



2015 Eureka Championship  
American River College  
July 18 & 19, 2015



Dear Swimmers, Parents, Coaches and Friends,

Welcome to the grand finale of the 2015 swim season – the *Eureka Conference Championships*. We are looking forward to a weekend of exciting races, lots of fun and great competition. A swim meet would not be possible without the help of all of our parent volunteers. A special THANK YOU goes out to all who helped put this meet together and to the many volunteers needed to make this meet run smoothly. This letter contains helpful information and important friendly reminders. Let's work together to make this a GREAT and MEMORABLE meet for our kids!!!

**Setup:**

Meet set up is from 3:00pm to 6:00pm on Friday, 7/17. We will set up the pool deck first and then the age groups tents in the team area. Friday afternoon setup crew can park in the back, behind the pool (permit access area) to unload and setup deck equipment. Once the deck is completed, then crew can park in the parking lot across from the team area to unload and setup age group tents, which should be after 5pm. Parents will NOT be allowed to set up personal tents in the team areas until 6:00pm. Anyone seen setting up their personal tent prior to 6:00pm will be asked to take it down and lend a helping hand with set up. See an aerial view of the facility designating the team/parking areas on page 5 of this letter.

**Parking:**

There will be plenty of parking at American River College. The closest parking is the Parking Garage accessible from the Football Stadium Parking lot off of College Oak Dr.; however, Parking Lots A and B are not that far of a walk either. These lots are off of Myrtle Ave. We have designated lots for handicap parking. Since American River College is closed Friday through Sunday, there will be NO parking fees so you will not need to purchase a ticket from the yellow kiosk. On Saturday/Sunday morning, there will be an area for unloading your personal items (to the left of the parking garage) and we will have parking attendants to keep the traffic flow moving. Please unload your personal items and go park your car in the garage or a lot. Do NOT leave your car to take your items to the team area. Also, please be respectful of the parking lot attendants. They are just doing their job like all of us will be at one point in time throughout the weekend. There is plenty of parking so no need to park in yellow or red zones. See an aerial view of the facility designating the parking areas on page 5 of this letter. Please adhere to the parking rules.

**Pool Access:**

We will be running a closed deck, which is limited to the 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 that you to return to your team area. There will be a walkway to get to the bleachers to watch your swimmer's race and for the swimmer's to talk to their coaches. Vendors, master volunteer jobs and apparel tables will be located in and along the breezeway and out front of the facility near the team area. See the map of the pool layout designating the walkways on page 4 of this letter.

The deck will be open for access at 6:00am both days. As you walk in the main entrance, the area directly to your left will be completely blocked off both days. This area will be the staging area for ready bench and ready bench seating. We will have deck patrol monitoring entry onto the deck, and anyone without a deck pass will NOT be able to gain deck access. This is to cut down on noise, chaos and congestion in such a small area. Please be kind and respectful to the Deck Marshalls as they perform their duties. Rude behavior and/or language toward the Deck Marshalls will NOT be tolerated.

Restrooms are located in the building behind the bleachers. There is absolutely NO camping in the bleachers or setting up personal chairs or pop-ups on the pool deck due to limited space. This will be strictly enforced. Please be respectful to all by staying to watch your swimmer's race, then leaving to make room for others in the bleachers so they can watch their

swimmer's race. We need to keep the pool deck clear so as to NOT interfere with the volunteers doing their jobs and the swimmers getting to the ready bench for their race.

### **Team Areas:**

The team areas are located outside of the pool. Please do NOT set up on your personal area on the sidewalk or in the street in or near your designated team area. Sidewalks and the streets are for evacuation and cannot be blocked per Fire Marshall Regulations. There will be plenty of room on the grass. Team cheers are to occur in your own Team Area and NOT on the pool deck or inside the pool area at any time. This will be strictly enforced as it is disruptive and interferes with the admin of the meet.

A few things that are **NOT allowed** in the team areas:

- BBQs, camp stoves, generators to run swamp coolers and fans, misters (there's no access to water), and ALCOHOL.
- NO staking of tents...we don't want to accidentally break a sprinkler line!
- The outlets along the building CANNOT be used under any circumstance.
- NO dogs or pets of any sort in the pool and team areas. Leave them at home where they can stay cool!
- NO smoking in or around the pool or team area. Smoking is permitted in Parking Lots A and B.

