

Dear Swimmers, Parents, and Friends,

Can you believe it has been 3 long years since a Championship meet has been held? It is so wonderful to welcome all our swimmers and families back to the 2022 Comstock Championship Swim Meet!

PLEASE READ THIS EMAIL CAREFULLY!

Below you will find useful information to prepare you for our championship meet this weekend held at:

Elk Grove Aquatic Center
9701 Big Horn Boulevard, Elk Grove 95757
Parking Lot: Accessible off Big Horn Boulevard

NOTE: The parking lot off Civic Center Drive is reserved for Meet Officials, Coaches, and Lifeguard Staff. Please do not park in this parking lot unless you have a parking pass.

WHO TO CONTACT WITH QUESTIONS?

Your team is represented by your parent board members and a NCSL League Representative. Please see your board members and league representative if you have any questions during this busy championship weekend.

OFFICIATING

We are very excited lucky to have **Melissa Szpik Serrao** as our Meet Referee. She is the Officials Chair for Sierra Nevada Swimming, our Local Swimming Committee of USA Swimming, and will help us ensure we run a fair and compliant meet.

MEET FORMAT

The championship meet is run differently than a standard dual meet. The events will be divided between 2 days (Saturday and Sunday).

Preliminary (Morning Swims): In the morning, all swimmers will report to swim events scheduled for that day. At the conclusion of all events scheduled, a 30-minute break will occur. The following provides a general daily schedule:

- Saturday:
 - 100 IM, Short Freestyle, Backstroke
 - 30-minute Break
 - **Parent Relay - Get signed up with your team early!!!**
 - Final Events warm ups
 - Finals
 - 6U Awards Ceremony –Hand out 6U Awards as they will not be swimming on Sunday.
 - Medley Relay

- Sunday:
 - Long Freestyle, Breaststroke, Butterfly
 - 30-minute break
 - Coaches Relay
 - Finals
 - Freestyle Relay
 - Take Down
 - Award Ceremony – Will commence after the meet is taken down

Finals (Afternoon Swims): These are perhaps the most exciting races and really bring teams together! The top 10 fastest swimmers in each event will qualify to swim in a “Finals Race.” The Finals Race will determine the winners and placement of the top 10 swimmers. Team points will be based on the results of this finals event.

All finalists (10 swimmers) and both alternate swimmers (2 swimmers) **must** 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 place alternate swimmers in races if there are no shows to the event. It does happen from time-to-time. **If your swimmer won't be able to make their finals, please let the coach know as soon as possible so that alternate swimmers can be notified.**

ITEMS TO NOTE: We are asking you to keep noise down at the start of each race. **NO NOISEMAKERS ARE ALLOWED.** 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.

Closed Pool Deck

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 your team area or the bleachers.

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 fastest 3 heats based on their submitted (seeded) times. These top 3 heats are circle seeded:

Lane	1	2	3	4	5	6	7	8	9	10
4 th to last heat	31 AND UP									
3 rd to last heat	27 th	21 st	15 th	9 th	3 rd	6 th	12 th	18 th	24 th	30 th
2 nd to last heat	26 th	20 th	14 th	8 th	2 nd	5 th	11 th	17 th	23 rd	29 th
Last heat	25 th	19 th	13 th	7 th	1 st	4 th	10 th	16 th	22 nd	28 th

Ready Bench

- **All swimmers MUST come through the ready bench to swim an event for prelims and finals.**

- **NO CELL PHONES** are allowed. Swimmers must leave cell phones in their tent.
- The ready bench area has tents and benches on the upper pool deck.
- ONLY official TEAM PARENTS and Ready Bench Volunteers are allowed in Ready Bench area.
- Parents WILL NOT be able to escort their child to the Ready Bench or their lane.
- 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.
- We will have Clerks of the Course who will ensure swimmers 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.



SET UP AND TEAM AREAS

Set Up

We will be setting up the pool deck, vendor, and hospitality areas at **4:30 PM on Friday, July 15, 2022**. Please sign up for a set up volunteer slot. It is recommended that you bring gloves and water to drink. If you cannot lift heavy items, please do not volunteer for set up.

