

## 2009 Trident Conference Swim Meet Information Sheet

July 19, 2009

Neuqua Valley High School ("NVHS")

Check in time: **7:00 a.m.** in the NVHS GYM - we have been in the gym the last two years, instead of the cafeteria. Stonebridge will also be in the gym with us.

Morning warm-up time: **NEW PROCESS FOR 2009**

**7:30-8:30 a.m. Lane 6**

7:30-8:00 a.m. (10 and under)

8:00-8:30 a.m. (11 and older)

This year the Aquatic Director at Neuqua has asked that we assign each team one lane for the entire warm up session. At least one coach must be at each end of the pool supervising their lane.

Morning volunteer check in: 7:45 a.m. - See Phyllis Ellam in the gym

Morning meet start: 9:00 a.m. (individual events only #11 - #60)

Afternoon warm-up time: **NEW PROCESS FOR 2009**

**12:15:-1:00 p.m. Lane 6**

12:15-12:35 p.m. (10 and under)

12:40-1:00 p.m. (11 and older)

1:15 p.m. Meet starts

(Afternoon session times are approximate)

Please check with your coach for the exact start time.

Afternoon volunteer check in: Approximately 45 minutes after the end of the morning session (final heat of event #60)

Afternoon meet start: Approximately one and a half hour after the end of the morning session (final heat of event #60).

Preliminary events 11 - 60 will be raced in order in the morning. Dive events will observe **fly-over starts** in the eleven and up age groups; tell your swimmers to wait in the water while the next heat is started; Freestyle, IM, Breast Stroke, Butterfly. The Coaches will go over this format in more detail in practice.

The afternoon will be run as a final championship meet. The top 8 swimmers from the morning's individual preliminary events will swim in the final championship meet in the afternoon. There are a few alternates for each event so stick around and check with your Coaches to see if there are any scratches as your swimmer might still make the final meet. The afternoon meet will be run like a regular dual meet starting with #1 Girls 8 & Under Medley Relay and finishing with the #70 Boys 15 - 18 Freestyle Relay. There will be only 1 heat for each event.

The bullpen format has not changed from previous years but it is much different than the regular dual meets. **Parents are not permitted in the bullpen area or on deck at anytime, unless you are an Oakhurst parent volunteer for bullpen or timing.**

Trident conference t-shirts will be for sale at the meet. The Swim Team Store will also have a table set up so you can pick up all of your swimming needs. The concession stand will be open from 7:00 until the end of the meet. It is located in the cafeteria. This is one of the conferences main fundraising events so please support our conference.

**For the new parents** - Although the pool area is air conditioned, it gets **VERY HOT** in the stands and on deck for volunteers. Please dress accordingly!

Suggested items to bring:

- |  |                               |
|--|-------------------------------|
| 1. Sleeping bag for the gym floor                    | 5. Water                      |
| 2. Several towels for morning and afternoon sessions | 6. Carrots/veggies            |
| 3. Fruit   | 7. Cards/small games, etc.    |
| 4. Gatorade  | 8. Newspapers/magazines       |
|  | 9. Fold up chairs for parents |

**PLEASE DO NOT BRING ANY VALUABLES!!!!** The gym is a wide-open area and not monitored.

Please contact Coach Mike or Pam Turner if you should have any questions this weekend.

Mike Steele  
630-849-5988  
mikesteele1 @ comcast.net

Pam Turner  
312-203-6668  
Pamela.Turner @ GE.com

We look forward to seeing everyone there and we hope that all of our swimmers swim fast and everyone has fun!

Go Orcas!!!!

