

**2019 NCSL-MOTHER LODE
CONFERENCE CHAMPIONSHIP
VISTA DEL LAGO H.S., FOLSOM, CA
JULY 27 & 28, 2019
INFORMATIONAL LETTER**

Dear Swimmers, Parents, Coaches and Friends,

It's upon us, the finale of the 2019 swim season! For the 4th straight year, the Mother Lode Conference Championships is at Folsom's Vista del Lago High School. This document provides important details you need to know to make this event run smoothly. Please take the time to read all of this. We'll start out with the things NOT to do:

CRITICAL REMINDERS:

ALCOHOL IS COMPLETELY FORBIDDEN ANYWHERE ON SCHOOL GROUNDS AT ALL TIMES (Sec. 25608 of CA Code).

1. VIOLATORS may be escorted from the event by Folsom Police Department.
2. WE MUST adhere to this rule to continue using this facility.

PHOTOS/VIDEO

1. NEVER take photos or videos in changing areas, restrooms, or locker rooms.
2. NEVER take photos or videos from behind the swimming blocks (even through the fence).
3. ACCEPTABLE camera zones include side courses of the pool, team areas, concession areas, and the turn-end of the competition pool WHEN NOT IN USE AS A START END (25 yard events).
4. VIOLATORS may be directed to leave the event.

MARSHALS

1. Be respectful of Deck Marshals. Rude behavior and/or language toward the Deck Marshals will NOT be tolerated.
2. Participants unable to behave in a civil fashion may be asked to leave the event. If a dispute occurs with a marshal, please ask to speak with a League Representative or Meet Official.

PUBLIC ADDRESS SYSTEM

1. No use of the Public Address System BEFORE 8:15 am (Bullhorns **okay** in team area before 8:15).

FOOTBALL STADIUM ACCESS ROAD (shaded area under the football bleachers)

1. DO NOT setup tents, canopies, mats, or otherwise obstruct the road under the football bleachers.
2. Staying in team areas will make team parent and volunteer coordinator jobs much easier.

SETUP:

Meet set up for designated volunteers is from 4:00 to 6:00pm on Friday, 7/26. We will **set up the pool deck first** and then the age group/team tents in the soccer field. Friday afternoon set up volunteers should unload **deck equipment** (not personal gear) in the loading lane next to the entrance to the pool deck. While the deck set up volunteers set up the pool area, team volunteers can unload and set up team tents. We need the pool deck set up and organized before we leave on Friday night, make sure and check with your league rep before departing. PLEASE DO NOT show up and set up a personal canopy without contributing to the overall effort. See attached diagram of the facility designating the team/parking areas.

PARKING:

IF UNLOADING GEAR BEFORE PARKING: Enter from the entrance at the intersection of Broadstone Pkwy. and Russell Dr., turning south into the school. Proceed up the ramp and bear left. After bearing left, you may bear right into the unloading lane. **This lane is for short term unloading only;** parking attendants will keep you moving, please respect the need to keep traffic flowing.

IF WANT TO PARK FIRST, THEN CARRY GEAR IN: Enter from Broadstone Pkwy. and Stockman Cir., turning south off of Broadstone. You will climb up a ramp, bending to the right and make your first right into the parking lot.

OVERFLOW PARKING: If the primary lot is full, unload gear (as described above) in loading area and return to overflow parking (see attached parking map).

POOL ACCESS:

We will run a closed pool deck. The closed portion of the deck will be limited to working staff and volunteers during their assigned shift. Please understand we will follow a strict policy of only allowing verified volunteers on the closed deck; only swimmers, shift volunteers, or personnel with a deck pass may use Gates B and C. Once your shift ends and your replacement has taken over, we ask that you to return to your team area or the bleachers. Gate A is the access point for swimmers to talk to their coaches. Gates B and C are for deck volunteers, swimmers from ready bench, and swimmers exiting after their race.

The facility will be open for access at 6:00am both days. Please access the team areas using the access ramp North of the pool. **DO NOT BRING TEAM AREA EQUIPMENT THROUGH THE POOL AREA.**

Teams may gather near the Ready Bench in advance of Warm-ups and enter the deck for warm-ups at Gate B at their appointed time.

