



July 1, 2009

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

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

Date/Time: Monday, July 20th; 3:15 pm Start
MIBC has swim/tennis lessons going on prior to the meet. Please do not arrive early.

Entries: Please turn entries in on Friday, July 17th before 10:00 am at Samena. Please e-mail the volunteer form to volunteers@mibeachclub.com by 10:00 a.m. July 17th. 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.

1:30 – 2:00 MICC, MSC, OL, SS, TRI, MH, RH, NYC, WR
2:00 – 2:30 NH, SAM, FW, NW, PL, PLAT, HW, PINE, SW
2:30 – 3:00 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 3:00. 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 and awards. Please complete and e-mail the attached form by July 17th at 10:00 a.m.

TIMERS & COUNTERS for the 500s: The meet will be swum in event order meaning the 500s will NOT be swum at the end of the meet. Swimmers must provide their own counters for the 500s. Timers will be provided.

MEETINGS: Scratch: 2:30 Please meet in the coaches' hospitality room (in the clubhouse)
Timers: 2:45 Please meet on the pool deck by the diving board
Officials: 2:45 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 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 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.

Midlakes Senior Champs
 Hosted by the Mercer Island Beach Club
Monday, July 20, 2009
Parent Volunteers

Each club must provide timers and one awards person for the meet.

Please email this completed form to volunteers@mibeachclub.com by 10 a.m. July 17, 2009

Timers: The timers must have timed a minimum of two dual meets and must provide their own digital stopwatch. A schedule of timer assignments will be emailed to you/your team volunteer coordinator and posted at the meet. All Timers must check in with the MIBC Volunteer Coordinators.

Timer Check In: 2:15pm. Location: Volunteer Check In
 Timers Meeting: 2:45pm. Location: Pool Deck by Diving Board
 Session 1: 3:15-5:30
 Session 2: 5:30-8:00 (or end)

Awards Person: One volunteer to help apply labels to ribbons and help organize awards for swimmers.

Check In: 2:15pm. Location: Volunteer Check In
 Report To: MIBC Club House (entrance to upper club house is off parking lot)
 Session1: 3:15-5:30
 Session 2: 5:30-8:00 (or end)

TEAM NAME: _____
 Number of Seniors Entered: _____

Team Volunteer Coordinator:

Name	Email Address	Cell Phone

Parent Volunteers: Please provide accurate email addresses. While we will do our best to accommodate each request, we cannot make any guarantees.

# of Swimmers Entered	Timer Name	Email Address	Session Preference (if any)
1-8			
9-16			
17-24			
25-32			
33-40			
41-48			
Timer on Standby (in case one of your timers can't make it)			
AWARDS	Name	Email Address	Session Preference
Awards Person			

Senior Champs Advertising

The Mercer Island Beach Club is pleased to host the 2009 Senior Champs on Monday, July 20, 2009. 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 17, 2009

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