

Dear Swimmers, Parents and Friends,

As we are approaching our championship meet this coming weekend I would like to send you some useful information to help you prepare for the event.

Your team is represented by the following volunteers: Kelli Parker (Rocklin), Sam Savinovich (Arden Hills), Steve Pyburn (Woodcreek), Jeff Jungk (Del Norte) and Erik Neese (Folsom). Please see your league representative if you have any questions during this busy champ weekend.

Setup

During the preparation for this champs weekend your team representatives assigned specific areas for your teams around the Woodland facility. Please watch for your team's communication that will give you exact details on where you will find your designated team area.

Due to contractual agreements with the facility we cannot open the common space for set up of the tents before 6pm. We cannot grant any exceptions!

A few things that are **NOT allowed** on the property:

- Anyone seen with alcohol or drugs will be asked to leave the swim meet immediately and will not be allowed to return during the entire weekend.
- BBQs, generators to run swamp coolers and fans, misters (there's no access to water).
- No extension cords to existing outlets.
- No dogs or pets of any sort in the pool and team areas – other than service dogs.
- No smoking anywhere on the university campus.
- No drones and no photography behind the blocks, changing areas or restrooms.

Program

The league will not sell a meet program. The seeded meet will be made available on our NCSL Webpage by Friday, July 21st so that you may print your own program at home. An email will be send to you once the program is uploaded.

Meet Schedule

A copy of the official timeline can be found [here](#).

Circle Seeding

One common question we hear is the seeding pattern during champs which is different than the dual meet seeding. Each event starts with the slowest heat first and then finishes with the top 3 heats. These top 3 heats are circle seeded:

Lane	1	2	3	4	5	6	7	8	9	10
4th to last heat	31 AND UP									

3rd to last heat	27th	21st	15th	9th	3rd	6th	12th	18th	24th	30th
2nd to last heat	26th	20th	14th	8th	2nd	5th	11th	17th	23rd	29th
Last heat	25th	19th	13th	7th	1st	4th	10th	16th	22nd	28th

Volunteers

Please bring your own refillable water bottle. Our hospitality staff will be happy to refill your bottles with fresh water during your volunteer shift. Our supply of refillable cups will be limited.

Our Volunteer schedule is setup that each team “owns” their shift through the day. This will ensure that we have little to no interruption during shift change. You will be asked to continue your shift until your own team’s replacement releases you.

Please pay attention to the announcements calling you to report to your respective shifts and report to your shift timely as you must “tag out” the person you are replacing.

Parking

We find that parking in the back at the high school is very convenient. Parking on the streets around the pool is limited and we ask you to be nice to the people who live along these streets. Please make sure you are not blocking any driveways in the neighborhood. The parking spots right in front of the main entrance are reserved for our staff.

RV parking will need to be approved by the city and is at their discretion in the back of the high school parking lot. Do not park in the main parking lot with your RV.

Ready bench

All swimmers MUST come through the ready bench in order to swim an event for prelims and finals. The ready bench area is located inside the gated pool deck and only swimmers will be allowed in the ready bench area. The drop off for all swimmers is located right outside the back entrance of the pool. We want to keep the ready bench running as efficient as possible as this is the engine that keeps our meet moving along! We have a wonderful staff on the ready bench who will take good care of your swimmer and ensure they get to the blocks on time for their race and are in the correct lane so they don’t miss their event.

To speed up and ease the process and reduce anxiety by everyone involved, we are asking that the Team Parents take a Black Sharpie Marker and write the swimmer’s last name on the right arm on Saturday with Event #, Heat # and Lane # of each event in order as a line item (i.e., 11-2-8, which means Event 11, Heat 2, Lane 8) for all swimmers. Please repeat the same process on the left arm for the Sunday events. We appreciate your cooperation in helping the Ready Bench staff easily identify your swimmer and seat them appropriately on the Ready Bench for each of their races.

Apparel Sale and Vendors

We are offering t-shirts (\$10) and tank tops (\$15) for sale. Cash, credit card and checks will be accepted.

As usual we will have coffee, ice cream and swim apparel for sale.