Vendors and apparel tables will be located outside the deck on the main walkway from the parking lot AND/OR behind the poolhouse/bathroom area. Team volunteer check-in tables will be located in the team areas nearest the pool. See the map of the pool layout designating the walkways on page 4 of this letter.

Restrooms are located in the Locker Room Building to the South of the deck through Gate A or through the Main Entrance. Ensure the doors to the restrooms remain open.

There is NO camping in the bleachers. People may setup canopies to share, but CANNOT reserve seating areas. NO personal chairs or canopies on the pool deck due to limited space. This will be strictly enforced.

Please be respectful to all by making room for others in the bleachers so they can watch their swimmer's race. We need to keep the pool deck clear and NOT interfere with the volunteers doing their jobs or the swimmers getting to the ready bench for their race.

TEAM AREAS:

The team areas are located outside of the pool. Please do NOT set up your personal area anywhere other than in your designated Team Area on the field south east of the deck. Sidewalks and the streets are for evacuation and cannot be blocked per Fire Marshall Regulations. There will be plenty of room on the grass. Team cheers will occur in your own Team Area and NOT on the pool deck or inside the pool area at any time. This will be strictly enforced as it is disruptive and interferes with the admin of the meet.

A few things that are **NOT allowed** in the team areas:

- LEAVE ALCOHOL AT HOME. IT IS AGAINST CALIFORNIA LAW TO CONSUME AN ALCOHOLIC BEVERAGE ON THE CAMPUS OF A PUBLIC SCHOOL (Sec. 25608 of CA Code). VIOLATORS MAY BE CITED AND ASKED TO LEAVE.

- NO GROUND COVER (RUGS, BLANKETS, OR OTHER ITEMS THAT WILL KILL THE GRASS).
- NO BBQs, camp stoves, or generators to run swamp coolers and fans, or misters (there's no access to water).
- NO staking of tents.
- NO dogs or pets of any sort in the pool and team areas.
- NO smoking in or around the pool or team area. Vista del Lago is a school facility and smoking is prohibited.

VOLUNTEERS:

When you arrive each day, please check in with your team's Volunteer Coordinator at the team table to receive your shift label. Please pay attention to the announcements calling you to work your respective shifts and report to your shift 15 minutes early. You will not be allowed to leave your post until the next shift worker relieves you. This will allow the meet to continue without interruption.

If volunteers can remember to bring their own sports bottles to reduce trash around the pool, it would help. Hospitality staff will fill your bottle with refreshments throughout your shift. Hospitality may not be providing cups and will not provide bottles of water.

READY BENCH:

All swimmers **MUST** come through the Ready Bench in order to swim an event for prelims and finals. **This includes relays for all age groups.** The Ready Bench area is located outside the pool deck, on the west end of the Team Area. Only swimmers and assigned volunteers are allowed in the Ready Bench area—no coaches or team parents are allowed **UNLESS** asked by the Ready Bench staff to assist the kids to the blocks. We want to keep the Ready Bench running smoothly as this is the engine that keeps our meet moving along! We have a wonderful staff on the Ready Bench who will take good care of your swimmer, ensure they get to the blocks on time for their race, and are in the correct lane so they don't miss their race. The Ready Bench team just needs swimmers at the Bench a few events before they are scheduled to swim.

To speed up and ease the process and reduce anxiety by everyone involved, we are asking that the Team Parents take a dark Sharpie Marker and write the swimmer's last name on the left upper arm near the shoulder with Event #, Heat # and Lane # of each event in order as a line item (i.e., 11-2-8, which means Event 11, Heat 2, Lane 8) for all 12 and under swimmers. It wouldn't hurt to do this for the 13-18 year olds, as well. Remember to use sunblock **BEFORE** writing events on the swimmer's arm. Sunblock will remove markings easily at the end of the day. We appreciate your cooperation helping the Ready Bench staff easily identify your swimmer and seat them appropriately on the Ready Bench for each of their races.

