

Midlakes 2019 League Champs

To: All Coaches and Team Representatives

From: Your League Champs Hosts – Fairwood, Somerset and Newport Yacht Club

CC: Midlakes Communications Director

RE: Midlakes Championships: 2019 League Championships

Location: King County Aquatic Center

Meet Date and Start: Sunday, July 28, 2019 beginning at 9:00am

Doors will open to coaches, swimmers and parents at 7:30am. The only persons admitted prior will be from host teams who are setting up the meet.

Entries: Prelims entries are **due no later than Friday, July 19, 2019 by 1pm** via email to jefflowell9969@gmail.com. Finals entries will be determined through Prelims, and only those who participated in Prelims and advanced by a top 16 finish will be eligible to swim, except in the case of injury or illness.

See the Midlakes Operating Plan for rules for relay substitutions as they will be followed to the letter. Should an athlete not be able to swim their individual event, the 17th place and then the 18th place finisher at Prelims will be offered the spot.

For League Champs ONLY: Late Entries will be subject to a \$250.00 fine. Any Entries or changes submitted after the psych sheet has been sent to Midlakes Communication Director will not be permitted.

Volunteers: Each club is required to provide volunteers, based on team size. Please provide volunteer information for all slots assigned to your club by **July 19, 2019 at 5:00pm** online at

<https://docs.google.com/spreadsheets/d/1SFVYiXAV2KhGkdIGms4Uj1BEIhdpcKOxCn3WJtfZdyU/edit?usp=sharing>

Timers: Timers must have timed a minimum of 2 dual meets this season or have prior championship meet experience and need to bring their own digital watches.

All timers must check in at the volunteer table, by 8:25am for first session timers, by 10:25am for second and 12:25pm for third session timers. Timers should report to their meeting 30 minutes prior to the start of each session, in the room to the left of the control room.

If a timing volunteer fails to show for their scheduled meeting, the Meet Director will approach your coaches table to have a coach take their place. We will not be calling for timers over the P.A. System.

Warm Ups: See attached schedule below

The pool will be cleared of all swimmers at 8:50am.

Meetings: Coaches Scratch – 8:00 am in Meeting Room behind Announcer’s Table
Officials– 8:15 am in Meeting Room behind Announcer’s Table
Timers – 8:30 am in Meeting Room to left of Control Room

Clerk of Course: Opens at 8:30 am. Our staging team will stage the 200 Frees (Events 1-6) followed by Medley Relays. Please have your 8&U and 10&U relays along with a coach/senior swimmer escort gathered to check in at that time. Heats will be staged in order so please be patient if swimmers arrive early.

All teams MUST escort for their 8&Under and 10&Under Medley and Free Relays through Staging and to the Starting Blocks.

The Clerk of Course is located in the NE corner of the pool, to the left of the diving towers. Swimmers will access the staging area by walking under the diving towers. Please keep this area clear of chairs.

Coaches: Each team will have 2 assigned seats at the coaches tables along either side of the pool. Please see Midlakes League Champs page for map.

Hospitality: The hosting clubs will provide breakfast, beverages and lunch to all officials and coaches. Coaches will be admitted to hospitality with their ID bracelet. Lunch will be available at 11:30. Water will be distributed on occasion throughout the meet.

- ◆ Breakfast will include the following: oatmeal bar including toppings of all types, fruit, yogurt, bagels, muffins or pastries, coffee and other beverages.
- ◆ Lunch will include the following: A Sandwich bar including assorted breads, meats, cheeses, and toppings, salad, chips, cookies and beverages.

Team areas: Teams may sit in the bleacher located around the pool deck. Folding chairs are allowed on pool deck provided clear walkways are maintained. **No team seating below the diving towers.** This area must remain clear for access to Clerk of Course staging.

Spectators: KCAC provides bleacher seating for 2500 spectators. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections. Please observe signage in the spectator areas.

The pool deck will be limited to Swimmers, Coaches and Officials. All others will be turned away

Concessions: Concessions provided by King County Aquatic Center contractor. Neither Midlakes nor the host clubs receive any benefit from concession sales.

Heat Sheets: Heat Sheets will be available for purchase in the lobby, \$5.00.

Parking: Parking Lot Attendants along with signage, will guide you to an appropriate parking spot. We encourage carpooling as KCAC has limited parking.

Each coaching staff will be supplied two parking spaces in front. Officials, Midlakes Board Members, and select volunteers will also have a parking space in front, as designated by a controlled parking list and pass. All other attendees will park in back or at the suggested lots in the attached parking document.

Awards: Prior to the meet, please designate someone from your club to pick up the awards for your entire team. Swimmers will not be able to come into the awards room to pick up their awards that day.

