



Welcome to Westridge Pool

Home of the Westridge Waves

12764 Quarterhorse Lane Woodbridge, Virginia 22192

We are happy to be hosting your team at the Westridge Pool. We hope the following information will assist you and help the meet run smoothly. Please contact us if you have questions.

COVID PROTOCOLS: If you or any member of your family is exhibiting flu like symptoms please do not come to the meet. Masks are not required, but welcome to be worn. We encourage you to follow CDC guidelines, and make the best choice for you, your family and teams participating.

Address: Westridge Pool is located at 12764 Quarterhorse Lane Woodbridge, Virginia 22192. After turning on Westridge Drive from Old Bridge Road, turn left onto Quarterhorse Lane. The pool facility is located at the end of Quarterhorse Lane. (Figure 1 below)

Parking: There is a parking lot at the pool but it fills up quickly. Visiting teams are encouraged to carpool as much as possible. There is plenty of street parking on Quarterhorse Ln, Westridge Drive, and at the tennis courts at end of Wimbley Lane. Please respect owners' driveways and mailboxes. Speed limit is 25 MPH and no parking on pipe stems. Additionally, the parking lot at the Westridge Elementary School may be used, located at the top of Westridge Drive where it meets Knightsbridge Drive. Westridge team members/families should walk and/or park in alternate locations as much as possible. (Figure 2 & 3 Below)

Handicap Parking: We have limited Handicap spots available, but we will reserve additional spots as needed. If your members have a need for handicap parking please email Randal Roberts at rrobertswestridgeswim@gmail.com no later than 6PM the Thursday prior to the meet

Team Area: Visiting teams may set up tents in the area along the shallow end of the pool near the pond side of the pool deck. Westridge sets up along the deck near the toddler pool. (See Figure 4) While we have a large deck area and have maximized tent locations to allow good views of swimmers. We ask that **Tent size be limited to 10x10**, and that families **share tents** as much as possible. The smaller Lounge pool located on the opposite side of the clubhouse is off limits during the meet, it will not have a lifeguard on duty so it is not to be used for tents or swimming. Please gather all belongings and pick up all trash before leaving.

Warm-ups and Start Time: Westridge has the first warm-ups from 6:00 – 6:25am. Visiting team warm-ups are from 6:25 – 6:50am. The meet will start promptly at 7:00am.

Relays: Visiting team relays are in lanes 1, 3, and 5.

Clerk of Course: Located near the starting area under the canopies. The meet will be pre-seeded per PWSL guidelines. Swimmers should report to Clerk of Course knowing their Heat & Lane for the event. We will call the event twice on the PA system. [Swimmers are to report at first call](#). A "last call" will be made but swimmers should have already reported. Please advise your coaches and parents to listen for announcements for event reporting. We will not be using "dive over" starts, except for relays, in this meet.

Volunteers: There will be two (2) shifts of volunteers (except for Officials) 1st shift (7:00 – 9:30 a.m.) 2nd shift (9:30-finish). Please bring as many Stroke & Turn officials as possible.

Officials – All officials will meet at 6:40 a.m. to go over assignments. Visiting teams are required to provide a referee, starter, and a minimum of 3-4 Stroke and Turn officials. The Visiting Team officials will be provided heat sheets and timeline if necessary. Visiting Teams should also bring their clipboards and DQ pads. Relay takeoff sheets will be provided. **Please bring your Colorado Timing System (starter) fully charged as a back-up.**

If you are unable to meet the minimum requirements for officials, please email Dianne Fiedler at dnrfiedl@gmail.com no later than Wednesday prior to the meet.

Timers/Recorders – Visiting teams should bring stop watches to supply their own volunteers. There will be a Timers meeting at 6:40AM prior to the start of the meet. All timers, each shift, need to attend the Timer’s meeting which will be held by the starting area on the pool deck.

We have a six-lane pool. Visiting teams should provide one (1) timer for each lane; Timers will be two per lane with (1) timer being designated the recorder. There should also be a designated Head Timer to work with the Westridge Head Timer.

Lane #	1	2	3	4	5	6
Timer	Westridge	Visitors	Westridge	Visitors	Westridge	Visitors
Timer/Rec	Visitors	Westridge	Visitors	Westridge	Visitors	Westridge

Table 1: Volunteer Responsibilities by Lane #

Additional volunteers needed – Please provide:

- One (1) DQ runner for each shift
- One (1) DQ 8 & UNDER runner for each shift.
- Two (2) Clerk of Course for each shift – near starting area
- One (1) Clerk of Course – 8 & UNDER
- One (1) ribbon labeler per shift -located on deck by toddler pool
- Minimum of one (1) scoring and verifying volunteer per shift; two preferred by toddler pool
- One computer person (team computer rep) near toddler pool

If you are unable to meet any of the minimum volunteer requirements (other than officials), please email Lauren Doyle or Jen Kralik at WavesJobs@aol.com no later than Wednesday **prior** to the meet.

