



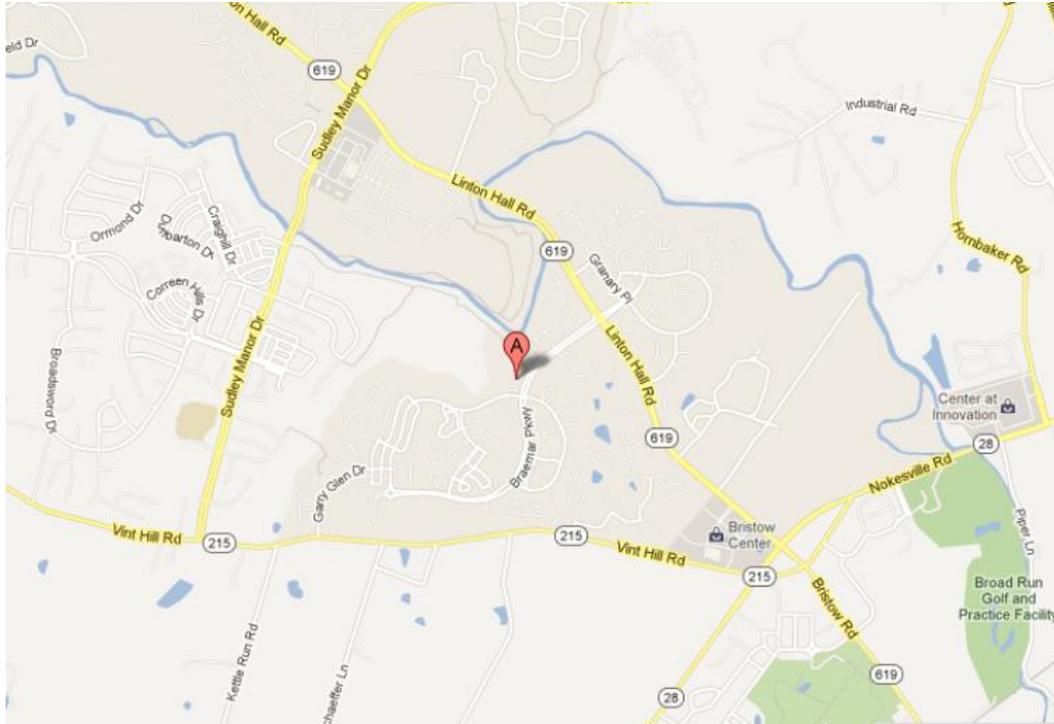
Meet Information

We are pleased to host your swim team and hope that everyone involved has a great meet. Should you have any questions regarding the information provided below, please contact:

Kevin Mastropaolo, PWSL Representative, 703-623-9070 (cell), pwsl_rep@braemarblasters.com
Kim Dunaway, Volunteer Coordinator, 571-213-3864 (cell), volunteer@braemarblasters.com
Team Website: <http://www.braemarblasters.com>

Directions

The Braemar Pool is located at 12300 Iona Sound Drive in Bristow, VA 20136.



If coming from the east, take Route 28 south to Linton Hall Road. Turn right on Linton Hall. At the second stoplight, turn left onto Braemar Parkway. The pool is located on the right at the intersection of Braemar Parkway and Iona Sound Drive.

If coming from the west, take Linton Hall Road to Braemar Parkway. Turn right onto Braemar Parkway. The pool is located on the right at the intersection of Braemar Parkway and Iona Sound Drive.

Parking

Parking is available in the lot adjacent to the pool, along Iona Sound Drive and neighboring streets. Parking is also available along both sides of Braemar Parkway past the intersection of Iona Sound Drive.

Please do not park in the loading zone or along the yellow painted curb in the lot adjacent to the pool. There is also no parking along Iona Sound Drive from the lot entrance to the intersection of Braemar Parkway.

Please be courteous to our neighbors and enter quietly and refrain from blocking driveways and mailboxes.



Meet Information

Team Area

As you enter the pool, the team area is located in the grassy area opposite the entrance. The visiting team will be on the left. No spectator chairs are allowed on deck.

As a courtesy to all swimmers and families, please ask your team not to "camp out" on deck. Once they have watched their swimmer participate, please ask them to leave the deck.

Warm-ups

The meet will start promptly at 7:00a.m. Warm-ups are 20 minutes. Braemar will warm-up from 6:00a.m. – 6:20a.m., and the visiting team will warm-up from 6:25a.m. – 6:45a.m. The pool will be cleared at 6:45a.m.

Relay Lanes

Visiting team relay lanes are 2, 4, and 6.

Volunteers

A meeting for volunteers will be announced during warm-ups.

We run our meets in two shifts.

- Shift One: 7 a.m. – 9:30 a.m.
- Shift Two: 9:30 a.m. – 12 p.m. (end)

If you run a different schedule, please contact the Braemar volunteer coordinator prior to the morning of the meet to make accommodations.

➤ Officials and equipment:

- Please bring as many stroke and turn officials as possible (minimum of 4).
- One referee and one starter.
- Due to the layout of our pool, we request that you bring your starter equipment for use during the 8&U events to minimize delays. The 8&U swimmers will start at the opposite side of the pool and the timers and recorders will stay in place.

➤ Timers and Recorders:

- Visiting team is requested to provide one timer and recorder for lanes 1, 3, and 5 and two timers for lanes 2, 4, and 6. A total of 9 timers and 3 recorders for each shift.

➤ Clerk of Course:

- Our Clerk of Course area will be set up in the covered patio area to the right of the concession stand (please see pool layout below). The Visiting team is requested to provide 3 clerk of course volunteers per shift. When events are announced over the public address system, please have your swimmers proceed to the clerk of course. No parents are allowed in the clerk of course area.

