



## **SPA Speedo All-American Fall Meet**

September 18–20, 2020

North Shore Pool, 901 North Shore Drive NE, St. Petersburg, FL 33701

### **SWIMMERS**

Swimmers are required to wear face masks when they are not swimming and to follow social distancing requirements from the facility at all times.

The pool deck will be limited to only those swimmers in the current event and the following event. Swimmers can enter and exit the facility by the front gate, following the existing traffic patterns.

The back deck of the pool can be used for team seating but it may get crowded so we are not necessarily recommending that our swimmers sit there. We want to keep everyone as safe as possible and to limit possible exposure so we ask that our swimmers avoid being in situations where they may have close contact with larger groups. Swimmers must follow the "one square, one chair" social distancing protocol if they sit in this area. Host team meet marshals will be patrolling to enforce the social distancing rules.

Swimmers need to make sure they have all of their gear:

- Team cap and swimsuit
- Goggles (a spare pair is always a good idea!)
- A couple of towels
- At least one full water bottle (it is going to be HOT and potentially rainy!)
- Sunscreen
- Snacks should be light

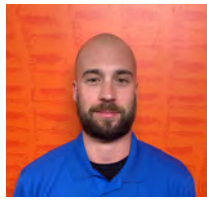
### **PARENTS**

After each session's orientation session, spectators may come into the facility via the front gate on an event-by-event basis to watch their swimmer. Spectators must wear face masks at all times and must be six feet apart in the bleachers (55 spots) or in the standing-room-only area (20 spectators). Spectators must rotate in and out and of the bleachers to make space for other parents and families.

Parents can tent outside of the pool on the grassy areas (see map included) but should continue to practice social distancing.

For parents new to meets, see the Swim Meet Tips for some pointers!

**Go GSC! Swim fast and have fun (but be safe)!**



Adam



Casey



Robert

## TEAM SCHEDULE

---

### Friday evening session

Coaches attending: Adam

Coach attire: White

Athlete t-shirt color: Any GSC shirt

Arrive by: 3:40 pm

Team stretch: 3:45 pm

Warm-up: 4:00 pm (lanes 9 and 10, bayside course)

Session begins: 5:00 pm

---

### Saturday morning session (11&over girls)

Coaches attending: Adam, Casey

Coach attire: Blue

Athlete t-shirt color: Any GSC shirt

Arrive by: 6:10 am

Team stretch: 6:15 am

Warm-up: 6:30 am (lanes 8 and 9, locker room course)

Session begins: 7:30 am

### Saturday morning session (11&over boys)

Coaches attending: Adam, Casey

Coach attire: Blue

Athlete t-shirt color: Any GSC shirt

Arrive by: 9:10 am

Team stretch: 9:15 am

Warm-up: 9:30 am (lanes 9 and 10, locker room course)

Session begins: 10:30 am

---

### Saturday afternoon session (10 & unders)

Coaches attending: Casey

Coach attire: Blue

Athlete t-shirt color: Any GSC shirt

Arrive by: 11:40 am

Team stretch: 11:45 am

Warm-up: 12:00 pm (lane 4, locker room course)

Session begins: 12:45 pm

---

---

**Sunday morning session (11&over girls)**

Coaches attending: Robert, Casey  
Coach attire: Gray  
Athlete t-shirt color: Any GSC shirt

Arrive by: 6:10 am  
Team stretch: 6:15 am  
Warm-up: 6:30 am (lanes 8 and 9, locker  
room course)  
Session begins: 7:30 am

**Saturday morning session (11&over boys)**

Coaches attending: Robert, Casey  
Coach attire: Gray  
Athlete t-shirt color: Any GSC shirt

Arrive by: 9:10 am  
Team stretch: 9:15 am  
Warm-up: 9:30 am (lanes 9 and 10, locker  
room course)  
Session begins: 10:30 am

