

Date

To: All Midlakes swim team reps., coaches, and officers
From: Your Club
Subject: Post Season Event/Date

Location:

Date & Time:

Entries: Due at Location, Date Time 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 Your Club Representative who will be at Location. See Timer sheet attached for lane and time assignments plus other volunteer needs.

Warm-ups: Warm-up lanes will be posted on the pool deck. One-way sprint lanes will be provided the last 10 minutes of each session. The team warm-up schedule is below:

Example

2:15-2:45 PM: SAM, NH, KGG, HW, WR, TRI, PL NW, MICC

2:45-3:15 PM: SS, KGR, MIBC, RH, STC, MSC, OL, PLAT, FW, MH

3:15-3:45 PM: EB, COL, KGM, STC, TOS, KLA, NYC, SW

The Pool will be cleared of all swimmers at 3:45PM

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..

Meetings: Scratch: 3:15PM Officials: 3:30PM Timers: 3:45PM

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: Portions of the pool deck and raised concrete areas are for spectators only. Teams will share the lawn areas to the north and west of the pool. Spectators may wish to bring padded seating for the concrete spectator area as well as chairs and cover for the swimmers. It may be very hot.

Concessions: Heat sheets will be available for \$xx. Midlakes Championship T-shirts will be available for purchase. The *Your Club* will provide concessions for swimmers and spectators. . The hospitality room for the coaches will be located xxx. This room is ONLY for coaches and officials, no swimmers please. Timers will be provided water and small snacks.

PARKING IS VERY LIMITED.

Specific to your Club....Parking Instructions

Example for Directions to be posted at each club. Remember to keep this page separate so it can be easily downloaded or posted for traveling teams

Junior Girl Prelims, Tuesday, July 21, 2009

Directions to the Edgebrook Club

13454 SE Newport Way

Bellevue, WA 98006

425-746-2786

Mapquest directions coming from I-405:

I-405 traveling North or South

Take the Coal Creek Parkway exit (exit #10).

Turn left onto Coal Creek Parkway.

Turn left onto Factoria Blvd.

Turn right on SE Newport Way

Continue to follow SE Newport Way and turn left at light at SE Allen Road and another quick left. Edgebrook is on the left across the street from Tyee Middle School baseball fields.

Mapquest directions coming from I-90

I-90 traveling east

Merge onto I-405-South toward Renton

Take the Coal Creek Parkway exit (exit #10).

Turn left onto Coal Creek Parkway.

Turn left onto Factoria Blvd.

Turn right on SE Newport Way

Continue to follow SE Newport Way and turn left at light at SE Allen Road and another quick left. Edgebrook is on the left across the street from Tyee Middle School baseball fields.

I-90 traveling west

Take the 161st Ave SE/156th Ave SE/ 150th Ave SE exit (exit #11)

Take the 156th Ave SE/150th Ave SE ramp

Stay left at the fork in the ramp and go **right** on next ramp to circle you back over the freeway

Merge on to 150th Ave SE

Turn Right on to SE Newport Way

Turn right just past the light at the Somerset fountain on to SE Allen Road and do a quick left toward the Tyee Middle School. Edgebrook is on the left.

Junior Girl Prelims Timer Volunteers

Tuesday, July 21, 2009

Each club must provide the name of the individual who will be assigned to the lane and time per the assignments below. The timers must have timed a minimum of twice in dual meets. Each timer must provide his or her own digital watch. **There will be check-in tables for all volunteers. Please arrive at the pool at least 15 minutes prior to the timers meeting. A schedule of timer's assignments will be posted at the meet upon check in. Timers are responsible for reviewing the schedule in case there are changes.** There will be a timer's meeting at 3:45 p.m., July 21, 2009.

Team _____

Coaches _____

Note – Please Identify by name one Fill-in timer to cover your team

Slots in case of No show: __Name goes here: _____ (note this is different than the back –up timer position listed below....Thank you

LANE	Timer 1st Shift	LANE	Timer 2nd Shift	LANE	Timer 3rd Shift
	3:45PM- 5:30PM		5:30PM-7:00PM		7:00-8:30PM
Fill in Names next to team Initials and return with entries					
1	TOS	1	FW:	1	KGG
1	MICC	1	OL	1	MIBC
2	MSC	2	COL	2	SOM
2	TRI	2	KLA	2	SW
3	STC	3	SAM	3	NH
3	PLAT	3	RH	3	NW
4	SOM	4	SW	4	OL
4	SW	4	RH	4	MSC
5	NW	5	MH	5	MICC
	NH	5	MIBC	5	FW
6	MIBC	6	MSC	6	KGG
6	FW	6	MICC	6	KLA

Back-up Timers: Shift 1

MSC
OL

Back-up timers Shift 2

NYC
KGR

Back-up timers Shift 3

KGM
PL