➤ Timecard runners:

- Two runners are requested for each shift.

➤ Computers, Heat Ribbons, Scores and Ribbon Writers:

- Computer area, scoring and ribbons will be setup inside the clubhouse.
- Please provide 1 computer volunteer per shift, 2 scorers and 2 verifiers (4 total) per shift, 3 ribbon writers, and 1 heat ribbon volunteer per shift.



Meet Information

Coaches area

The Visiting team coaches area will be on the side of the pool closest to grassy area.

Deck access

There is free deck access for viewing events all around the pool except immediately behind the timers and recorders. We ask that you keep your team out of the pool except when they are swimming their events. Sections next to the pool are taped off to leave room for the officials to travel. If you have a team photographer that requires access to these areas, please coordinate that with the Braemar Volunteer coordinator or Braemar Representative.

Heat sheets

The Braemar Blasters will be selling heat sheets during the meet and request that your team not distribute heat sheet electronically to your members. We will also be posting the meet results during the meet. The website for these results is: <http://www.pwswimmeets.com>. We will provide heat sheets for officials and coaches.

Relay assembly area

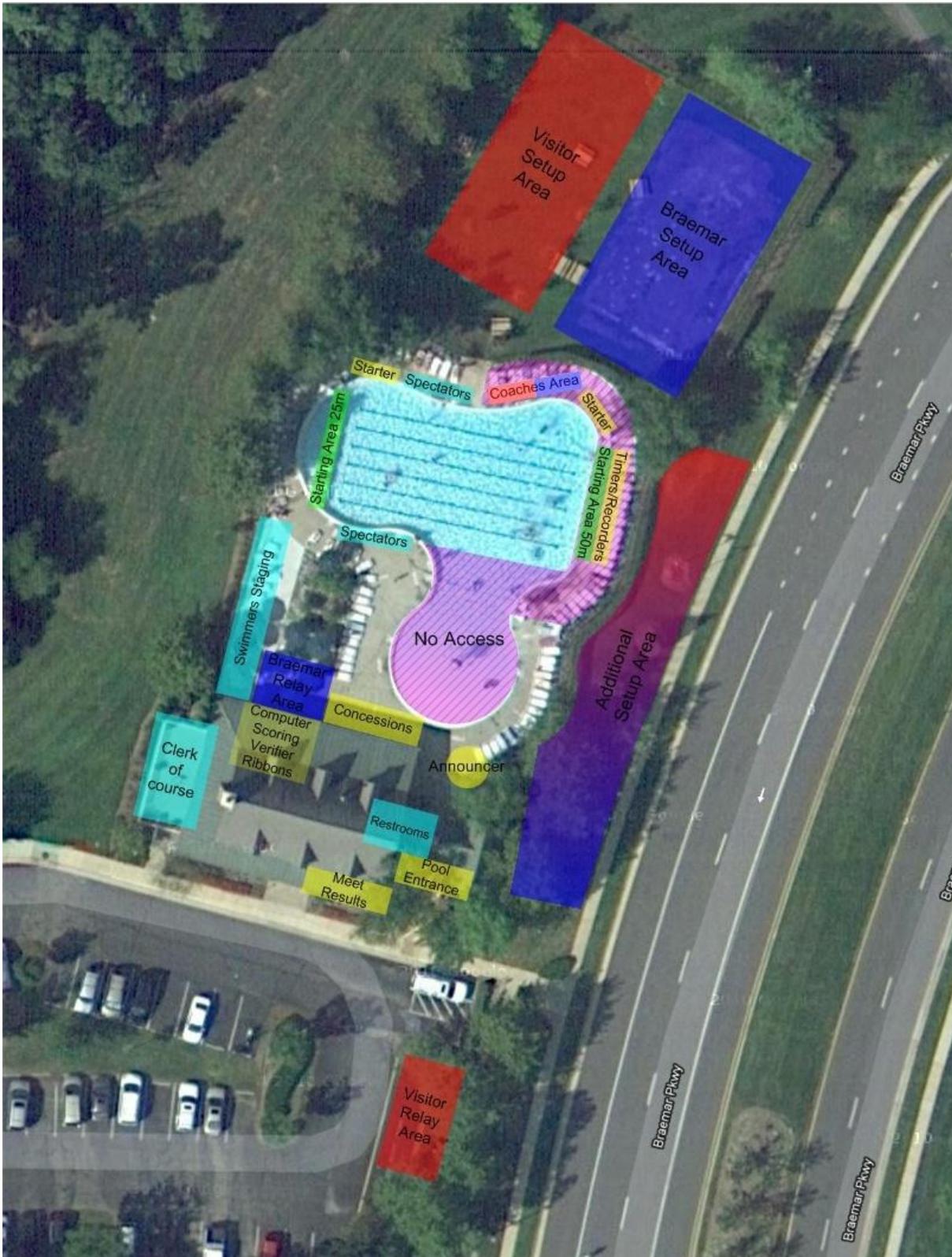
There are two areas that have been designated as relay assembly area. The Braemar Blasters area is located adjacent to the swimmer stating area and the visitor team area is located in the parking lot loading zone just outside the pool entry gates. We ask that you meet in these designated areas when assembling your relay teams. Please refer to the pool layout diagram for the location of the Relay areas.

Please note these two PWSL rules/policies

- Swimmers will not be allowed to compete in PWSL meets if they have body paint, hair paint, and/or sharpie ink on their body beyond event information. The event information may only be written on one arm or the hand. The child will be given the opportunity to remove the paint, hair color, and/or sharpie ink before their first scheduled event. If it cannot be removed the child will not be able to swim.
- Heat ribbons will NOT be given to relay winners.

BRAEMAR BLASTERS SWIM TEAM

Meet Information



Braemar Blasters Pool Layout