### **Volunteers:**

It would be great if you could bring your own sports bottle to reduce trash around the pool. Our friendly hospitality staff will be happy to fill your bottle with refreshments throughout your shift. Hospitality may not be providing cups and will not provide bottles of water. All volunteers must check in with their respective team's Volunteer Coordinator to receive your shift label.

Please pay attention to the announcements calling you to work your respective shifts and report to your shift 15 minutes early. You will not be allowed to leave your post until you are "tagged out" by the next shift worker. This will allow the meet to continue without interruption. Don't worry; we will make sure a replacement is found for you.

### **Ready Bench:**

All swimmers MUST come through the ready bench in order to swim an event for prelims and finals. This includes relays for all age groups. The ready bench area is located at the north end of the pool and only swimmers will be allowed in the ready bench area—no coaches or team parents unless asked by the Ready Bench staff to assist the kids to the blocks. We want to keep the ready bench running smoothly 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 race.

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 left upper arm near the shoulder 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 12 and under swimmers. It wouldn't hurt to do this for the 13-18 year olds. The markers will not injure or provide any toxicity to your child. Sunblock lotion will remove the markings quite easily at the end of the day. Then do the same for Sunday. 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 Sales and Vendors:**

The Champs apparel sales table will be located in the breezeway to the right of the entrance to the pool. There will be t-shirts and tank tops for sale. As for vendors, American River College will be hosting a snack bar with breakfast and lunch items (see menu on page 6 of this letter). We will also have Maui Wowi Hawaiian Coffee Smoothies, Hagen's Freeze, and California Swim Shop. The vendors will be located at the entrance to the breezeway to the pool. For clothing sales, we will accept cash and check (no debit/credit cards); however, the vendors will most likely only accept cash.

### **Swim Suits:**

All swimmers are asked to wear their team suit or one in similar quality to the team suit. Suits that have the Fina stamp are acceptable. If you would like to wear another suit other than a team suit and are uncertain if your suit will be considered legal, please see the Meet Referee, Eric Sweiven, at 7:15am in the Hospitality Area. Please do not wear your suit, rather bring it along with your coach when asking for approval.

### **Meet Mobile:**

Meet Mobile will be available to track your swimmer's events and if you've paid the fee, you'll be able to view their 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 near the entrance. 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 "2015 Eureka Championships". The Meet Program will be uploaded to Meet Mobile by 6pm 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.

### **Preliminary and Finals:**

We will need a break of 1 hour in between the preliminary races and finals to prepare for finals. Volunteers, please plan to arrive to your shift 45 minutes after our break starts. During the break we are doing the parent and coach's relays, a fun event for all of our swimmers. The pool will be open to everyone to cool off for the first 30 minutes of the break. Please be courteous to the swimmers warming up for finals and let them have the lanes with the blocks.

### **Finals:**

Finals are the most exciting part of the day. We are asking you to keep the 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 noise making devices. Only designated coaches will be allowed on the closed off deck.

All finalists 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.

