

Greater Columbus Swim Team of Ohio – Meet Itinerary

2020 SC Regional Championships

Upper Arlington High School Natatorium
Upper Arlington, OH

February 15 – 17, 2020

Meet Information:

See Attached Meet Information Packet

IMPORTANT PARKING INFORMATION:

Due to construction at Upper Arlington High School, parking will be VERY tight. Please plan on arriving early and it is recommended that you carpool when possible.

ALL 10&U events are timed finals with TOP TWO seeded heats swimming with FINALS.

GCSTO Warm-Ups:

The times listed below indicate when your swimmer(s) must be on deck.

- Saturday (CA&SC Level 2): 8:10 am
- Saturday (All Remaining Levels): 8:30 am
- Saturday (Finals): 4:15 pm
- Sunday (Level 3&4): 8:10 am
- Sunday (All Remaining Levels): 8:30 am
- Sunday (Finals): 4:15 pm
- Monday (Level 3&4): 8:10 am
- Monday (All Remaining Levels): 8:30 am
- Monday (Finals): 4:15 pm

*We are not the first warm-up session but, due to limited parking, you may want to plan on arriving when the first warm-up session is scheduled (7:45 am, all days)

***This is a championship, prelims/finals meet. If you qualify for finals, you are expected to compete**

Talk to the Coach:

All swimmers should talk to their respective coach before and after each event. This is a great opportunity for last chance reminders and quick, post-race, comments while the swim is still fresh in the athlete's mind.

Team Caps:

Please be sure to wear a GCSTO team cap during the meet (if your swimmer wears a cap). AT NO TIME SHOULD A GCSTO SWIMMER WEAR ANOTHER TEAM'S CAP. Caps are available for purchase (\$7 for latex and \$13 for silicone) from your coach at the meet.

Athlete Team Shirts:

Please follow the schedule below in order to create a great team atmosphere on deck!

NOTE: Please wear corresponding colors if you do not have GCSTO team shirts.

Saturday: Red
Sunday: Gray
Monday: Black

Meet Entries:

Your swimmer's entries can be viewed by logging into your account on the GCSTO team website.

NOTE: Relay line-ups are always tentative and are subject to change during the meet. Team entries and psych sheet are also attached to this communication.

Team Spirit & Polar Bear Pride:

Athletes are asked to wear GCSTO clothing at all times during the meet. We will be sitting together as a team in order to create excitement and camaraderie among teammates. Swimmers are asked to STAND UP AND CHEER for one another to support fellow teammates in the water! PARENTS, to continue the unified team environment, please try to sit by each other in the stands... and don't be afraid to BE LOUD!

No Video or Cell Phone Games at the Meet:

We expect our athletes to be engaged in the meet and not being distracted by video games and/or cell phone use. Using a cell phone to contact parents is permitted, but we ask that this activity is limited in order to focus on the meet and to support teammates.

Keeping it Clean:

Athletes are asked to keep our team area clean. Everyone is expected to clean up after themselves. If this becomes a problem, we will stay (as a team) and clean up the entire pool deck at the end of the next session.

RESPECT:

OUR ATHLETES ARE GUESTS AT ALL POOLS WE VISIT (INCLUDING CA & SC) AND ARE EXPECTED TO RESPECT THE FACILITIES... FROM POOL DECK TO LOCKER ROOM.

WE ARE GCSTO STRONG & GCSTO PROUD!!!