provided to all coaches and meet judges. Spectator Heat Sheets will be available for purchase for \$3.00 the day of the meet. Advertising will be available \$50 full page, \$25 half page. Please contact Michelle Lemke at jonlemke1@comcast.net for details if interested.

T-Shirts-Midlakes t-shirts will be sold on site. Price TBD.

Concessions - Breakfast from 7:00am – 10:30am Lunch 11:00am – 3:00pm.
A wide variety of items will be available for breakfast and lunch. Checks will be accepted, but cash is encouraged.

Volunteers - Midlakes Division Champs are a division-wide effort. To ensure fairness for all swimmers and teams, we are asking for volunteers from each team to act as timers; judges; stagers; and with awards. Please see attachment for volunteers needed. All volunteers please check in at the check in table and receive a nametag.

Timers -Timers must provide their own watches and report when assigned.
A list will be sent out to the teams prior to the meet after the volunteer lists are turned in.

Warm up-

Team	Lanes	Warm-up Time
Rolling Hills	1, 2	7:15-7:45
Fairwood	3,4	7:15-7:45
Newport Hills	1, 2	7:45-8:15
MSC	3, 4	7:45-8:15
MIBC	1,2	8:15 – 8:45
Edgebrook	3,4	8:15 – 8:45

Meet Schedule-

7:00 am Breakfast Concessions Open, lunch starts at 11:00am
7:15 am First Warm up begins
7:30 am Heat sheets & T-Shirt Booth opens
8:15 am Coaches Meeting – Scratch Meeting
8:30 am Timers and Judges Meetings
These meetings are required for ALL timers and Judges, even later shifts
8:45 am Clerk of Course area opens
all first shift volunteers must check in at staging area
8:55 am National Anthem
9:00 am Meet Begins
11:00 am 2nd Shift Timers and Judges
1:00 pm 3rd Shift Timers and Judges
3:00 pm 4th Shift Timers and Judges

Contact Information-

Michelle Lemke Meet Director. 425-235-0382 Home 425-444-2334 Cell jonlemke@comcast.net
Connie Sholdra Officials Rep./Meet Referee sholdras@yahoo.com
Rolling Hills Pool 1601 Rolling Hills Ave. SE Renton, WA 425-226-6702

WE LOOK FORWARD TO SEEING YOU AT DIVISION 1 CHAMPS

MIDLAKES DIVISION 1 CHAMPIONSHIPS
July 17th, 2010 @ Rolling Hills Pool

Team Information Form

Please return this form with Division I Championship Entries on July 12th.

Club _____ Phone _____ Email _____

Representative:

_____ Phone _____ Email _____

_____ Phone _____ Email _____

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

Coaches:

Head _____ Phone _____ Email _____

_____ Phone _____ Email _____

_____ Phone _____ Email _____

_____ Phone _____ Email _____

_____ Phone _____ Email _____

_____ Phone _____ Email _____

Please fill in the name of the person willing to help with staging and awards next to your team's name.

Staging	8:45am-10:45am	10:40am-12:45pm	12:40pm-2:45	2:40pm-End
	RH	RH	RH	RH
	NH	MIBC	MSC	FW
	FW	EB	EB	NH

Awards	9:30am-11:30am	11:30am-1:30pm	1:30pm-3:30pm	3:30pm-End
	RH	RH	RH	RH
	RH	RH	RH	RH
	RH	MIBC	MSC	FW

**Medals and Ribbons will be available at the end of the meet.
Please have someone assigned to pick them up.**

**Midlakes Division 1 Championships
Volunteer Listing**

Timers

9:00-11:00

Team	Volunteer	Lane #
MSC		1
MSC		2
MIBC		3
MIBC		4
Rolling Hills		1
Rolling Hills		2
Fairwood		3
Fairwood		4
Edgebrook		1
Edgebrook		2
Newport Hills		3
Newport Hills		4
Rolling Hills - Back Up Timer		
Newport Hills– Back Up Timer		

11:00-1:00

Team	Volunteer	Lane #
MSC		1
MSC		2
MIBC		3
MIBC		4
Rolling Hills		1
Rolling Hills		2
Fairwood		3
Fairwood		4
Edgebrook		1
Edgebrook		2
Newport Hills		3
Newport Hills		4
MSC - Back Up Timer		
Edgebrook – Back Up Timer		

1:00-3:00

Team	Volunteer	Lane #
MSC		1
MSC		2
MIBC		3
MIBC		4
Rolling Hills		1
Rolling Hills		2
Fairwood		3
Fairwood		4
Edgebrook		1
Edgebrook		2
Newport Hills		3
Newport Hills		4
MIBC - Back Up Timer		
Rolling Hills – Back Up Timer		

3:00-End

Team	Volunteer	Lane #
MSC		1
MSC		2
MIBC		3
MIBC		4
Rolling Hills		1
Rolling Hills		2
Fairwood		3
Fairwood		4
Edgebrook		1
Edgebrook		2
Newport Hills		3
Newport Hills		4
MIBC - Back Up Timer		
Rolling Hills – Back Up Timer		

Judges - Stroke and Turn and Relay Take-off*

9-11

Team	Volunteer	Phone Number
Newport Hills		
Edgebrook		
MIBC - Relay Take-off		
Fairwood -Relay Take-off		

11-1

Team	Volunteer	Phone Number
MSC		
Rolling Hills		

1-3

Team	Volunteer	Phone Number
MIBC		
Fairwood		

3pm - End of Meet

Team	Volunteer	Phone Number
Rolling Hills		
Newport Hills		
MSC - Relay Take-off		
Edgebrook - Relay Take-off		

* All judges must have attended the 2010 Midlakes training