|  |  |
| --- | --- |
| **Address**: | 12350 Oakwood Drive, Woodbridge, VA 22192 |
| **Directions**: | Prince William Parkway 8.6 miles; stay straight to Old Bridge Road |
|  |  |
|  | (Parkway veers to right) |
|  | 2.6 miles on Old Bridge to Oakwood Drive; Left on Oakwood Drive |
|  | Pool on corner of Oakwood Drive and Old Bridge Road |
|  | Park in parking lot or along Oakwood Drive (police ticket along Old Bridge Road), |

**4 spaces in the lot will be marked for YOUR VIP team members, all others are first come, first served.**

Please contact the team president, president@ridgewoodbarracudas if you need a handicapped parking spot. Spots are limited.

**Warm-ups & AM Briefings:**

Ridgewood Barracudas Swim Team … Home Meet Information



|  |  |
| --- | --- |
| *EVENT:* | *TIME:* |
| Ridgewood Barracuda’s WARM UP | 6:05 – 6:25 am |
| Visitors WARM UP | 6:30 – 6:50 am |
| Officials’ Meeting | 6:30 – 6:50 am |
| Timers’ Meeting (MANDATORY) | 6:45 – 7:00 am |
| Meet Begins | 7:00 am |

|  |  |
| --- | --- |
| **Concessions**: | We sell concessions (Breakfast & Lunch menu) throughout the meet. |
| **Heat** **Sheets**: | An electronic copy of the heat sheets will be provided to your team and posted |
|  | to the Barracuda website, [www.teamunify.com/recpwrbva,](http://www.teamunify.com/recpwrbva) as soon as it is available. |
| **Deck** **Area**: | Please do not set up tents or chairs on deck, see map for Visitor set up areas. Roped off |
|  | area is for coaches, swimmers, officials, and volunteers only. Visitor set up is not |
|  | allowed until the day of the swim meet per the Lake Ridge HOA. |
| **What to** | \* Starter system fully charged as we will use it during the meet. Please set it up at the turn end of the pool next to the coaches’ tent. |
| **Bring**: | \* As many officials as you can (at least 4). We will alternate referees & starters. |
|  | \* Stop watches (just in case, we should have enough, but you can never be too sure). |
|  | \* Back-Up Printer (just in case) |

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| **FYI**: | \* We will be doing fly-over starts for 11 and up. We will discuss in officials’ meeting. |
|  | \* Only the Head & Assistant Coaches may call for swimmers to clerk, the announcer will |
|  | call which events are staging at clerk of course at least twice. Please have swimmers & |
|  | parents listen for the event numbers.  \*Please, no towels allowed at the Clerk of Course. |
| **Volunteers** | \* 3 shifts  \* 4 recorders per shift (see Lane Chart below), |
| **Needed**: | \* 12 Timers per shift (8-lane pool), |
|  | \* 2 Clerk of Course Volunteers per shift, |
|  | \* 2 Scorers per shift, |
|  | \* 1 Runner per shift, |
|  | \* 1 Verifier per shift, |
|  | \* 1 Head Timer per shift, |
|  | \* Ribbons Volunteers (including at least 1 Heat Ribbon Volunteer for shift 2). |

**Lane** **Assignments**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Lane #’s* | *1* | *2* | *3* | *4* | *5* | *6* | *7* | *8* |
| Timers | Visitors | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood |
| Timers | Visitors | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood |
| Timers | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood | Visitors |
| Recorders | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood | Visitors | Ridgewood | Visitors |

|  |  |
| --- | --- |
| **Entries**: | Please send your entries head coach no later than 7pm Thursday, prior to the meet |
|  | though earlier is preferable, coach@ridgewoodbarracudas.com. |
| **PWSL** **Rep**. | Eric Runnels |
| **Contact** **Info**: | Ridgewood Barracudas Swim Team |
|  | w.eric.runnels@gmail.com |
|  | (703) 862 0687 |

***As always, we look forward to hosting your team!***