APPAREL SALES AND VENDORS:

Alpha Aquatics: Will sell swim gear and equipment

Smoothie Patrol: Coffee and Smoothie

Hagen Freeze: Sacramento-area vendor selling freeze drinks (formerly Merlino's)

La Mex Taqueria: Burritos, Tacos, and other

Apparel Republic: NCSL Champs T-Shirts and Tank Tops and other items

There will be no on site snack bar at this event just our generous vendors that donate back to our league

SWIM SUITS and MEDICAL TAPE:

All swimmers should wear their team suit or one in similar quality to the team suit. All suits should have the FINA stamp. If you would like to wear a suit without the FINA stamp and are uncertain if your suit is legal, please bring the swimsuit in question to see the Meet Referee at 7:15 am in the Computer Ops area. Please also bring one of your coaches to this meeting.

Kinetic, athletic, or first aid tape is not allowed. The only exceptions will be with a doctor's note that has been previously emailed to the league and approved. Any questions about tape should be directed to your team's League Rep, who will then submit/discuss with the Meet Referee.

MEET MOBILE:

Use Meet Mobile to track your swimmer's events and results (available in the Apple Store or Google Play). Meet Mobile costs \$5.99 per year. Meet Mobile times and results are UNOFFICIAL times and subject to change pending disqualification processing. We will post official results on the fence the main entrance to the pool area. It is always a good idea to check the official results to confirm whether you made finals.

MEET PROGRAM:

We will load the meet program on Meet Mobile and the event website by 6pm on Friday, 7/26. You can download and print your own copy. We will not change Heat and Lane assignments after we publish the program.

PRELIMINARY AND FINALS:

There is approximately a 1 hour break between preliminary races and finals to run reports and organize the events. Volunteers should plan to arrive to your Finals shift 45 minutes after our break starts. During the break, we will run the Parents' Relays (Saturday) and Coaches' Relays (Sunday).

FINALS:

Finals are the most exciting part of the day. Please keep the noise down at the start of each race. Once the race is underway, we encourage you to cheer for your swimmers; noise at the start however can be very distracting. Please do not bring noise making devices.

All finalists and alternates will report to the ready bench prior to the race. Both alternates must wait with the Meet Referee until the race starts. The Meet Referee will place alternates in races as needed.

AWARDS CEREMONY:

On Saturday, the 6-and-under award ceremony will start right before the relays. On Sunday, the award ceremony will start after we clear the pool deck and pack up all equipment. We appreciate extra hands during tear down! The more hands involved, the faster we get to start the ceremony!

PICTURES AND VIDEO:

Absolutely NO photography or videotaping behind the blocks. You can take photos/videos from the bleachers. This includes taking pictures/videos with your cell phone. This is a rule that we, NorCal Swim League, follow to protect our swimmers.

SENSITIVITY TO POOL WATER:

Some individuals stated they had some sensitivity to Vista's pool water. The chemicals used may be different than your home pools. If you have a sensitivity or would like to be extra cautious you are free to use the outside showers to rinse off.

THANKS

One last thing. A Championship swim meet does not happen without the help of more than a HUNDRED parent volunteers. A huge "THANK YOU" to everyone that helps make Champs run smoothly. If you have any questions or concerns, please direct them to your League Representative. Your League Rep will work to resolve your concern and elevate issues if necessary.

Good luck to all our teams and swimmers as they strive for best times and great results while displaying the amazing sportsmanship and comradery that is a hallmark of our sport. Let's treat each other well and maintain cool heads during hot times. This will be an incredible event that each of us play a part in making a success.

See you on deck!

