

To: All Midlakes Swim Team Reps., Coaches, and Officers
From: Samena Swim Team
Subject: Jr. Boy Prelims

Location: Samena Swim and Rec Club

Date & Time: Wednesday, July 21st, 4:30 pm Meet start time

Entries: Due Friday, July 16th between 9:00 am and 10:00 am at Samena. **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 Samena Representative who will be at Samena. See Timer sheet attached for lane and time assignments plus other volunteer needs.

Timers: 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 averaged over the last few years. 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. **TIMERS MUST ATTEND THE TIMER MEETINGS** (see times in Schedule section below).

Schedule:

- 2:00 pm Pool opens up
- 2:30 pm 1st warm-up session
- 3:00 pm 2nd warm-up session
- 3:30 pm 3rd warm-up session

- 3:15 pm Coaches Scratch Meeting
- 3:45 pm Officials Meeting
- 4:00 pm 1st Timers Meeting
- 5:45 pm 2nd Timers Meeting
- 6:00 pm 2nd half Timer Shift starts

500 Free Each Team with swimmers in the 500 Free must provide 2 timers with watches. Please have Timers check in with our volunteer coordinator at the beginning of the 8 & Under girls Free Relays

- 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.
- Coach's 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: Teams will share the tennis court and lawn areas behind Samena. Spectators may sit on the bleachers but not save space on the bleachers. NO TENTS ALLOWED ON POOL DECK.
- Concessions: Heat sheets will be available for \$3.00. Midlakes Championship T-shirts will be available for purchase. Samena will provide concessions for swimmers and spectators. . The hospitality room for the coaches will be located behind the blocks under the deck, inside Samena This room is ONLY for coaches and officials, no swimmers please. Timers will be provided water and small snacks.

PARKING IS VERY LIMITED.

Parking will be limited to coaches in the Samena Parking Lot. All teams will be given ONE parking pass which they will pick up when they drop off their entries. Please bring this with you to be able to park in our lot.

Samena will run a shuttle from St. Louise School to Samena. If you choose to park on the street, please be respectful of our neighbors and do not block their driveways. Cars parked illegally will be towed and owner's expense.

**PLEASE RETURN THIS FORM WITH YOUR
JR. BOY PRELIM ENTRIES
FRIDAY, JULY 16TH
9:00 AND 10:00 AM AT SAMENA**

| | | |
|-----------|--|---------|
| Team Name | | Phone # |
|-----------|--|---------|

| | | |
|--------------|--|---------|
| Team Manager | | Phone # |
|--------------|--|---------|

| | | |
|------------|--|---------|
| Head Coach | | Phone # |
|------------|--|---------|

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|---------|--|
| Coaches | |
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Name of Email Contact _____

Email Address _____

WARM-UP INFORMATION

Warm-ups: Warm-up lanes will also be posted on the pool deck.

The Pool will be cleared of all swimmers at 4:00 pm

Special Warm-up Conditions: no diving from shallow end

Indoor pool – no diving

Lanes 1 and 2 open for starts and one-way sprints

| Indoor Pool | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-------------|--------|--------|--------|--------|--------|--------|
|-------------|--------|--------|--------|--------|--------|--------|

| | | | | | | |
|-------------|---------------------------|----------------------------------|--|--------------------------|---------|---------|
| 2:30 - 3:00 | High Woodlands Seattle | Columbia Kingsgate Monarch | Kingsgate Royals Newport Yacht Club | Norwood Rolling Hills | Plateau | Plateau |
| 3:00 - 3:30 | Triangle | MIBC | MIBC | Phantom Lake | MICC | MICC |
| 3:30 - 4:00 | Overlake | Overlake | Tamoshanter Woodridge | MSC | MSC | MSC |

| Outdoor Pool | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|--------------|--------|--------|--------|--------|--------|--------|
|--------------|--------|--------|--------|--------|--------|--------|

| | | | | | | |
|-------------|----------------|----------------|-------------|---------------------|---------------|--------------|
| 2:30 - 3:00 | starts/sprints | starts/sprints | Samena | Kingsgate Gators | Fairwood | Somerset |
| 3:00 - 3:30 | starts/sprints | starts/sprints | Maple Hills | Newport Hills | Newport Hills | Klahanie |
| 3:30 - 4:00 | starts/sprints | starts/sprints | Edgebrook | Edgebrook | Edgebrook | Strattonwood |

VOLUNTEER TIMER INFORMATION – Return this form with Meet Entries

| Timers | 4:30 to 6:30 | 6:30 to end of Meet | |
|------------------|--------------|---------------------|--------|
| Team | Volunteer | Volunteer | Lane # |
| Edgebrook | | | 1 |
| Overlake | | | 1 |
| Plateau | | | 1 |
| | | | |
| Fairwood | | | 2 |
| Klahanie | | | 2 |
| Woodridge | | | 2 |
| | | | |
| Edgebrook | | | 3 |
| Overlake | | | 3 |
| Fairwood | | | 3 |
| | | | |
| Maple Hills | | | 4 |
| MSC | | | 4 |
| Plateau | | | 4 |
| | | | |
| Kingsgate Royals | | | 5 |
| MSC | | | 5 |
| Plateau | | | 5 |
| | | | |
| MSC | | | 6 |
| Kingsgate Gators | | | 6 |
| Phantom Lake | | | 6 |
| | | | |
| 1st half back up | | | |
| Rolling Hills | | | |
| Seattle | | | |

2nd half backup

| |
|-----------|
| Kingsgate |
| Monarchs |
| Somerset |

| |
|--|
| |
| |

Your Team's Backup Timer: _____

Junior Boy Prelims, Wednesday, July 21, 2010

**Directions to the Samena Swim Club
15231 Lake Hills Blvd
Bellevue, WA 98007
(425) 746-1160**

Mapquest directions coming from I-90

I-90 traveling east

Take **EXIT 11B** onto 148TH AVE SE.
Turn **RIGHT** onto SE LAKE HILLS BLVD.
15231 LAKE HILLS BLVD is on the RIGHT

I-90 traveling west

Take the 161ST AVE. S.E./156TH AVE. S.E./150TH AVE. S.E. exit, EXIT 11.
Take the 156TH AVE. S.E./150TH AVE. S.E. ramp.
Take the 156TH AVE. S.E. ramp.
Turn **LEFT** onto SE EASTGATE WAY.
Turn **RIGHT** onto 148TH AVE SE.
Turn **RIGHT** onto SE LAKE HILLS BLVD.
15231 LAKE HILLS BLVD is on the RIGHT

Mapquest directions coming I-405 Southbound starting north of 520

Merge onto **WA-520 East** via **EXIT 14** toward REDMOND.
Take the 148TH AVE. N.E. SOUTH exit.
Turn **RIGHT** onto 148TH AVE NE.
Turn **LEFT** onto SE LAKE HILLS BLVD.
15231 LAKE HILLS BLVD is on the RIGHT

From Samena to St. Louise

Go East out of the parking lot
Turn left onto 156th Avenue
Go .4 miles and St. Louise is on your left
Address: 133 – 156th.