

WELCOME TO OLD BRIDGE ESTATES ~ HOME OF THE OLD BRIDGE BREAKERS

We look forward to hosting your team - here is some information about swim meets at our pool:

Parking

Parking is available on Beaver Pond Road, outside the pool. The pool address is 3600 Beaver Pond Road, Lake Ridge, VA 22192. Additional street parking is available on Catawba Drive and Valleyhill Drive, which intersect Beaver Pond Road immediately before and after the pool. Please do not park on pipestems or in townhouse areas; these are private roads and are not available for parking. Also, please avoid blocking curb areas on Beaver Pond Road that are marked in yellow, or any area in front of a curbside mailbox. Our pool has a very small parking lot in which all the spots are reserved during meets. We've allocated two spaces in this lot for your coaches - please have them check in with the Parking Marshal upon arrival. Please let our PWSL Representative, Kathleen Bragdon, know if you have a family that needs a handicap spot (valid DMV handicap permit required) and send their name.

Warm-ups

The meet will start at 7:00am. OBB has the first warm up at 6:10am with the visiting team warming up at 6:30am. The pool is cleared at 6:50am. As there are a number of residences very close to the pool, we ask that noise be kept to a minimum prior to the start of the meet (please no bull horns, noisemakers, loud radios, etc.).

Officials

Please bring a Referee and as many Stroke & Turn Officials as possible. If the visiting team has a Starter, they will trade off duties with the OBB Starter. A meeting for all Officials will be announced during warm-ups.

Meet Volunteers

We run two shifts of volunteers: 7:00 – 9:30am and 9:30am – end of the meet. We ask that the first shift volunteers be in place by 6:55am. A Timers/Recorders meeting will be announced during warm-ups and will take place poolside.

Please provide –

Timers/Recorders:

ONE Recorder for lane 2, 4, and 6 per shift,
ONE Timer for lanes 2,4, and 6 per shift,
TWO Timers for lanes 1, 3 and 5 per shift.

Additional Volunteers:

ONE Head Timer per shift
THREE Clerk of Course volunteers per shift
ONE Deck Runner per shift
ONE Heat ribbon volunteer for second shift only
ONE Ribbon Writer per shift - we do not start ribbon writing until shift 2
TWO Scorers/Verifiers per shift
ONE Computer volunteer per shift

Relay Lanes

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

Computers, Ribbons & Scoring

These functions are all located on the second floor of the pool house. Access is via the staircase facing Beaver Pond Road. Due to space constraints, access to this area is limited to volunteers working these functions. Swimmers may visit parents briefly during the meet, but we ask that they do not stay in the office area throughout the volunteer shift.

Clerk of Course

There are two clerks of course areas: The clerk of course for 8 & under and 11/12 swimmers are on the deck area adjacent to pool house and the clerk of course for 9-10 and 13-18 swimmers is diagonally across the pool adjacent to the half-moon at the shallow end of pool. Visiting team relays form in the half moon area. When events are announced over our public address system swimmers should proceed to their clerk of course areas.

Deck Access

The actual deck area of our pool is very small. Consequently, only working officials, volunteers, coaches, and swimmers who have been called for their events are permitted on the main deck. When swimmers have finished their events and have reported results to their coaches, they are asked to leave the deck area promptly. There is a small viewing area right inside the pool gates for families to view races though we ask that they head back to the team area immediately after cheering for their swimmers' race so that there is space for other families. Please share this information with your team.

Meet Heat (Psych) Sheets

Meet Heat (Psych) Sheets will be posted on the Old Bridge Breakers web site and will be available for download by both teams after 10:00am on the Friday prior to the meet. The file can be found on the home page of our web site. The web address is www.obebreakers.org. We will also email the file to the visiting team's computer representative. Copies of the heat (psych) sheets will be given to all Stroke and Turn officials as well as 4 copies for coaching staff. There will not be any heat sheets for sale at the concession stand. Please encourage your team families to download as many copies as they would like before coming to the meet. It is our hope that this will cut down on paper waste and give everyone a chance to have a heat sheet ahead of time.

Equipment

The pool is a 6 lane, 25 Meter pool. The backstroke flags are not set to the proposed guidelines so please inform your coaches and officials. OBB will not mandate dive over starts.