Shanon Arnan,
Meet Director

Vista del Lago Parking Info



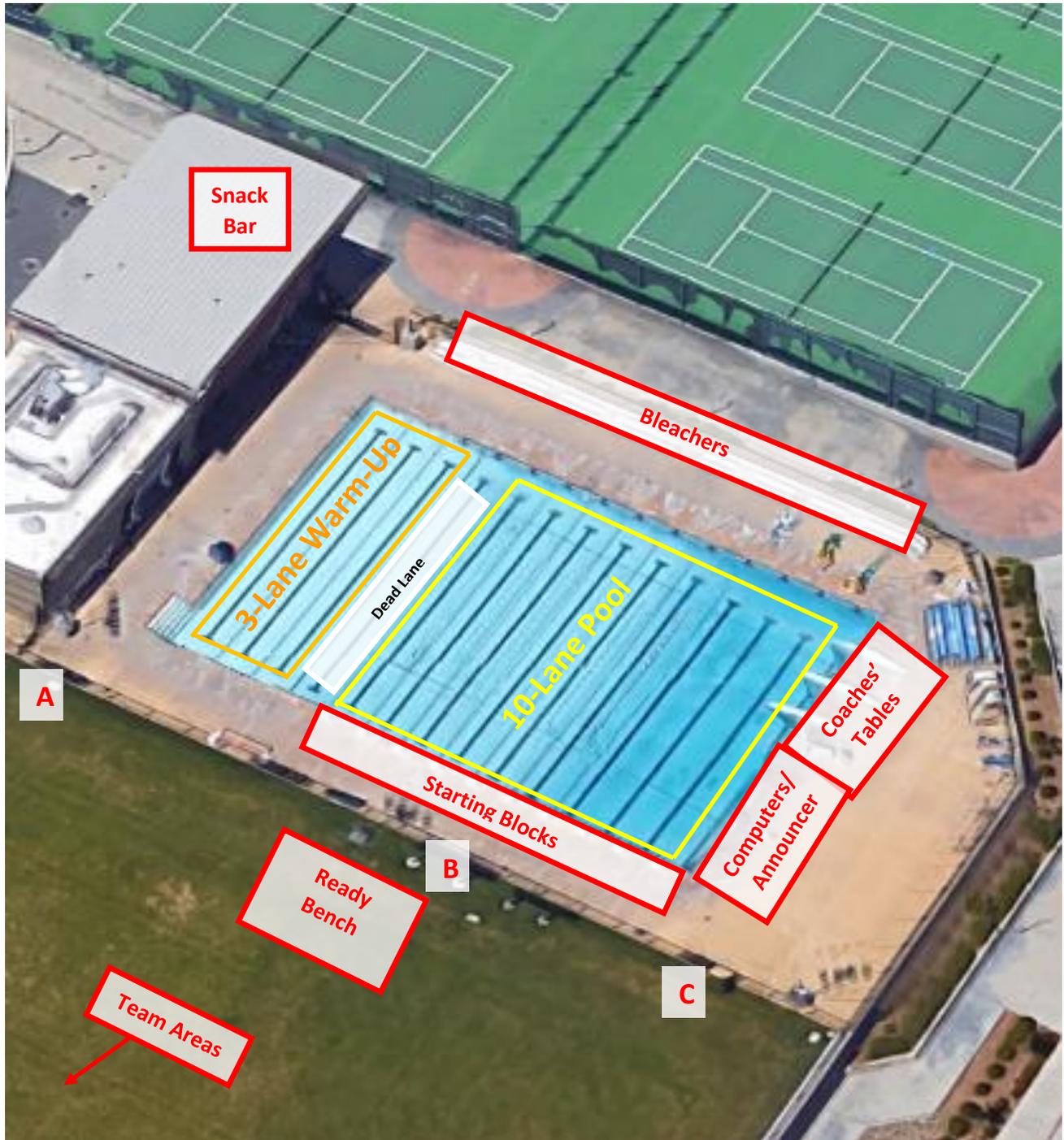
Vista del Lago Team Area



Note:

- Gate A is general access; Gates B and C are swimmer, coach and volunteer access only.
- Team areas measure approximately 40'w x 250'l.
- Transport parent and team gear to Team Areas up ramp, not through pool deck.

