



NEWPORT HILLS SWIM AND TENNIS CLUB
5464 119th AVENUE S. E.
BELLEVUE, WASHINGTON 98006
(425)-746-9510 – www.nhstc.com

July 1st 2010

To: All Midlakes Representatives and Coaches

From: Newport Hills Swim & Tennis Club

Re: Jr. Girls Prelims

Location: Newport Hills Swim & Tennis Club.

Date & Time: TUESDAY, JULY 20TH 4:00 PM – 8:30 PM

WARM-UP SCHEDULE: 2:30 PM - 3:50 PM. Please see attached warm-up schedule for your team's time and lane. The Weight Room, Jacuzzi and Sauna will be closed to all prelim participants during the meet. The North three lanes in the South Pool will be available for warm-up and warm-down during the meet (no diving). Coaches please supervise your swimmers while in the warm-up lanes. We ask that teams not show up prior to 2 PM.

SUBMISSION OF ENTRIES AND VOLUNTEER FORMS: Due Friday, July 16th between 9 AM and 10:00 AM @ Samena

TIMERS: These individuals must have timed a minimum of 2 dual meets this season and need to bring their own digital watches. Please turn in the attached volunteer sheet with your entries on Friday, July 16th. Please have timers check in 30 minutes prior to their assigned shift. A timers meeting will be held 15 minutes prior to the start of the shift.

SCRATCH MEETING: The coaches scratch meeting will be held at 3:15 PM on the day of the meet.

TEAM AREAS: will be next to the tennis courts. Please instruct your swimmers to stay away from the pool's edge so as not to interfere with the stroke and turn judges or block the spectator's view. Please remind your swimmers that the bleachers are for spectators only. Tents may not be set up on the pool deck but they are welcome next to the tennis courts. **We will have a full concession stand and Midlakes Championship T-shirts for sale at the meet. Meet Programs will be sold for \$3.**

COACHES: will have bleacher seating reserved at the finish end of the pool. Team packets can be picked up in the banquet room. Hospitality will be provided in our banquet room for coaches and officials. 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.

PARKING: There is ample parking available at the club, the northern half of the shopping center and at Stod's Baseball down the street from the club. Please be aware that the merchants need parking available for their customers, they ask that you do not park in front of their establishments. If you park on a street, please do not block our neighbor's driveways.

Newport Hills Swim & Tennis Club
Warm-up Schedule - Junior Girls Prelims
Tuesday, July 20th

1st warm-up session: 2:30 - 3:10 PM

Group A North Pool, Group B South Pool

2nd warm-up session: 3:10 – 3:50 PM

Group A South Pool, Group B North Pool

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

Special Warm-up Conditions --

- No diving is allowed in the shallow end
- The last 10 minutes of each North Pool warm-up session will be for sprints.
- Three lanes in the South Pool will be available for warm-up/down the entire meet.

Meet day schedule

- 2:00 PM Facility Opens
- 2:30 PM 1st warm-up session begins
- 3:10 PM 2nd warm-up session begins
- 3:15 PM Coaches Scratch Meeting.
- 3:30 PM Officials Meeting
- 3:45 PM First shift timers meeting
- 3:50 PM Competition course closes to warm-up.
- 4:00 PM Meet Starts
- 5:45 PM Second shift timers meeting
- 6:00 PM Second half timer shift begins

There will be a 15 minute break between the end of the 12&U Free Relay and the beginning of the 500 Free. The competition pool will be open for warm-up during this time.

Parent Volunteer Form for Jr. Girls Prelims

At Newport Hills Swim & Tennis Club, 5464 119th Ave. SE, Bellevue, WA 98006
Tuesday, July 20th.

**Please return this form with your Jr. Girls Prelim entries on Friday, July 16th
between 9 AM and 10:00 AM at Samena.**

Club _____ Phone # _____

Representative _____ Phone # _____

_____ Phone # _____

Head Coach _____ Phone # _____

Coaches _____

Email contact: _____

Each Team with swimmers in the 500 Free must provide two timers for the event. Please have timers check in with our volunteer coordinator at the beginning of the 8&U girls Free Relays.

500 Free Timers

Timer #1 _____

Timer #2 _____

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 20th.

2010 Junior Girls Prelims
Timer Assignments

Lane #	First Shift 4:00 – 6:00 PM	Second Shift 6:00 - End
1	NYC KGM RH	SOM EB SAM
2	KGG TRI MSC	OL MSC NW
3	KGR TOS EB	MIBC KL COL
4	HW SAM EB	FW MIBC MICC
5	WR SW EB	KL FW PL
6	MH PLAT STC	MSC OL STC
Backup	MSC FW	SOM PL

Timers: Please report to the pool deck 1/2 hour prior to you assigned time.

Timers must provide their own digital watch.

Each Team with swimmers in the 500 Free must provide two timers for the event. Please have timers check in with our volunteer coordinator at the beginning of the 8&U Girls Free Relays.

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