### **Awards 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!

### **Pictures and Videos:**

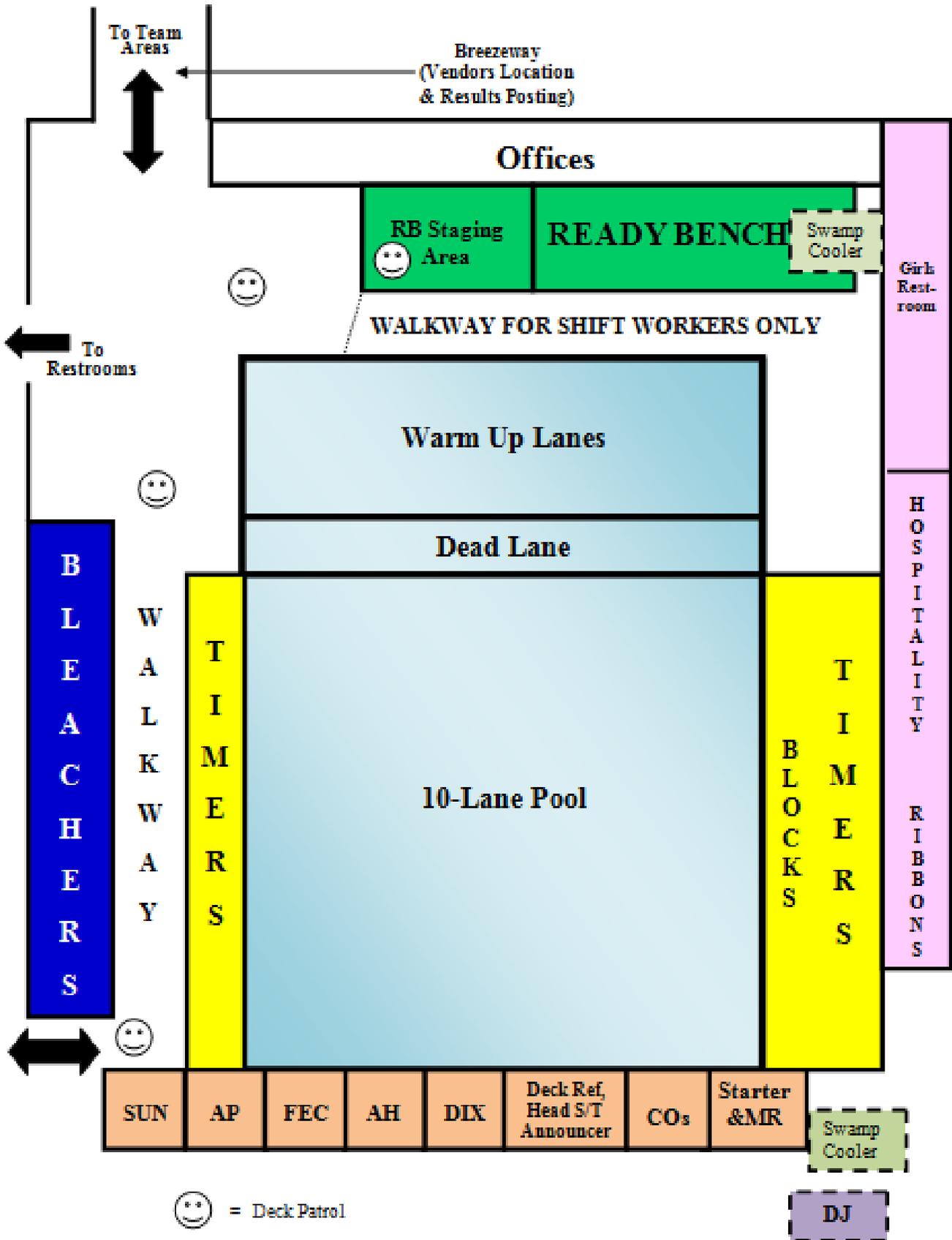
**Absolutely NO photography or videotaping is allowed behind the swimmers at the blocks.** You can take photos/videos from the bleachers. This includes taking pictures/videos with your cell phone. This is a USA Swimming rule that we, NorCal Swim League, follow to protect our swimmers.

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 they can inquire from the meet officials. Good luck to all the teams, let's have some fun in the sun, watch some exciting races and swimmer's achieve their personal best times!