ABSOLUTELY NO PERSONAL TENT SET UP OR TEAM TENT SET UP will be allowed until after 6 pm. DO NOT BRING YOUR PERSONAL TENT UNTIL AFTER 6 PM. We will monitor this and ask you to remove your tent.

PLEASE make our monitor's jobs easier so that we do not have force you to set up twice. Please follow the rules for the benefit of everyone!

Team Areas

Your team will communicate the designated team tent location with you. Please be respectful to the areas that are blocked off.

Prohibited Items

A few things that are **NOT allowed** during the meet or on the EGAC property:

- Anyone seen with alcohol or drugs will be asked to leave the property immediately.
- BBQs, generators to run swamp coolers and fans, misters (portable misters that operate on battery and out of buckets are recommended).
- No tech suits for swimmers 12 and under. 13 and older may wear tech suits with FINA approval.
- NO cell phone usage in the bathrooms or locker rooms.
- NO cell phones at the ready bench. Swimmers must leave at their tents.
- 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, this includes any kind of vaping.
- NO drones.
- NO photography or videos behind the blocks.

VOLUNTEER INFORMATION

Every family is required to volunteer. We can't run the meet without our volunteers!

Families should have signed up for volunteer spots with their Team. These signups have been submitted to the meet directors and Championships Volunteer Coordinator.

- **Prior to the meet starting (each morning)**, please check in at the volunteer tables so that we know you are here. You will receive a badge for your position. You can only access the deck during your specified shift.
- All volunteers **MUST REMAIN IN THEIR POSITION** until they are replaced. **DO NOT VACATE YOUR SPOT** if someone is late, this will cause us to stop the meet if we don't have adequate volunteers in place.
- **DO NOT BE LATE.** Many announcements about shift changes will occur. Sometimes shifts will be delayed. **YOU** are responsible for arriving on time and staying the whole shift.
- 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.

EVENT SCHEDULE AND RESULTS

Meet Program

The seeded meet will be made available on our NCSL Webpage by Friday, July 15th so that you may print your own program at home. An email will be sent to you once the program is uploaded.

Meet Schedule:

Can be accessed by clicking [here](#)

Meet Mobile

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 "2022 Comstock 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 after the program is posted on the NCSL webpage.

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 stopwatch time will only give the swimmer a good guess of what the official time might be.

Posted Results

Results will be printed out and posted on the windows by the CSD guard room.

PICTURE PROTOCOL

Team Photographers:

Each team has designated team photographers. These individuals will have access to be on deck with credentials. Under no circumstances will anyone else be on deck without credentials.

Pictures and Videos:

It is absolutely PROHIBITED to take pictures when swimmers are on the blocks! THIS WILL BE MONITORED AND ENFORCED. Our bleachers sit behind blocks where our littlest and most vulnerable kids will begin their races (6U-9/10s). This means that no one should have phones/cameras facing upwards at the start of races for any 6U through 9/10 event. If you want to take pictures, you must go to the side bleachers.

Please review the [league policy](#) on camera use. All timer volunteers are asked to put their cell phones away during their shifts.

PLEASE, PLEASE, PLEASE work with us, not against us, to follow the rules and keep our kids safe!

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. Please also review the NCSL [Code of Conduct](#) as we will enforce immediate resolution to inappropriate behavior.

OTHER USEFUL INFORMATION**Snack bar**

The Elk Grove swim team is running our snack bar this weekend. They will be located on the upper deck.

Apparel

We are offering t-shirts (\$25) for sale. Cash, credit card and checks will be accepted.

Swimsuits

Swimmers are encouraged to compete in their team suit. All swimsuits listed by FINA are acceptable. All swimsuits 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.

Vendors

Other vendors will be present and either located on the upper deck or parking lot.

Good luck to all the competitors and teams!

Natalie Wong and Amanda Olekszulín

2022 Comstock Meet Directors