



JUNIOR GIRLS PRELIMS 2019

LOCATION: Newport Hills Swim and Tennis Club

DATE/TIME: July 24th, 2019; 4:00 PM – 8:00 PM

ENTRIES: Meet Entries Due Friday July 19th by 1pm.
Late Entries will be subject to a \$250.00 fine pursuant to Midlakes Operating Plan. Any Entries or changes submitted after the psych sheet has been sent to Midlakes Communication Director will not be permitted.

VOLUNTEER SIGN UPS: Google doc sign up on Midlakes website

VOLUNTEERS: Timers must have timed a minimum of 2 dual meets this season and need to bring their own digital watches. A meeting for all timers will be held 15 minutes prior to the start of each half. The shift change occurs between events #45 and #51.

1st Half Timers: Check in no later than 3:15pm, report to timers meeting at 3:45pm

2nd Half Timers: Check in no later than 5:00pm, report to timers meeting at 5:15pm

TIMERS & COUNTERS for the 500s: Swimmers must provide their own counter and timers (2) for the 500s. Timers should bring their own watches.

WARM UPS: Warm up lanes are attached and will be posted on the pool deck.

2:30 – 3:10 Group A North Pool, Group B South Pool

3:10 – 3:50 Group A South Pool, Group B North Pool

Warm-up Lane Assignments

Lane	Group A	Group B
1	STC, PL, KGM	KLA, SR, TRI
2	SW, WR, NYC	NHSTC
3	MICC	SAM, NHSTC
4	EB, KGG	FW, KGR
5	MIBC, PLAT	MSC, TOS
6	SS, MH	OG, HW, NW, RH

-One-way sprint lanes will be available the last 10 minutes of each session.

-No diving is allowed in the shallow end of north pool and no diving in either end of south pool.

-The south pool will be available for warm-up/down the entire meet.

The pool will be cleared of all swimmers at 3:50.

MEETINGS: Scratch:	2:45	Meet in the banquet room
Officials:	3:15	Meet in the banquet room
Timers:	3:15	1 st half Timer check-in at volunteer table
	3:45	1 st half timers meeting in banquet room
	5:00	2 nd half timer check-in at volunteer table
	5:15	2 nd half timers meeting in banquet room

COACHES: Designated bleacher seating will be provided along the south side of the pool deck. Please check in at the banquet room to receive your team packet. We ask that Coaches wear team shirts or tank tops at all times, allowing quick identification for officials and hospitality. ONE parking spot per team in east parking lot – you MUST carpool.

TEAM AREAS: Team areas will be available next to the tennis courts. The pool deck will be closed except for volunteers and athletes. Therefore, no tents, lounge chairs, or large equipment will be allowed within the fenced pool area. No tents can be set up prior to 2pm. Bleachers are for spectators only. Weight room, jacuzzi, and sauna are closed to prelim participants.

CONCESSIONS: Sizzle dogs food truck will be on site and the NHSTC snack shack will be open. Snack shack is cash only.

HOSPITALITY: Coaches & Officials will be provided hospitality in our banquet room.

HEAT SHEETS: Heat sheets will be available for purchase for \$5. Cash only.

OFFICIALS PARKING: Parking provided in our east parking lot.

PARKING: Swimmer drop off in west parking lot.

PARKING LOCATIONS: see graphic below and look for legal street parking.
Please note swimmer drop off location.



NO PARKING

Newport Hills
Professional Cen...

Bank Of
America

General Parking

**Swimmer
Drop Off**

**Coaches
and
Officials**

SE 56th St

SE 19th Ave. SE