Equipment: Please bring your computer as a backup (in case of equipment failure) and a flash disk. And a reminder again that your head timer should also bring adequate stop watches to supply your team’s timers and to please bring your Colorado Timing System (starter) fully charged as a back-up.

Deck Access & Viewing: Only working officials, volunteers, coaches and swimmers who have been called for their events are permitted on deck. When swimmers have finished their events and have reported to their coaches, they are asked to leave the deck and return to their sitting area.

Photography: At no time may any person take pictures from behind the starting area

Parents are welcome to watch from the seating area or near the pool deck (see Figure 1). We ask that no spectators be present at the start and finish ends of the pool as it gets very crowded and interferes with both the swimmers and the timers/recorders/runners. We also ask that there be no spectators near clerk of course so that the swimmers and runners can get by.

Heat Sheets & Concessions: In an effort to go green, Heat Sheets will be sent to your Computer Support contact on Thursday night for distribution across the visiting team and will be available online at www.westridgewaves.net for parents to print off before the meet.

Concessions will be available throughout the meet. Drinks include coffee, water, juice, sodas and Gatorade. The WAVES famous “Breakfast Burger”, donuts, muffins, yogurt & granola parfaits & fresh fruit will be sold first thing in morning. One specialty item from our sponsor OUTBACK STEAKHOUSE along with hot dogs and burgers will be offered later in the meet. Assorted candies, nachos and chips will also be on sale.

Contacts: Please contact League Representative Marci League mleague@hotmail.com or Team Manager Randal Roberts at rrobertswestridgeswim@gmail.com if you have any questions. Doug Sweet is the computer rep. Please send entries to him at waves.computerteam@gmail.com by the date set by the league. The pool phone number is **703-730-3975**.

Adult Relay: Coaches & Parents interested in swimming in an adult relay should wear swimwear under their clothing. **Time permitting** we will have an adult relay race 100 meter freestyle (4 x 25 meter) at the conclusion of the meet. Each team may have up to (2) adult teams (8 swimmers) for the event. This is always a fun event for kids and adults alike.

Figure 1: Google Map
12764 Quarterhorse Lane Woodbridge, Virginia 22192

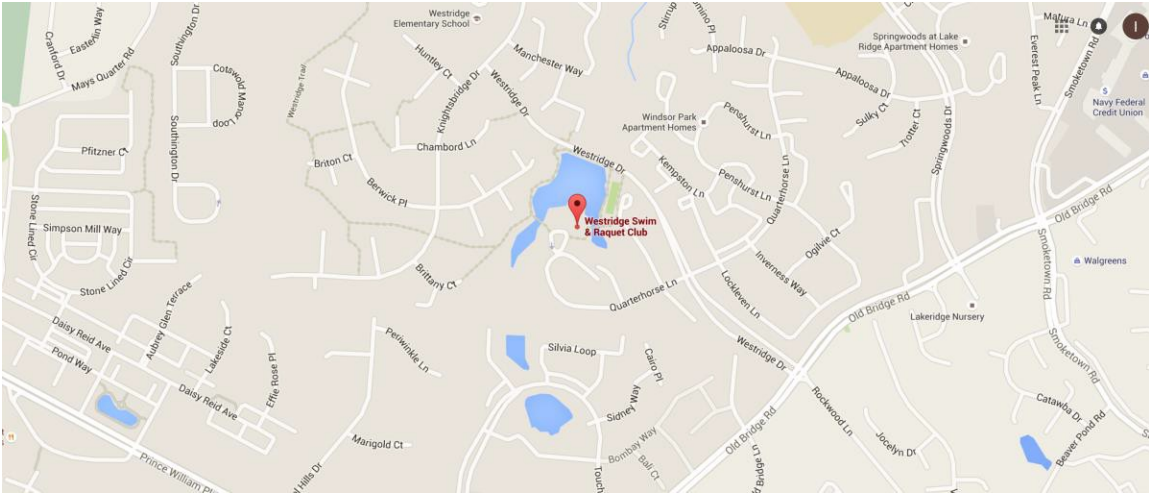


Figure 2: General Parking & Layout



Figure 3: Alternative Parking View





Green: Waves
Blue: Visitor

Figure 4: Team Areas

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