



Hi Coaches,

Orinda Aquatics, Pacific Swimming and Speedo would like to welcome you to the 2018 Speedo Long Course Far Western Championships. We look forward to providing your swimmers with an exciting opportunity to compete against some very fast competition. Please read the information below to help make your swimmers' experience at the Far Western meet the best it can be.

### **Team Set-Up in the Athletes' Village**

Conveniently located adjacent to the swimmer drop-off area, teams are asked to set up in the grass area of the Campolindo High School softball field. Please note, tarps will not be allowed overnight on any grass area. A strip scoreboard will be located on the field so all swimmers can keep track of events. The warm up pool is a few strides away, just inside the fence, also with its own strip scoreboard. We suggest footwear for the walk to the pool as there is mulch on the ground on the walk over. There will be no set-up of team pop-ups, tents, or blankets allowed on deck, and no set up allowed in the Athletes' Village prior to 7:00 am on July 26<sup>th</sup>. There is absolutely no team, swimmer or parent set up on the school's quad or around its buildings.

**Please see map below.** There will be a shaded grandstand for spectators and shaded tables poolside for coaches. Food trucks will be located near the Athletes' Village and a snack bar on the pool deck. There are restrooms located nearby outside the gym and a locker room on the pool deck.

### **Closed Deck**

The inner pool deck will only be open to athletes, coaches and officials, as well as timers (during their shift only) and other meet personnel. Anyone seeking access to the inner deck must show their meet credentials. We suggest athletes give themselves plenty of time to get to their events as there will only be two checkpoints entrances to the pool. Spectators can use the open outer deck to reach the shaded grandstand area for excellent viewing of all the action. Various vendors will be located on the open outer deck.

### **Check In Process**

Both coaches and athletes will need to check-in the first morning they are at the meet.

Coaches, your Check In table is at the front of the Soda Aquatic Center building on the grass, to the left of the athlete event check in table. This is where you will pick up your deck credentials and program, if prepaid. The fee is \$10 for those who have not yet paid and includes daily finals heat sheets and access to Hospitality. All coaches must have a credential to enter the inner deck and Hospitality.

Athletes will need to check in daily for that day's events. Full check-in instructions/rules are located on the meet sheet. The event check in station is located at the front of the Soda Aquatic Center building near the office doors. On their first morning at the meet, athletes will also need to check in at the athlete's swag table, located further down the driveway to the right. This is where the swimmer can pick up the necessary athlete credential and also their gift bag. Relay swimmers will need to check in at this table too, before finals to pick up their credentials and swimmer gift.

### **Pool Set Up / Warm Up**

This meet will be run on both ends. The ODD numbered heats will start on the hill side of the pool, while the EVEN numbered heats will start at the scoreboard end. Remind your swimmers to arrive early for their event as this course configuration moves quickly. Warm-ups begin at 7:00 am and competition begins at 9:00 am. Copies of Pacific Swimming Warm-up Procedures will be available at the meet and may be subject to change at the discretion of the Meet Referee. Of note, when Push Pace lanes are open, athletes will be permitted to swim 50M of Pace at a time (no 100M pace swimming) unless approved by Meet Referee. All blocks will be outfitted with USA Swimming certified backstroke ledges by FINIS, and all athletes will be given the opportunity to practice with them during warm up.

### **Coach and Officials Meetings**

There will be an officials' meeting at 8:00 am and a coaches' meeting at 8:45 am each day.

### **Preliminary Timeline / Finals Start Time**

The timeline is preliminary-only and subject to change based on scratches and other circumstances in the operation of the meet. Please monitor the course for event and heat to ensure athletes report to the blocks in time for their heats. A determination of the Finals Start time will be made as early as practical during the course of the Prelims session. Best efforts will be made to announce the Start time and Warm-Up time for Finals by 11AM each day.

Thursday end of non-distance events, 11:30; distance 3:30

Friday end of non-distance events, 12:30; distance 1:45

Saturday end of non-distance events, 2:00; distance 3:15

Sunday end of non-distance events, 11:30; distance 2:30

### **Distance Events**

All coaches and athletes should be aware that it is **highly likely** that we will be operating the Distance Events (800M, 1500M) swimming 2 athletes per lane. Note that athletes WILL NOT be circle swimming. On entering the pool athletes are to move to the right side of the lane in the direction that they enter the course, and to remain in that half of the lane (closest to the same lane line) for the duration of their race. NO CIRCLE SWIMMING.

### **Timing Requirements**

Clubs have been provided timing requirements for the duration of the meet. It is the responsibility of the Clubs to ensure that their volunteer timers are in place at the time required. The Meet Personnel will not be responsible for locating replacement timers. As noted in the meet sheet, athletes must provide THEIR OWN TIMERS for ALL events of 400M or longer.

**See site map on next page**

ENTRANCE TO MAIN  
PARKING LOT

OFFICIALS  
RESERVED  
PARKING

CAMPOLINDO DRIVE

BUILDING F  
LIBRARY

BLDG. E

BLDG. D

BLDG. C

BLDG. B

BLDG. A

MORAGA ROAD

CHECK IN TABLES POOL BUILDING

BOY'S LOCKER ROOM GIRL'S LOCKER ROOM

LAP POOL

WARM-UP POOL

COMPETITION POOL

ADDITIONAL RESTROOMS

QUAD

MULTI-USE

DROP-OFF AREA

TEAM SET-UP AREA

DROP-OFF HERE

THEATER

OFFICIALS  
RESERVED  
PARKING

