



Meet Itinerary

Harry Meisel B Championships East

December 14 and 15, 2019

Cecil Field 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 unless your swimmer is only entered in the 500 freestyle (Saturday) or 400 IM (Sunday) and no other events.

This meet is indoors and will be run in two 25-yard pools. As of right now, it appears that all girls events will be held in the deep end, and all boys events will be held in the shallow end, for the whole weekend. This is subject to change. Swimmers should listen to coaches who will be told of any last minute changes as the weekend proceeds. Swimmers in the 500 free and 400 IM may be in a different pool than their gender for the rest of the meet. Please check in with coaches during the morning session to determine 500/400IM pools, heats, and lanes.

Coaches will be stationed in one area for each pool. Communication with coaches is very important during the meet. Swimmers should see a coach before and after each swim. Coaches will help as possible but swimmers should be paying attention to the meet progression and watching for their events so they are behind the blocks at the right time.

Make sure you have all of your gear and be ready for rain or cool weather. You will want to have the following:

- Team cap and swimsuit
- 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!

There is limited seating in the pool area; parents can tent and set up chairs outside the building.

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. Heat sheets will be provided by Friday, December 13, to give you heat and lane information. They will NOT be selling heat sheets at the meet so please print your own copies.

On Saturday, if swimmers are swimming the 500, the swimmer must ask a teammate to be their lap counter, and may need to provide a timer as well. On Sunday, swimmers in the 400 IM may need to provide a timer. Timer needs are dependent on how the meet is staffed by the host teams. If timers are not provided by the host teams, parents may need to time for their swimmers.

GSC will be competing in relays at this meet so please be aware that your child may be called on to swim on a relay team. Relay events are the first events of each session, so it is imperative that you be on time so that coaches can confirm which swimmers are available for relays.

Team Schedule

Saturday Morning

Coaches attending: Erin, Jen, Olivia, Stacey

Coach attire: Blue

Athlete t-shirt color: Orange

Arrive by: 7:10 am

Team stretch: 7:15 am

Warm-up: 7:30 am

Meet begins: 9:00 am

Saturday Afternoon

Coaches attending: Erin, Jen, Olivia, Stacey

Coach attire: Blue

Athlete t-shirt color: Orange

Arrive by: 12:40 pm

Team stretch: 12:45 pm

Warm-up: 1:00 pm

Meet begins: not before 1:30 pm

Sunday Morning

Coaches attending: Erin, Jen, Olivia, Stacey

Coach attire: Gray

Athlete t-shirt color: Blue

Arrive by: 7:10 am

Team stretch: 7:15 am

Warm-up: 7:30 am

Meet begins: 9:00 am

Sunday Afternoon

Coaches attending: Erin, Jen, Olivia, Stacey

Coach attire: Gray

Athlete t-shirt color: Blue

Arrive by: 12:10 pm

Team stretch: 12:15 pm

Warm-up: 12:30 pm

Meet begins: not before 1:00 pm



Erin



Jen



Olivia



Stacey