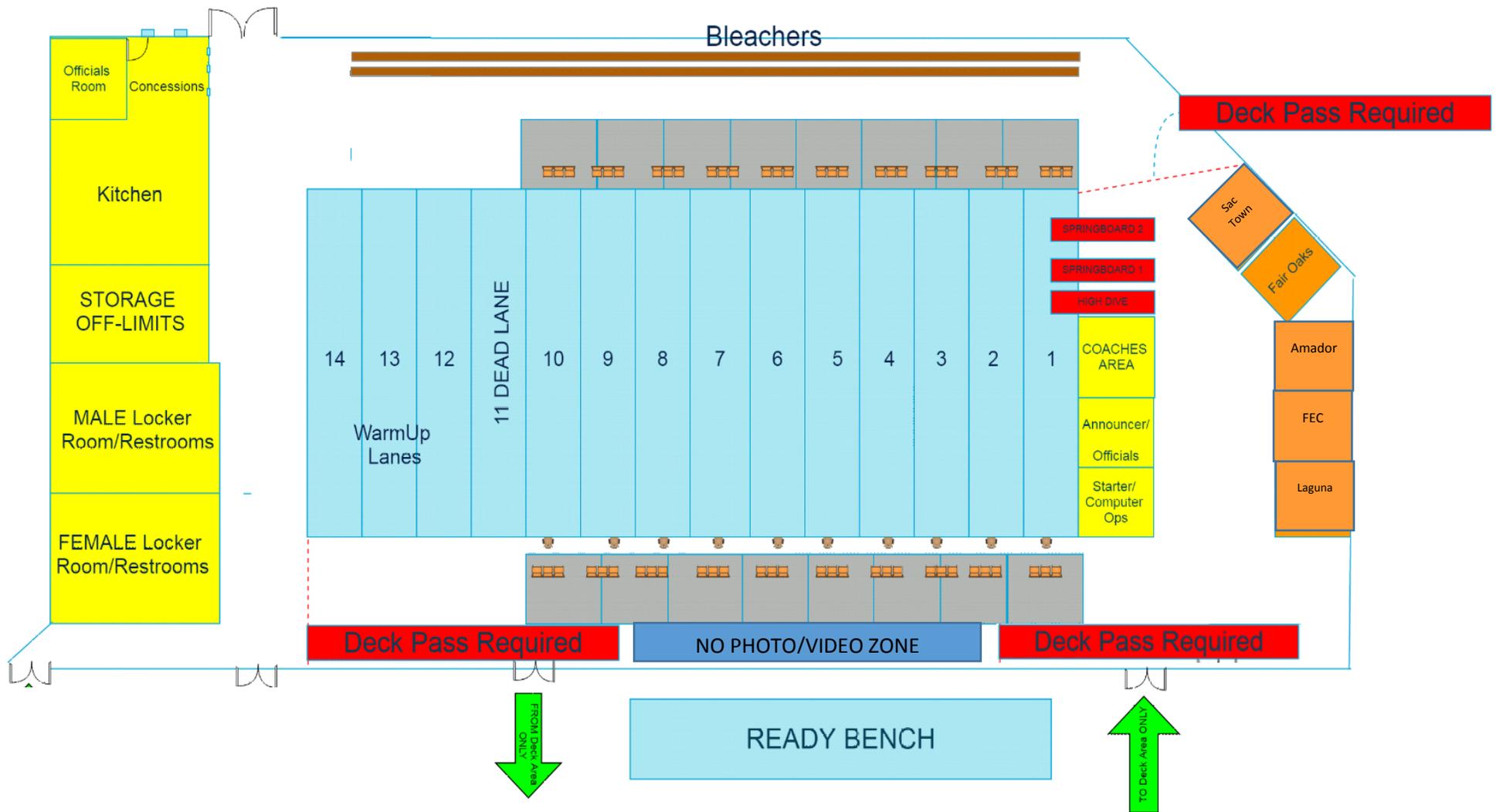
Vista del Lago Deck Area



Note:

- Gate A is general access; Gates B and C are swimmer, coach and volunteer access only.
- Swimmers at Ready Bench will enter through Gate C. Swimmers finishing races will exit Gate B.
- Access to Coaches Table is through Gate A.

