



LAKE RIDGE LANCERS HOME MEET INFORMATION

ADDRESS:	12640 Harbor Dr. Woodbridge, VA 22192
PARKING:	Parking is available in the lot adjacent to the pool, along Harbor Dr. & neighboring streets, and in the VDOT commuter parking lot on Harbor Dr. (adjacent to the McDonalds restaurant). The pool entrance during meets is located in the parking lot, not the club entrance. A portion of the parking lot will be allocated for reserved parking via parking pass.
TEAM AREA:	The visiting team area is located in the area of the volleyball court and on the hilly area behind the diving well. (<i>See facility diagram below.</i>)
COACH'S AREA:	The visiting coach's area is located along Lane 6, on the shallow side. A large canopy will be set up for both the Lancers and Visiting coaches, and for divisionals an additional canopy will be provided.

WARM-UPS & AM BRIEFINGS:

EVENT:	TIME:
Lake Ridge Lancers WARM UP	6:05 – 6:25 am
Visitor WARM UP	6:30 – 6:50 am
Official's Meeting	6:20 am
Volunteer's Meeting (MANDATORY)	6:40 am
Meet Begins	7:00 am

CONCESSIONS:	Concessions will be available under the large pavilion behind the baby pool throughout the duration of the meet. It is cash only.
HEAT SHEETS:	Heat sheets will be provided to coaches and officials the morning of the meet. An electronic copy will be available for download, via www.lakeridgelancers.com , as soon as it becomes available. Heat sheets can be found on the Lancer event pages, by clicking the meet name under "Swim Meets" on our home page.
DECK AREA:	The main viewing area is located on the guard house side, along Lane 1. Limited viewing is available at the shallow end of the pool. (<i>See facility diagram below.</i>)
WHAT TO BRING:	<ul style="list-style-type: none"> • Starter system, fully charged as a back-up • As many stroke & turn officials as possible (minimum of 4) • Stop watches
FYI:	<ul style="list-style-type: none"> • COMMUTER LOT PARKING: Drop off swimmers and equipment first, then proceed to the commuter lot. Use extreme caution when crossing Old Bridge Rd. • Be mindful of driveways, mailboxes, and fire hydrants when parking along Harbor Dr. and side streets. Police do patrol & ticket during meets! • The clerk of course area is located under the small pavilion next to the diving well. When events are announced, please have swimmers report to the clerk for staging. (<i>See facility map below</i>) • Visiting team relay lanes: 2, 4, & 6 • There are no indicators on the lane lines for 15 meters. If sufficient Referees, Chief Judges, or Stroke & Turn Judges are available, they will

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	monitor only the backstroke flags at the opposite end of the start area for 15-meter rule violations, using the base of the backstroke flags as their reference.
VOLUNTEERS NEEDED <i>per shift:</i> * 3 Shifts per meet: 1. 7:00-9:30 2. 9:30-11:00	<ul style="list-style-type: none"> • 3 recorders (Lanes 2,4,6) • Head Timer • 9 Timers (One /shift lanes 2, 4, 6. Two /shift lanes 1, 3, 5) • 3 Clerk of Course volunteers • 2 Scorers • 1 Verifier • 1 Ribbon Clerk starting at 9 • 1 Computer Operator
ENTRIES:	Please submit entries to Juan NO LATER THAN 7:00pm Thursday, prior to the meet.
DIRECTIONS:	Directions to our pool can be found on the Lancer event page, by clicking the meet name under "Swim Meets" on our home page.

LRSC SWIM MEET FACILITY MAP & TEAM AREAS:



PWSL
League Rep
Contact
Information:

Beau Bilock
 pghr4life@gmail.com
 412-973-2442

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Lake Ridge Lancers Concessions

BREAKFAST:

- Lancer-ritos-egg, bacon, potato & cheese- \$3
- Fruit Kabobs (grapes, strawberries, pineapple, watermelon) \$2
- Chick-Fil-A-Chicken biscuit - \$4
- Muffins- \$2
- Bagels- \$2
- Oatmeal cups- \$2
- Fresh Fruit- \$1

LUNCH:

- Lancer Meet Tacos- Carnitas (pork tenderloin & salsa verde), corn tortillas, onion & cilantro- \$2 or 3 for \$5
- Hot Dogs- \$2
- Chili Dog- \$3
- Lancer-rito (Frito) Boats- Fritos, Chili & Cheese \$3.50
- Nachos-Chips, cheese, carnitas, Pico de Gallo \$3.50
- Chick-Fil-A Sandwich \$4
- Cup of noodles \$1

DRINKS:

- Water \$1
- Coffee \$1
- Soda \$1
- Capri Suns \$.50
- Sports Drinks \$1.50

SWEETS:

- Ring Pops \$.75 or 2 for \$1
- Airheads \$.50 or 4 for \$1
- Tootsie Pops \$.50 or 4 for \$1
- Sour Patch Kids

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