

**PC-C/B/A+ Short Course Meet**  
**John F. Cunningham Pool at 801 Heartwood Ave., Vallejo**  
**Friday, Saturday, & Sunday**  
**November 13-15, 2009**  
**Reference Sheet**

**DIRECTIONS** From I-80 East onto Georgia Street; from I-80 West, RIGHT up over freeway onto Georgia Street. Go east on Georgia Street, past (3) stoplights. Turn LEFT on Heartwood to pool. From Contra Costa, take I-680 NORTH to I-780 NORTH. Exit from I-780 at Columbus Parkway. Turn LEFT on Georgia Street. Turn RIGHT on Heartwood. Pool is on the left side.

**IMPORTANT PHONE #'S** Meet Director: Debbie Rodinsky (707) 643-8567  
David @ (415) 730-7365; DeLorean @ (717) 476-8698; Cary @ (415) 309-9034

**TIMES TO ARRIVE**

<u>Fri. Session</u> Arrive @ 4:30 pm	<u>Sat. &amp; Sun. Sessions</u> Arrive @ 7:00 am
---	---

**BEFORE YOU ARRIVE**

- 1) Learn your events and event numbers by heart
- 2) Eat a good breakfast/brunch
- 3) Arrive in your bathing suit/warm-ups (EVERYBODY WEAR BLACK AND WHITE!)

**WHEN YOU ARRIVE**

- 1) Check – In: First with David, and then with the CLERK-OF-COURSE.
- 2) Go to designated area
- 3) Warm-up with your team
- 4) Team Meeting
- 5) Swim and Cheer for your Teammates

**CHECK LIST**

- USS CARD
- Event #'s
- Team suit
- Team Cap
- Goggles
- Parka
- Team Notebook
- Towels (one per event plus one for warm-up)
- Warm-ups
- Sunscreen/Hat (OUTDOOR POOL)
- Change of clothes
- Extra suit/cap/goggles (strongly recommended)
- Snacks/Water (no soda, candy, chips, junk food)
- Games/Homework/Books
- Money for Snack Bar

**BASIC MEET RULES (include, but are not limited to...)**

- 1) Stay in designated area. Swimmers are not allowed to leave the pool deck at any time during a meet. Swimmers must check in before and after each event with David, DeLorean, or Cary. When they are not competing, swimmers must be with their team in the designated area.
- 2) Be respectful and courteous. All swimmers must remember at all times that they are representing themselves, their teammates, the Pirates and the YMCA, and therefore they must be respectful of and courteous to all other swimmers, officials, timers, coaches, and patrons. Inappropriate behavior will not be tolerated. Keep the pool clean. Leave the deck cleaner than you found it. We want to be invited back to these meets.
- 3) Stay calm. Swimmers need to reserve their energy for the race. Therefore, no running, screaming (unless it is cheering), or horseplay.
- 4) Support your team. Above all, be there for your teammates. They will be there for you. When you are on the deck you are first a Pirate, and second, a swimmer.
- 5) Be on time to your events. Swimmers can miss events if they aren't paying close attention to what is going on around them. Be standing behind the timers 2 heats before your event. Take that time to think about your race. (Be in your warm-ups to stay warm). Have your events written on your hand.