We are excited to welcome Jolyn on Sunday. You should stop by and meet 2 Olympians, who will be managing the Jolyn booth:

Nicolle Payne - 2x Olympic Medalist
Heather Petri - 4x Olympic Medalist

Snack bar

The Woodland swim team is running our snack bar this weekend. They will serve breakfast and lunch items.

Swim Suits

Swimmers are encouraged to compete in their team suit. All swim suits listed by FINA are acceptable. All swim suits that are not team suits or don't show the FINA stamp need to be approved by the meet referee prior to the start of the meet. Please do not wear your suit, rather bring it along when asking for approval.

Online Meet Results

Meet Mobile will be available to track your swimmer's events and results. Remember Meet Mobile results are the initial times from the scoreboard and subject to change following officials review, verification and DQ processing. Once this processing is completed the results will be updated; however, the official results will be posted on the fence outside the pool area. It is always a good idea to check the official results to confirm your standing and whether you made it into finals.

The meet name to search for is "2017 GoldRush Championships". The Meet Program will be uploaded to Meet Mobile on Friday evening and unofficial results will be made available throughout each day. The Meet Program will also be available on the NorCal Swim League's website so you can download and print your very own copy. Heat and Lane assignments will not be changed.

Scoreboard

Each lane has 3 plungers assigned that will record the swimmer's time. Only one of the plungers is connected to the Scoreboard. The official time is the median time of all 3 plunger times, not the average of all 3 collected times. The time you will see on the scoreboard is the unofficial time taken by just one of the plungers. Please expect little variation in the official results. The technology behind the timing system is very sophisticated and our computer operators will be alerted if the plunger times vary by more than 0.3s. Please make sure that you and your swimmer understand that any scoreboard time is preliminary as much as a stop watch time will only give the swimmer a good guess of what the official time might be.

Preliminary and Finals:

We will need a break of 45 minutes in between preliminary races and finals. During the break we are preparing the pool and the computer systems for finals. As a NCSL tradition we are watching our parents and coaches race in the relays during the break, a fun event for all of our families, with big trophies to be claimed by parents and coaches. Immediately after these fun relays we will be opening the pool for warmups for our finalists.

Finals:

Finals are the most exciting part of the day. We are asking you to keep noise down at the start of each race. Once the race is underway we encourage you to cheer for your swimmers. Noise at the start however can be very distracting. Please do not bring any noise making devices.

All finalist and both alternate swimmers will have to report to the ready bench prior to the race. Both alternates will be waiting with the meet referee until the race is started. The meet referee will be placing swimmers in races if needed. Even though it is a tough spot to be in for any swimmer, it is still a huge achievement to have placed in the top 12 of our very competitive and big conference. The alternates have every right to be proud of their accomplishment. If your swimmer won't be able to make their finals please let the coach know as soon as possible.

Award Ceremony:

The 6 and under award ceremony will commence right before the relays begin on Saturday. Our Award Ceremony on Sunday will commence after the pool deck is cleared and all equipment is taken down. We appreciate any extra hands during that time! The more hands, the faster we get to start the ceremony and go home!

Pool Access:

Access to the pool area is limited to working staff and volunteers during their assigned shift. Please understand that we will follow strict policy of letting only verified volunteers on the deck. Once your shift ends and your replacement has taken over for you we ask you to return to the bleachers. Between swimmers, coaches, volunteers and our working staff we have many people on the pool deck that need to get their job done.

Pictures and Videos:

Each team has a team photographer on the pool deck in a designated area. Spectators may take pictures from the bleachers. We ask you not to take any pictures behind the blocks. Please review the [league policy](#) on camera use. All timers are asked to put their cell phones away during their shifts.

Social Media:

Please be very careful with photos posted on social media. We have many kids in bathing suits on the property. There is a good chance you capture somebody else's child in your family photo. Also remind your children of proper use of Snapchat, Instagram and such.

Please direct any concerns to your League Rep, rather than the coaching staff or meet officials. Your League Rep will work to resolve your concern and if they are unable to come to a resolution then we engage with you directly.

Good luck to all the teams, let's have fun, watch some exciting races and create new memories.

See you at the pool!

Steffi Thorlichen Jones

President

Northern California Swim League