

2020 Ghoulish Dual in the Pool Swim Meet

Meet Information and Warm-Up Assignments

All coaches must check in at the administration table before the start of the meet. Coaches are required to have current USA Swimming certification.

Session Times

All teams need to arrive and assemble outside in assigned areas (see attached map), 15 minutes prior to doors open time. Each coach is responsible to provide a health assessment for each swimmer to SGSA. SGSA will provide a swimmer temperature check station before entry. Teams will enter as a group and proceed directly to seating area (see attached map). One-way traffic patterns are marked throughout the facility with separate designated exit doors.

Session 1: Doors Open – 8:45 AM, Warm-up - 9:00 AM, Meet Start – 9:30 AM

Session 2: Doors Open – 12:00 PM, Warm-up - 12:15 PM. Meet Start - 12:45 PM

Warm-Ups

Warm-ups are limited to three swimmers per lane. Please have swimmers on deck and ready to go at times indicated above. Following are warm-up lane assignments for each session. A limited number of starting blocks will be available to each team in their assigned lanes.

Session 1: SGSA – lanes 1-5, MSA – Lanes 6-11, EAC – Lanes 12-22

Session 2: SGSA – Lanes 1-4, MSA – Lanes 5-13, EAC – Lanes 14-22

Face Coverings

All meet participants – coaches, officials, administrators, spectators, vendors and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

Swimmer Protocols

Athletes will be seated with their teams in assigned areas in the grandstands (see map). A clerk of course, with two separate staging areas will be available on deck. A race recovery area will be provided behind the starting blocks. All areas will be manned by volunteers, who will direct the swimmers thru the process.

Swimmers should be ready to move to the clerk of course area 15 minutes prior to their event. Swimmers should be ready to race (cap/goggles on) prior to moving to the blocks.

Mask should be removed once at the blocks. They should be placed in a plastic bag and kept at the blocks with other personal belongs (towels, shoes, etc.)

After exiting the pool, the athlete will move directly to the race recovery area (behind the blocks), where they can redon their mask.

Athletes may talk to coaches on deck, while returning to the designated team area.

Parking & Volunteers

Free parking will be provided for coaches, officials and volunteers.

Counters for Distance Events

Swimmers must provide their own counter for 500 free.

Live Streaming

Live streaming of each session will be available on the Greensboro Aquatic Center's Facebook page.

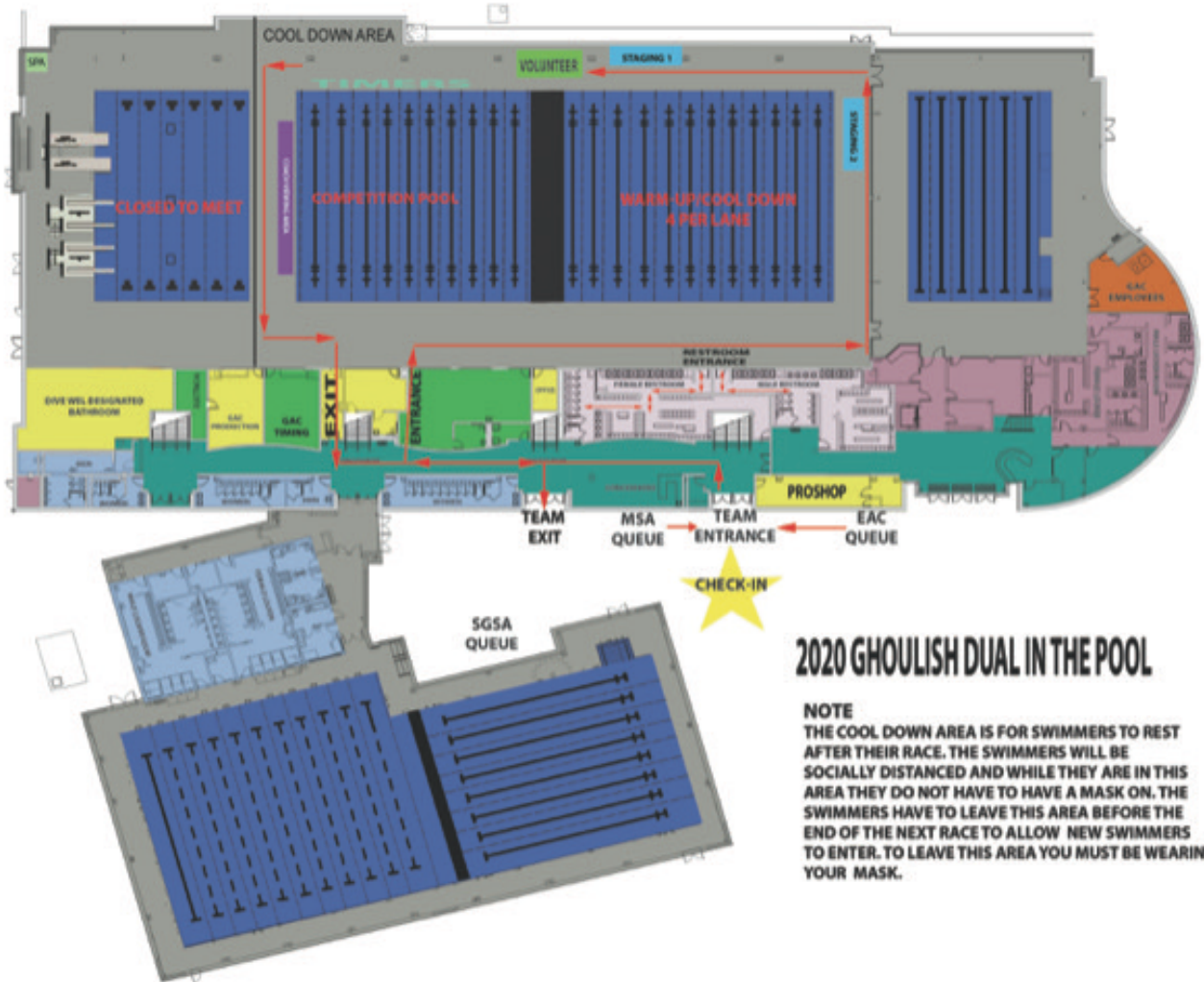
Results

Event results will be emailed and posted on Meet Mobile during the meet.

Thank you for participating in the 2020 Ghoulish Dual in the Pool Swim Meet and we look forward hosting your team this Saturday.

Bruce Cantrell

Swim GSA



2020 GHOULISH DUAL IN THE POOL

NOTE
 THE COOL DOWN AREA IS FOR SWIMMERS TO REST AFTER THEIR RACE. THE SWIMMERS WILL BE SOCIALLY DISTANCED AND WHILE THEY ARE IN THIS AREA THEY DO NOT HAVE TO HAVE A MASK ON. THE SWIMMERS HAVE TO LEAVE THIS AREA BEFORE THE END OF THE NEXT RACE TO ALLOW NEW SWIMMERS TO ENTER. TO LEAVE THIS AREA YOU MUST BE WEARING YOUR MASK.



ONLY ENTER AND EXIT THE GRANDSTAND IN YOUR TEAMS VOMITORY
 POOL ENTRANCE: HOSPITALITY ROOM
 POOL EXIT: CUT THROUGH
 BLACK: SEAT KILLS