Other rules: KCAC does not allow for paper signs to be posted by spectators. Please bring your team banner to hang.
No flash photography is allowed at starts. Please tell your team and parents in advance.

It is "best practice" to have your senior swimmers bring younger teammates to the Clerk of Course for events. No parents will be allowed on deck, and sending 5-8 year-olds down to the deck on their own is not a safe practice. Designate older swimmers in advance of the meet.

Cell phones are not to be out in the restrooms/changing rooms for any purpose. You can make your call or text after leaving the changing and showering area.

Clean up your team's area prior to departing.

League Championships Warm-up Schedule

Sunday, July 28, 2019

Front Doors Open at 7:30 AM

1st Warm-up Session 7:50 AM - 8:20 AM

Group A – NYC, PLAT, NH, FW, PL, WR

Group B – KGR, SS, STC, MIBC, NW, SAM

2nd Warm-up Session 8:20 – 8:50 AM

Group C – EB, KL, MSC, KGM, TRI, KGG

Group D – MICC, SW, TOS, RH, MH, HW, SR, OL

Groups will switch ends halfway through their warm-up times. The Diving Pool will be unassigned.

Group A will start warm-up in the Scoreboard end, Group B will start in the competition end, Group C will start in the Scoreboard end, and Group D will start in the competition end. **Teams will switch at 8:05 and 8:35 AM respectively.**

	<u>Group A</u>	<u>Group B</u>	<u>Group C</u>	<u>Group D</u>
Lane 1	NYC, PLAT	KGR	EB	MICC
Lane 2	NH	SS, STC	EB	MICC
Lane 3	NH	SS, STC	EB	SW
Lane 4	NH	MIBC	KL	SW
Lane 5	FW	MIBC	KL	TOS, RH
Lane 6	FW	NW, SAM	MSC, KGM	TOS, RH
Lane 7	PL, WR	SAM	MSC, KGM	MH, HW
Lane 8	PL, WR	SAM	TRI, KGG	SR, OL

Special Warm-up Conditions: No swimming between the Bulkheads. Coaches must be present and supervise your team's warm-up and starts. No starting in the scoreboard end of the pool. The Scoreboard end and Diving Pool will be open the entire meet for warm-up and warm-down – coaches please monitor your swimmers during the meet.

To All Coaches: Meet Day Schedule

(All event start times are estimates; swimmers need to check in at the clerk of course at least 10 minutes prior to their event.) All coaches are asked to wear a team shirt and the wrist band provided so that we can identify those that should be on the deck.

- ◆ **7:30 AM** Doors open (only the host club's volunteers will be allowed in prior to 7:30am)
- ◆ **7:50 AM** First Warm-up session – see attached schedule.
- ◆ Note: If in competition pool, Lane must be cleared before you can do starts. Coaches must supervise swimmers on the blocks. No diving off of the blocks located on the bulkhead.
- ◆ **8:00 AM** Coaches Scratch Meeting – Officials room next to the control room. Please send one coach only.
- ◆ **8:15 AM** Officials Meeting in room opposite the control room
- ◆ **8:20 AM** Second Warm-up session – see attached schedule
- ◆ Note: If in competition pool, Lane must be cleared before you can do starts. Coaches must supervise swimmers on the blocks. No diving off the blocks located on the bulkhead.
- ◆ If your timing volunteer fails to show for their scheduled meeting, the Meet Director will approach your coaches table to have a coach take their place. We will not be calling for timers over the P.A. System.
- ◆ **8:30 AM** First shift Timers Meeting. Shift is 9:00 AM-11:00 AM (events 1-22)
- ◆ **8:50 AM** Competition Pool cleared
- ◆ **9:00 AM** Meet Starts
- ◆ **10:30 AM** Second Shift Timers Meeting. Shift is 11:00 AM -1:00 PM (events 23-60)
- ◆ After Event #50 Break for presentation of Division Awards and Coaches Relays
- ◆ Lunch will be available at **11:30 AM**.
- ◆ **12:30 PM** Third Shift Timers Meeting. Shift starts 1:00 PM and goes to end of meet (events 61-90)
- ◆ **3:00 PM** Approximate meet end time
- ◆ The pool deck will be limited to Swimmers, Coaches and Officials. All others will be turned away.
- ◆ No swimmers in the Hospitality room. Coaches and Officials Only.
- ◆ Results will be posted in the Lobby and on the pool deck. No coaches in the control room. If you think there is a mistake in the results, contact the Meet Referee Dragos Lazar or Meet Director, Eric Bartleson.
- ◆ Please monitor your swimmers in the warm-up pools before and during the meet. No Diving – feet first only, No Kickboards, pull buoys or paddles.
- ◆ Results will be posted at www.midlakesswimleague.org by **Monday, July 29th**.