See you on the deck!  
Teresa Folsom, Meet Director



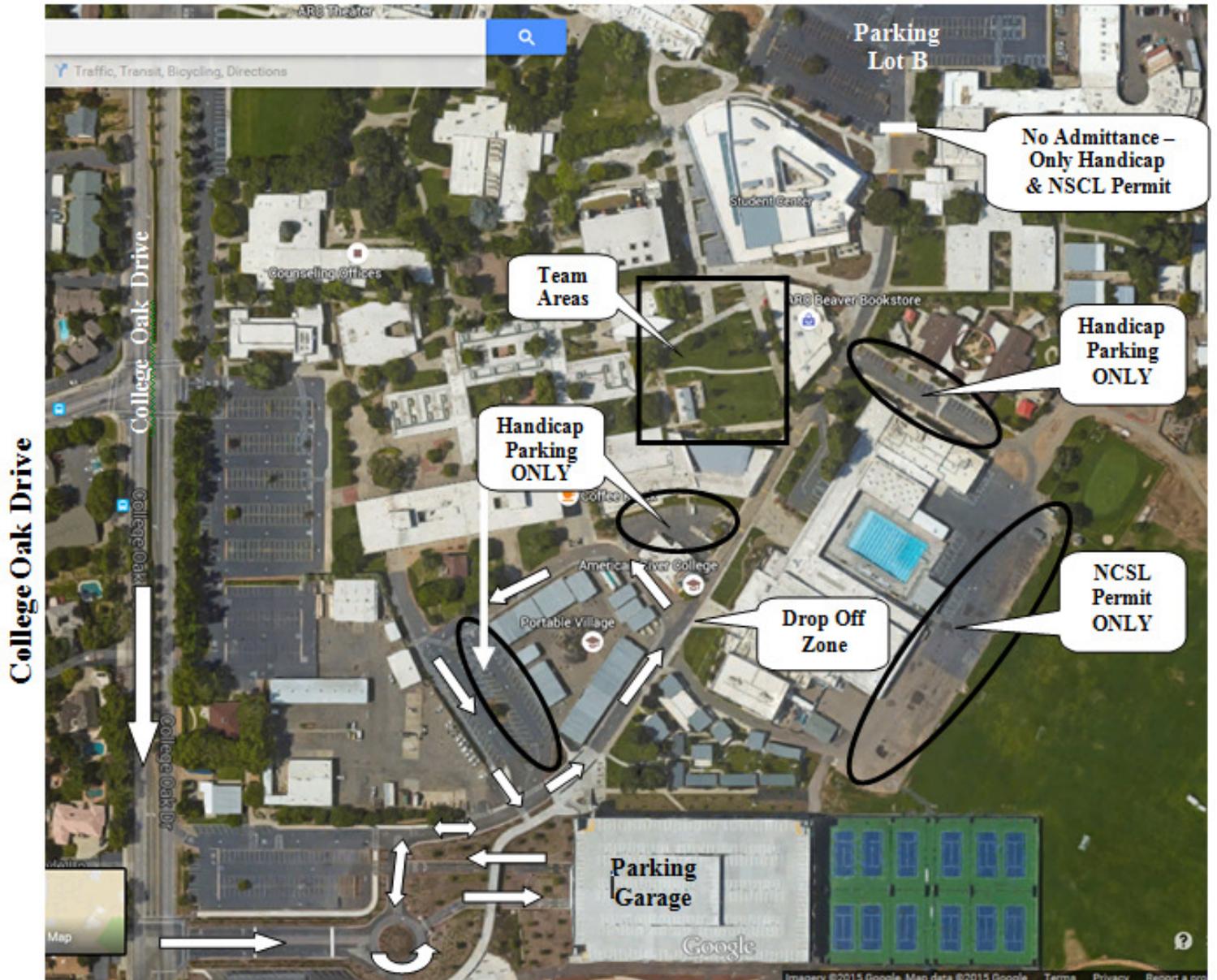
# American River College Pool Layout



# American River Pool Facility, Team Areas & Parking Lots

## PARKING & DROP OFF ZONE

Myrtle Ave



# **AMERICAN RIVER COLLEGE**

## **SNACK BAR PRICE LIST**

### **MORNING FOOD ITEMS AVAILABLE UNTIL 10:00 AM**

EGG SANDWICH	3.00
PANCAKES (3)	3.00
BAGEL & CREAM CHEESE	2.00
MUFFIN	2.00
COFFEE	2.00

### **LUNCH FOOD ITEMS AVAILABLE UNTIL 3:30 PM**

GIANT ¼ POUND HOT DOG	3.00
HAMBURGER	3.00
CHICKEN FLATBREAD SANDWICH	3.00
NACHOS	3.00
SUPER PRETZEL	2.00
TURKEY ROLLS (2)	2.00
CROISANT SANDWICHE (1)	2.00
POPCORN	2.00

### **DRINKS CANDY CHIPS AVAILABLE ALL DAY**

FOUNTAIN SODA LARGE	3.00
FOUNTAIN SODA MEDIUM	2.00
GATORADE	1.50
WATER	1.00
CHIPS	1.00
CANDY	1.00

**AMERICAN RIVER COLLEGE AQUATICS THANKS YOU**  
**FOR HELPING TO SUPPORT OUR TEAMS**