Please bring your Colorado Timing System fully charged, as a back-up. Additionally, please bring enough stopwatches for the timers from your team.

A canopy and chairs will be provided and set up for visiting coaches.

Concessions

Our fully stocked and staffed Concessions Stand will provide a variety of delicious hot and cold food and drinks for purchase throughout the meet beginning at 6:50am. We will provide your coaching staff with two concession vouchers.

Sportsmanship

In keeping with PWSL's commitment to league-wide good sportsmanship, please know that such respectful behavior is something that the Old Bridge Breaker coaching staff, swim committee and parents seek to instill in each swimmer. Athletes are taught to encourage and motivate through cheers, positive focus, and praise. After a hard race, acknowledging the efforts of your opponent, win or lose, always speaks volumes in developing the character of our swimmers. We know that the competitive nature of sports often makes for emotional events. No matter the age, Breakers are encouraged, and shown by example, to be in control of their actions and exercise good sportsmanship at all times. We look forward to a friendly and respectful competition!

Meet Rule and Procedures (Prince William Swim League By-Laws)

Swimmers may not compete in a meet with body or hair paint except for event numbers placed on hands or arms. Swimmers in violation of this rule will be allowed to remove paint at clerk-of-course to compete, if paint is removed before his/her heat is ready to compete. Temporary tattoos are not in violation of this rule.

Contacts

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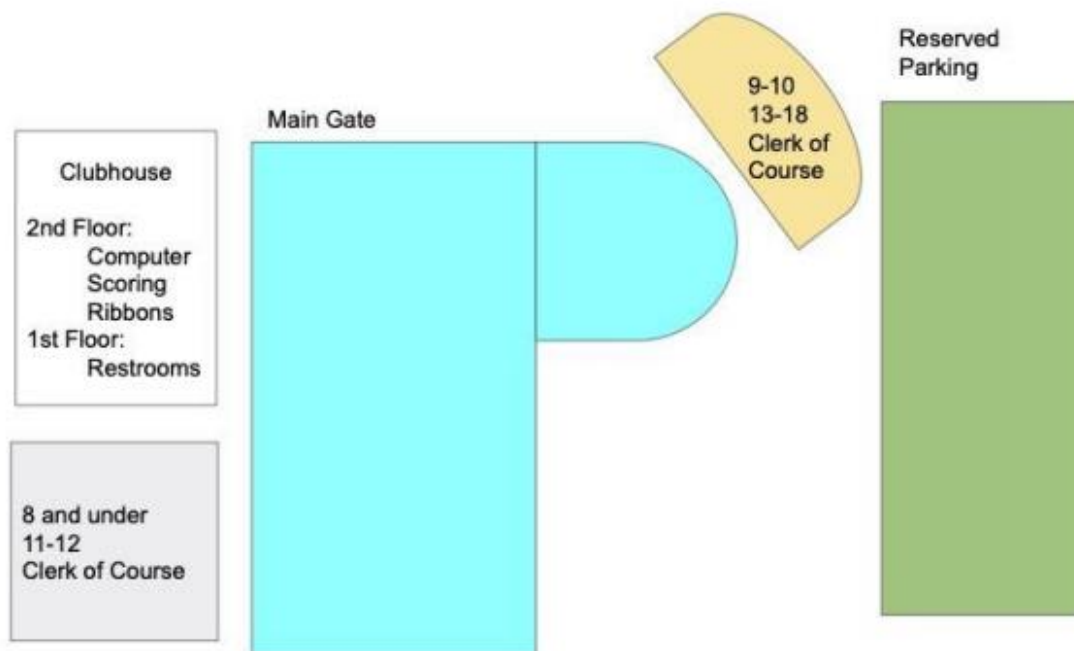
Head Official

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Computer Rep

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Pool Map



Team Areas

Team areas are on the tennis courts. Access will be available beginning at 5:45am. Visiting team area is on the half of the court that is adjacent to the concessions stand, closest to Beaver Pond. Please do not use sharp-tipped objects, chairs, tents, etc. that can mar the court surface and only set up on the tarp covered area. No pets are allowed on the tennis courts.