



## Meet Itinerary

### Spring Area 1 & 4 Championships

February 28–March 1, 2020

Cecil Aquatic Center, 13611 Normandy Blvd., Jacksonville, FL 32221

#### Important Notes

Please arrive on time for the sessions! There will not be an opportunity to warm up separately from the team. GSC is swimming in relays, which are the first events each session, so being on time is especially critical so coaches can confirm that all relay swimmers are present.

On Friday, if swimmers are swimming the 500, the swimmer must ask a teammate to be their lap counter. Swimmers participating in the 1650 on Friday and the 1000 on Sunday will need to have a lap counter AND a timer.

This meet is indoors and will be run in 10 lanes. Weather will be cool and Cecil will probably open garage doors at some point so there will be a range of temperatures in the building.

Make sure your swimmers have all of their gear. They will want to have the following:

- Team cap and swimsuit
  - Okay to wear a tech suit if approved by group coach
  - **NO UF CAPS!** If your swimmer needs a new GSC cap, please contact [admin@gatorswimclub.com](mailto:admin@gatorswimclub.com), but UF Gator caps are NOT allowed.
- Goggles (an extra pair is always a good idea!)
- A couple of towels
- Water bottle to stay hydrated
- Warm clothes to put on between events, including warm, supportive shoes
- Snacks should be light, healthy food—no junk food!

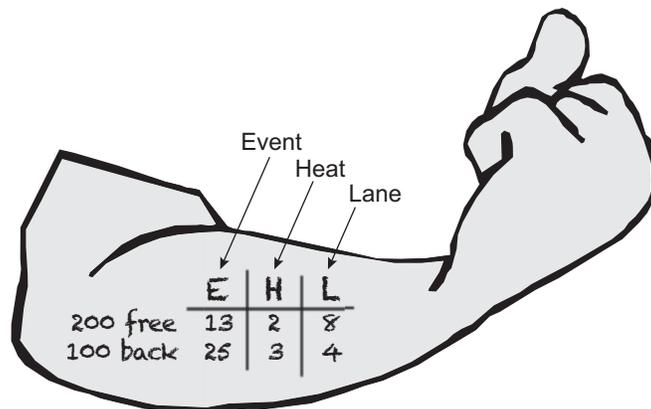
The pool deck will be crowded and bleacher seating is very limited. We will try to have swimmers sit together in the bleachers; please look for GSC coaches when you arrive to see where everyone will be sitting.

Communication with coaches is very important during the meet! Swimmers should see a coach before and after each swim.

Parents will want to bring folding chairs and may want to set up a tent outside of the building.

The host team has arranged to have some food trucks on site, including Diggity Dawgs, JoyShtick Burgers, and Shtickwichees (Sandwiches, salads). They will also have normal concessions operating inside the building for snacks and beverages.

Heat sheets are being sent to you by email and posted to the GSC website. They will NOT be selling heat sheets at the meet so please print your own copies. It is helpful to write your child's event information (event, event number, heat, lane) on their arm or leg to give them a reminder to refer to throughout the session. Coaches will help as much as possible but it is important that swimmers and parents pay attention to the meet progression and watch for their events so they are behind the blocks at the right time.



## Team Schedule

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### Friday Evening

Coach attending: Robert

Coach attire: Black

Athlete t-shirt color: Any GSC shirt

Arrive by: 3:30 pm

Team stretch: 3:45 pm

Warm-up: 4:00–4:50 pm

Meet begins: 5:00 pm

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### Saturday Morning

Coaches attending: Erin, Jen, Ryan

Coach attire: Blue

Athlete t-shirt color: Orange

Arrive by: 7:45 am

Team stretch: 7:55 am on back patio

Warm-up: 8:10–8:50 am (lanes 9–11)

Meet begins: 9:00 am

### Saturday Afternoon

Coaches attending: Jen, Olivia, Ryan, Stacey

Coach attire: Blue

Athlete t-shirt color: Orange

Arrive by: 12:45 pm

Team stretch: 1:00 pm on back patio

Warm-up: 1:20–1:40 pm (lanes 16–19)

Meet begins: 2:00 pm

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**Sunday Morning**

Coaches attending: Robert, Erin, Ryan

Coach attire: Gray

Athlete t-shirt color: Blue

Arrive by: 7:00 am

Team stretch: 7:15 am on back patio

Warm-up: 7:30–8:10 am (lanes 9–11)

Meet begins: 9:00 am

**Sunday Afternoon**

Coaches attending: Jen, Olivia, Ryan, Stacey

Coach attire: Gray

Athlete t-shirt color: Blue

Arrive by: 12:25 pm

Team stretch: 12:40 pm on back patio

Warm-up: 1:00–1:20 pm (lanes 16–19)

Meet begins: 2:00 pm

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Erin



Jen



Olivia



Robert



Ryan



Stacey

**Let's go GSC!**