|  |  |
| --- | --- |
| **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  |

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| --- | --- |
| **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!***