---

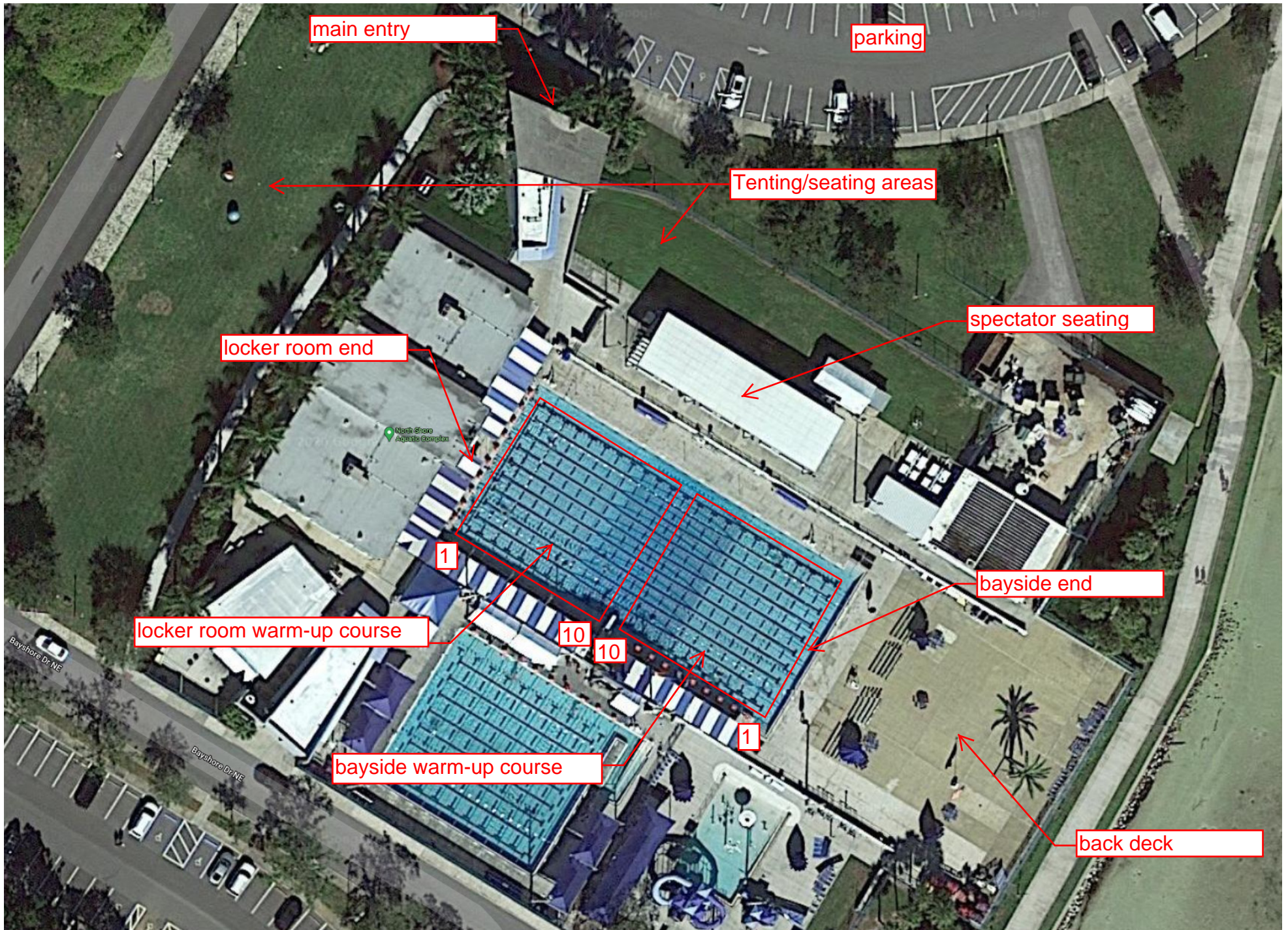
**Sunday afternoon session (10 & unders)**

Coaches attending: Casey  
Coach attire: Gray  
Athlete t-shirt color: Any GSC shirt

Arrive by: 11:40 am  
Team stretch: 11:45 am  
Warm-up: 12:00 pm (lane 4, locker room  
course)  
Session begins: 12:45 pm

---





main entry

parking

Tenting/seating areas

spectator seating

locker room end

bayside end

locker room warm-up course

bayside warm-up course

back deck

North Shore Aquatic Complex

Bayshore Dr NE

Bayshore Dr NE

1

10

10

1