

Greater Columbus Swim Team of Ohio – Meet Itinerary

2020 Ohio Swimming LC Senior Circuit Meet

Miami University Corwin M. Nixon Aquatic Center
Oxford, OH

February 28 – March 1, 2020

Meet Information:

See Attached Meet Information Packet

Event parking will be available in the parking garage next to the Rec Sports Center (RSC). Limited street parking will be available and you will need to be sure to pay the meters when applicable. The south RSC surface lot is for RSC patrons only and will not be available for drop offs.

GCSTO Warm-Ups:

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

- Friday (Prelims): 7:00 am
- Friday (Finals): 3:45 pm*
- Saturday (Prelims): 7:00 am
- Saturday (Finals): 3:45 pm*
- Sunday (Prelims): 7:00 am
- Sunday (Finals): 3:15 pm*

*Finals times are tentative. Please be sure to check with me after each session to confirm when to come back for finals.

This is a championship format meet. If you qualify for finals, you are expected to swim.

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.

Friday: Red

Saturday: White “Champs”

Sunday: Black

Meet Entries:

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

Team entries 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!!!