Vista Del Lago Deck Layout



2019 Mother Lode Swimming Conference Championship Schedule

Saturday, July 21, 2018

6:00am	Pool Deck Opens for Operations
6:30am-7:00am	Swimmer Check-In at Team Tents
6:30am-7:15am	Volunteer Check In for Day 1 at Team Tents
7:00am-7:30am	Warm Ups for Laguna and FEC: Laguna: Lanes 1-5 (blocks) and 13-14 (no blocks) FEC Lanes 6-10 (blocks) and 11-12 (no blocks)
7:00am-7:15am	Meet Referee Meeting with League Reps and Head Coaches in Computer Ops Area
7:15am	All scratches due <i>in writing</i> to Computer Tent
7:30am-8:00am	Warm Ups for Amador, Fair Oaks, and Sac Town: Amador: Lanes 1-3 (blocks) and 13 (no blocks) Fair Oaks: Lanes 4-7 (blocks) and 12 (no blocks) Sac Town: Lanes 8-10 (blocks) and 11 (no blocks)
7:50am	Call for Timers and Volunteers
8:00am-8:15am	Meet Referee, Stroke and Turn, and Take Off Judges Meeting at HIGH DIVE
8:00am-8:15am	Starter Meeting next to COMPUTER TENT
8:00am-8:15am	Ready Bench Meeting at READY BENCH TENTS
8:15am	All First Shift Volunteers AT their assigned position ready to start
8:15am-8:25am	Starter, Dolphin, Computer, Meet Mobile, and Scoreboard Final Tests
8:15am-8:25am	Team Cheers in Team Area ONLY
8:15am-8:20am	9-10 Girls (100 IM Competitors) to the Ready Bench
8:30am-8:35am	Singing of the National Anthem
8:35am-2:00pm (est.)	Preliminary Heats of Events 1-32 (IM, Short Freestyle, Backstroke)
10:00am	DEADLINE for Relay Submissions to Computer Ops
2:00pm-2:45pm (est.)	Parent 4 x 25 yard Freestyle Relays (Up to 2 entries per team)
2:45pm-4:35pm (est.)	Finals for Individual Medleys, Short Freestyle, and Backstroke Events
4:35pm-4:45pm (est.)	6 and under Awards Ceremony
4:45pm-5:45pm (est.)	Team Medley Relay Events 33-43
5:45pm-6:00pm (est.)	Tear down and Clean Up in Preparation for Day 2

2019 Mother Lode Swimming Conference Championship Schedule

Sunday, July 22, 2018	
6:00am	Pool Deck Opens for Operations
6:30am-7:30am	Swimmer Check-In at Team Tents
6:30am-7:15am	Volunteer Check-In for Day 2 at Team Tents
7:00am-7:30am	Warm Ups for Amador, Fair Oaks, and Sac Town: Amador: Lanes 1-3 (blocks) and 13 (no blocks) Fair Oaks: Lanes 4-7 (blocks) and 12 (no blocks) Sac Town: Lanes 8-10 (blocks) and 11 (no blocks)
7:30am-8:00am	Warm Ups for Laguna and FEC: Laguna: Lanes 1-5 (blocks) and 13-14 (no blocks) FEC: Lanes 6-10 (blocks) and 11-12 (no blocks)
7:50am	Call for Timers and Volunteers
8:00am-8:15am	Meet Referee, Stroke and Turn, and Take Off Judges Meeting at HIGH DIVE
8:00am-8:15am	Starter Meeting next to COMPUTER TENT
8:00am-8:15am	Ready Bench Meeting at READY BENCH TENTS
8:15am	All First Shift Volunteers AT their assigned position ready to start
8:15am-8:25am	Starter, Dolphin, Computer, Meet Mobile, and Scoreboard Final Tests
8:15am-8:25am	Team Cheers in Team Area ONLY
8:15am-8:20am	7-8 Girls (50 Free Competitors) to the Ready Bench
8:30am-8:35am	National Anthem
8:30am-2:00pm (est.)	Preliminary Heats of Events 44-73 (Long Freestyle, Breaststroke, Butterfly)
10:00am	DEADLINE for Relay Submissions to Computer Ops
2:00pm-2:45pm (est.)	Coaches 4 x 50 yard Medley Relay (1 entry per team)
2:45pm-4:45pm (est.)	Individual Finals for Long Freestyle, Breaststroke, and Butterfly Events
4:45pm-5:45pm (est.)	Team Medley Relay Events 73-83
5:45pm-6:00pm (est.)	Setup for Awards Ceremony
6:00pm-6:30pm (est.)	Tear Down, Clean Up, and Close Out
6:30pm-7:00pm (est.)	Awards Ceremony