

**Midlakes Division III Championship Meet**  
**Saturday, July 16th 2011**  
**The Plateau Club**  
**25625 East Plateau Drive**

Enclosed you will find information regarding Division III Championship meet. Please read all the information carefully. This information will also be posted on the Midlakes website.

**Entries:** Please note that team entries must be received **between 10:00 am and Noon on Monday, July 11th**. Consult your Midlakes handbook for all rules and regulations regarding B-Champs entries. Entries are considered late if not turned in by noon. Late entries will be assessed additional fees by the Midlakes Swim League.

**The following should be emailed to [connieflaten@msn.com](mailto:connieflaten@msn.com)**

Entries should include:

- Roster zip file
- Entries zip file
- Entry report, pdf by athlete

Volunteer list, complete the attached form for your team  
Team information form

**Changes/Corrections will be accepted until Wednesday, July 13th at 8:00 p.m. Please email any changes to Connie Flaten at [connieflaten@msn.com](mailto:connieflaten@msn.com).**

**Warm Ups:** Warm up begins at 7:30 am. Each team will be given a lane. Lane assignments will be posted at the pool. Lane six will be used as a one-way sprint lane during the entire warmup. **The pool will be cleared of all swimmers at 8:45am.**

**Meet Schedule**

- 7:00 am Facility Opens
- 7:15 am Heat sheets & T-Shirt Booth opens
- 7:30 am Breakfast Concessions Open, lunch starts at 11:00am
- 7:30 am Warm up begins
- 8:00 am Volunteer Check In, all first shift volunteers must check in and receive name tag
- 8:15 am Coaches Meeting – Scratch Meeting (in the hospitality room)
- 8:30 am Timers and Judges Meetings  
These meetings are required for ALL timers and Judges, even later shifts
- 8:55 am National Anthem
- 9:00 am Meet Begins
- 11:00 am 2nd Shift Timers and Judges
- 1:00 pm 3rd Shift Timers and Judges

**VOLUNTEERS: Each club is required to provide volunteers for the meet.** Timers must provide their own watches. All volunteers will check in at the check-in table and receive a nametag. A final list will be sent out to the teams prior to Division Champs once the volunteer lists are turned in.

**Volunteer Sign-up sheets:** Midlakes Division III Championships are a division-wide effort. To ensure fairness for all swimmers and teams, we are asking for volunteers from each team to act in various capacities. Please see the attachment for volunteer assignments.

**COACHES:** Designated seating will be provided along the pool deck reserved for Coaches ONLY. We ask for your assistance in communicating to your parents they are not allowed on this part of the 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. Hospitality for coaches will be available.

**TEAM AREAS:** Team areas will be available on the grass area next to the tennis courts. The pool deck will be closed except for spectators, volunteers, athletes and coaches. Therefore, no tents, lounge chairs, or large equipment will be allowed on the cemented pool area or on the tennis courts. There will be bleachers set up for viewing only – please do not set up on the bleachers but come and go as needed. The upper patio is reserved for spectators dining only.

**CONCESSIONS & HOSPITALITY:** The Plateau Club will provide concessions for purchase and hospitality for the coaches and officials. Breakfast will be served from 7:30 am-10:30 am, Lunch from 11:00am – 3:00pm. A wide variety of items will be available for breakfast and lunch. Cash and check will be accepted. The upper patio will be open for dining and meet viewing.

**HEAT SHEETS:** Spectator heat sheets will be available for purchase the day of the meet.

**T-SHIRTS:** Midlakes Championship T-shirts will be available for purchase.

**PARKING:** We encourage you to carpool, as parking is limited. Parking will **NOT** be available in the Plateau Club parking lot as it has to remain open for golf members. Parking spots will be provided for the disabled, **coaches and officials only**. Coaches will be provided 2 parking spots per team.

Spectators and swimmers must park on East Main Drive (directions attached).

**You may drop off your swimmers at the recreation club before you exit the lot to park.**

## **DIRECTIONS to The Plateau Club:**

### **Coming from I-90 Eastbound:**

Take Exit #15- Lake Sammamish State Park. Left onto 17th ave NW (will turn into SE 56th St) follow for .9 miles. Left onto East Lake Sammamish Parkway SE follow for 1.3 miles. Right onto SE 43rd Way (will turn into 228th Ave. SE) follow for 3.5 miles. Right onto SE 8th follow for 1.5 miles. Right onto E. Main Dr. follow for .5 miles, club entrance will be on your right.

### **Coming from 520 Eastbound:**

Take Exit at SR 202 / Fall City-Redmond Way Right off exit onto SR 202. Follow SR 202 for 2.5 miles. Right onto NE Sahalee Way (Grey Barn Nursery). Follow Sahalee Way for 4.6 miles (Sahalee Way turns into 228th). Left onto SE 8<sup>th</sup>. Follow for 1.5 miles. Right onto E. Main Drive. Follow for .5 miles, entrance to Club on right-hand side.

**MIDLAKES DIVISION III CHAMPIONSHIPS**  
**July 16<sup>th</sup>, 2011 @ The Plateau Club**  
**Team Information Form**

Please return this form with Division III Championship Entries on July 11<sup>th</sup>.

Club \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Volunteer Coordinator:

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Please list all of your coaches so that we can make heat sheets for all.

Head Coach:

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**MIDLAKES DIVISION III CHAMPIONSHIPS**

**VOLUNTEER ASSIGNMENTS**

**DUE: JULY 11TH, 2011**

**Please fill in the name of the volunteer next to your team name**

<b>TIMERS</b>	<b>First Shift 9:00 - 11:00</b>	<b>Second Shift 11:00 - 1:00</b>	<b>Third Shift 1:00 - end</b>
<b>LANE</b>			
<b>1</b>	TRI	TRI	TRI
	TOS	TOS	TOS
	PLAT	PLAT	PLAT
<b>2</b>	KGR	KGR	KGR
	OL	OL	OL
	TRI	TRI	TRI
<b>3</b>	TOS	TOS	TOS
	PLAT	PLAT	PLAT
	KGR	KGR	KGR
<b>4</b>	OL	OL	OL
	TRI	TRI	TRI
	TOS	TOS	TOS
<b>5</b>	PLAT	PLAT	PLAT
	KGR	KGR	KGR
	OL	OL	OL
<b>6</b>	TRI	TRI	TRI
	TOS	TOS	TOS
	PLAT	PLAT	PLAT
<b>Backup</b>	KGR	KGR	KGR
<b>Backup</b>	OL	OL	OL
<b>Runner</b>	PLAT	PLAT	PLAT
	TRI	KGR	TOS
	OL	TOS	TRI
<b>Staging</b>	PLAT	PLAT	PLAT
	KGR	KGR	KGR
	OL	OL	OL
	TRI	TRI	TRI
	TOS	TOS	TOS
<b>Official</b>	TRI	TOS	KGR
	OL	PLAT	TRI
<b>Relay Exchanges</b>	PLAT	xxx	OL
	KGR	xxx	TOS
	TRI	xxx	PLAT
<b>Awards</b>	PLAT	PLAT	PLAT
	TOS	KGR	OL
	OL	TRI	TOS
<b>Starter</b>	PLAT	TRI	KGR
<b>Announcer</b>	PLAT	PLAT	PLAT
<b>Data Entry</b>	PLAT	PLAT	PLAT

